

THE CHATTERBOX

EVENTS:

- 1) [HAPPY NEW YEAR 2019!!](#) (office closed)
- 2) Men's Breakfast
- 3) Chair Yoga
- 7) Chair Yoga
- 8) Women's Breakfast / Cribbage
- 10) Chair Yoga / Update Directories (10th & 11th)
- 11) Coffee Hour (hosted by Joan Cavanaugh, Lucy Crook, Shirley Kruse)
- 14) Chair Yoga
- 15) **BINGO**
- 16) Coloring ,Crafts & Coffee
- 17) Chair Yoga
- 21) Chair Yoga / Martin Luther King , Jr. Day
- 22) Cribbage
- 24) Chair Yoga/ Movie Matinée
- 25) Coffee Hour (hosted by Jan Weigen & Jean Wiesner)
- 29) **Cabin Fever Concert-Jesse Walker / BINGO**
- 30) Coloring, Crafts & Coffee



New Years marks a new beginning.
New people to meet, new adventures to enjoy and new memories to create.
Here's wishing you a happy and healthy 2019!

2019 Resolutions?? According to some experts, rather than setting a year-long goal at the start of the year, a more effective approach is to make "Monday resolutions": weekly goals that can be thought of as mini-resolutions, taking advantage of the natural momentum of our weekly cycles, giving us a chance to start fresh each week. Unlike other days of the week, Mondays offer the opportunity for a health reset, when you might set intentions, celebrate progress or simply get back on your plan. Good luck with your goals!

Healthy Roasted Carrots

Ingredients: 12 carrots cut into 1/2 thick slices, 3 tablespoons olive oil, 1 1/4 teaspoons kosher salt, 1/2 teaspoon pepper, 2 tablespoons minced dill or parsley.
(drizzle of honey optional)

Preheat oven to 400 degrees.

Toss cut carrots in a bowl with the olive oil, salt and pepper. Transfer to a sheet pan in an even layer and roast for 20 minutes, until browned and tender.

After removing the carrots from the oven, toss them with minced dill or parsley (drizzle of honey optional), season to taste, and serve.



End of January (Cabin Fever time!)

Concert by Jesse Walker

Tuesday, January 29th at 1:30 pm

Jesse is coming back to entertain us once again.

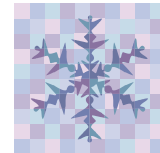
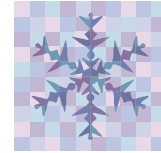
Jesse has performed and recorded with dozens of country artists, as well as recording fifteen solo albums. While owning and operating his own recording studio, he performed for thousands of people at every venue from large concert halls to local social events.

In 1998, Jesse won the Q106 Country Music Hall of Fame award. In 2002 he was awarded a Certificate of Merit from the Country Music Federation for outstanding efforts in the advancement of country music. In 2004, he won Best Country Album from the Madison Area Music Awards.

We hope you will come to this fun afternoon concert.

Cowboy boots not required!

Friends and family always welcome.



Keep active.



Do something to keep fit each day, something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too. Chair YOGA is a great option as well as walking and swimming.

Our staying Active winners from the last couple months of 2018 are Tormey Hon, Arlene Jankowski, Jan Weigen, Roger Klaila, Gretchen Kurth. They each get a \$10 Pick n Save gift card.

Congrats and keep up the good work everyone! Want to get in on the fun?!

See Julie for more details. Keep track of time spent doing activities and win prizes monthly.



COLORING, CRAFTS & COFFEE

If you like to be creative and work on crafts, do some relaxing adult coloring or knitting, or painting...you should join us every other Wednesday morning for a cup of coffee or tea and some socializing while working on your project. It's fun to see what each other is working on and friendly conversation. You may get new ideas or inspired to start a new hobby or craft.

January's Crafts & Color coffee's will be held on Wednesday the 16th and the 30th starting at 9 am. Sweets often show up alongside the coffee. Men are encouraged to join us too! (don't be shy!!)

Please Note: Chair Yoga has been so popular it will continue into 2019!! Mondays at 10 am (free), Thursday's at 9 am (\$3.00 donation).



In January the 2 classes that have been cancelled are Jan 28th and 31st.

Coffee Hours: Starting in January we will be going back to 2 coffee's per month again. Sign-up's for hosts is on the board.

Women's Breakfast is the 2nd Tuesday this month!! The 1st Tuesday falls on New Year's day.



Donna Wiessinger has been using her creative talents around here for years making sure we always look spectacular for the holidays. Sometimes I fear we take her for granted since she has always just taken charge and took care of things without even being asked. We appreciate all the years she has taken care of the Community room so that we could all enjoy it. Especially those who have private parties. How nice to host a party and all the seasonal decorating has been done for you?! She has recruited help over the Christmas holiday and rightly so it is a big project. Thank you to all who have helped over the past year. I know Donna would rather we thank all of you and be left out of the

spotlight but it is time we thank her! Thank you Donna!!

You are a **fabulous** lady who helps us look classy!

2019 BINGO DATES

7:00 pm Every *Other* Tuesday Night

Parkside Community Room

\$1.00 per Card

Guests Welcome

JANUARY 2019 Tuesday, Jan 15 Tuesday, Jan 29	FEBRUARY 2019 Tuesday, Feb 12 Tuesday, Feb 26	MARCH 2019 Tuesday, Mar 12 Tuesday, Mar 26	APRIL 2019 Tuesday, Apr 9 Tuesday, Apr 23
MAY 2019 Tuesday, May 7 Tuesday, May 21	JUNE 2019 Tuesday, June 4 Tuesday, June 18	JULY 2019 Tuesday, July 2 Tuesday, July 16 Tuesday, July 30	AUGUST 2019 Tuesday, Aug 13 Tuesday, Aug 27
SEPTEMBER 2019 Tuesday, Sept 10 Tuesday, Sept 24	OCTOBER 2019 Tuesday, Oct 8 Tuesday, Oct 22	NOVEMBER 2019 Tuesday, Nov 5 Tuesday, Nov 19	DECEMBER 2019 Tuesday, Dec 3 Tuesday, Dec 17

Updating Resident Directories:

We now have our resident directory available on our Resident Only webpage. Everyone also gets a hard copy book. We realize there have been many updates since the last time we collected them. If you still reference the binder and want it updated come to the community room one of the following dates/times and we will help you get updated. Thursday & Friday, January 10th and 11th from 1-3 pm each day. If you have pages of past residents that you want to keep but they are no longer living here please remove those before coming to help the process go smoother. If you can't come in Jan. we may try again in Feb, March April. Does **your profile** need updating? Please let Julie know.

Some folks in the Ranch Units have a hard time remembering which alternate Monday they are to put out the Recycle Trash Can (the blue one). So here's a Tip that you might help.

TIP for Ranch Unit owners:

The BLUE recycle can goes out curbside every other Monday beginning

January 7. As a reminder, circle the alternate Mondays on your calendar in BLUE so you know when to put out the recycle can, i.e. Jan 7, Jan 21, Feb 4, etc. Takes the guess work out of it. Thank you for recycling!

