



Retirement Living in the Heart of Downtown

## *The Gardens*

### **January Events**

**1/7 & 1/21**

Scott-Farrar Singers

**1/8** Professor Goodby

Native American History

**1/13 & 1/27**

Mary Armstrong

Music and Movement

**1/14** Choppy Choir

**1/22** Union Sound

Music

**1/24** Diane Ammons

Piano and Singing

**1/28** Remembrance Service



**Notes from  
Joanne  
Activities  
Coordinator**

January brings New Year's resolutions that rarely are kept. Maybe a better idea would be New Year's *evaluation* to look back on the previous year and see which programs were a hit, like the all-neighborhood balloon volleyball, radio plays and Bingo, and grow from there. In the Activities department we are constantly evaluating our programs and adjusting to our resident's entertainment and emotional needs. With new residents joining our community, we have new stories to learn and share!

National Activity Professionals Week (1/26-1/30) recognizes and honors all the activity professionals who care for and provide meaningful experiences for the residents in care homes around the country. Activities professionals inspire, engage, enrich, and make the lives of residents more interesting with quality of life experiences. We always welcome family members to join in too. Here's to a new year of possibilities!

**Happy New Year!**



**January  
Birthday**

Carol J.





### **January Flower- Carnation**

The carnation's history dates back to ancient

Greek and Roman times, when it was used in art and decor. Christian lore says that the first carnation bloomed when Mary wept for Jesus as he carried his cross. Carnations in these early times were mostly found in shades of pale pink and peach. Over the years, the color palette has grown to include many more hues with red signifying deep love.

### **December**



### **Birthstone- Garnet**

The name garnet comes from the Latin word *granatus*,

which means "seed-like." In the Middle Ages, garnets were carried by travelers to protect them against accidents far from home. Although garnets are usually thought of as being dark red, they are found in various other colors, including pink, green, and orange.

## ***Getting to Know You...***

### **Shirley M.**



Shirley is a retired professional ice skater, coach and judge. She worked for the Ice Follies and shares fond memories of how much she enjoyed that organization.

She traveled with

the Ice Follies and met many Hollywood celebrities including Bing Crosby and Carmen Miranda. She grew up in St. Paul, MN and after traveling all over the USA with the Ice Follies she raised her family in Lexington MA.

### **Theresa C.**



Terry, as she likes to be called, is a retired nurse who was born in Nashua where she lived most of her life. She enjoyed square dancing and Bible study and volunteered with

Meals on Wheels at her local senior center and the Red Cross. She has three grown children and five grandsons. Terry enjoys Dancercise, Bingo and sharing stories of her family.

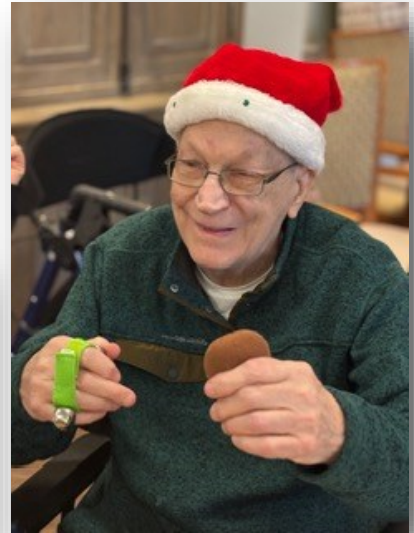
## Recent Activities-Radio Play Cast

Our final Radio Play- "A Visit from Saint Nicholas" was performed on Christmas Eve, with standing room only! (The cast had all the chairs)

Below are photos of the cast hamming it up for the camera.



Left, Dave aced his one line and the Santa bag sound and right, Rich carried off the mouse squeak like a pro!



Center, Earle pulled off a great Santa reading several lines with holiday gusto!

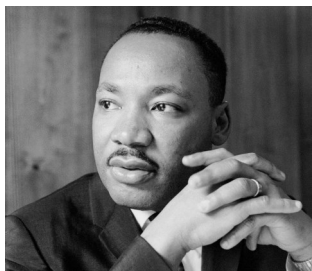


Shirley, above, took to the role of triangle ringing with natural performing ability from her showbiz career!



Above, Cresca pranced those "hooves" (cups) in perfect time and left, Claire added some spirited energy to the production!





**Martin Luther King Jr.** was born on January 15, 1929, in Atlanta, Georgia, the second child of Martin Luther King Sr., a pastor, and Alberta Williams King, a former school-teacher. He was the driving force behind watershed events such as the Montgomery Bus Boycott and the 1963 March on Washington, which helped bring about such landmark legislation as the Civil Rights Act and the Voting Rights Act. King was awarded the Nobel Peace Prize in 1964 and is remembered each year on Martin Luther King Jr. Day, a U.S. federal holiday since 1986.



## **Monthly Religious Services Offered at Scott-Farrar**

Communion – 2nd and 4th Monday  
Episcopal Service – 2nd Tuesday  
Mass – 2nd Thursday  
Apostolic Lutheran Service –  
Last Sunday

## **January Special Days**

**1/1 New Year's Day**

**1/7 Epiphany**

**1/7 Orthodox Christmas**

**1/19 Martin Luther King  
Jr. Day**

Dementia Support Group for  
Memory Care meets on the  
second Thursday of each  
month at 4pm in the  
auditorium.

If you have any questions  
contact Bethany, Memory  
Care Director.

(603)924-3691 Extension  
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