

12322 N 113th Ave • Youngtown, AZ 85363 • (623) 583-2460

#### ASSISTED LIVING NEWSLETTER Staff Directory

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#### This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.



### January 2025

#### **Inaugural Event**

Franklin D. Roosevelt's second-term inauguration in 1937 marked the first time the ceremony was held in January. Previous U.S. presidents took the oath of office on March 4, before the 20th Amendment changed the date to Jan. 20.



#### **Protect Your Privacy Online**

Data Privacy Day on Jan. 28 reminds us how important it is to keep our personal information secure, especially in this digital age. Use these tips to protect your data online:

- On all your devices, keep apps and software up-to-date.
- Use long, unique passwords for different accounts. Change them occasionally, or whenever there's a security breach.
- Enable multi-factor authentication for important accounts like banking and social media.
- Turn off location and activity tracking on mobile apps, and regularly clear cookies on your browser.



## January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	I have	Happy New Jean	New Year's Day 1 10:00 Games Marathon (DR) 2:00 Movie (AR) 6:00 Resident Choice	2 9:00 PT/OT in the Library 1:00 Original Bingo (L) 2:30 Planning Meeting (AR) 3:30 Word Games (AR) 6:00 Advanced Art Class (AR)	3 9:00 Dollar Tree Trip: Sign Up with Denise 9:00 PT/OT in the Library 10:00 Resident Choice (AR) ↔ 1:00 Bingo (AR) 1:30 Reading Group (L) 2:00 BIRTHDAY PARTY with Tony (DR) 6:00 Resident Choice	4 10:00 Games of Choice: Self Directed <b>1:00 ART CLASS with Kevin (AR)</b> 3:00 Games Available (AR/L) <b>6:00 Poker Night (L)</b>
5 8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b> 10:00 Resident Choice (AR) <b>†</b> <b>2:30 ART CLASS with Kevin (AR)</b> 6:00 Resident Choice	6 9:00 PT/OT in the Library 9:00 Shopping at Bealls: Sign Up 10:00 Games of Choice (AR) 1:00 Arts & Crafts (AR) 2:30 Pamper Me! Nails (L) 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (Res. Choice)	79:00 PT/OT in the Library10:30Wii Bowling (AR)1:00Bingo (AR)2:00 Veterans Chat (L)2:30 GAME CASH IN STORE (AR)6:00Poker (L)	8 9:00 Fry's Senior Discount Day: Sign Up 9:00 PT/OT in the Library 10:00 Table Games (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Bean Bag Baseball (AR) 6:30 Bible Study (AR)	9 9:00 PT/OT in the Library 10:00 Library Cart from Youngtown Library (L) 10:30 Blank Slate Game (AR) 1:00 Original Bingo (L) 3:00 Resident Council Meeting (DR) 6:00 Advanced Art Class (AR)	10 9:00 PT/OT in the Library 9:00 Shopping at Goodwill: Sign Up with Denise 10:00 Resident Choice (AR) 1:00 Bingo (AR) 1:30 Reading Group (L) 2:00 Happy Hour (DR) 6:00 Resident Choice	11 10:00 Games of Choice: Self Directed <b>1:00 ART CLASS with Kevin (AR)</b> 3:00 Games Available (AR/L) <b>6:00 Poker Night (L)</b>
12 8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b> 10:00 Resident Choice (AR) <b>†</b> <b>2:30 Church Service (AR)</b> 6:00 Resident Choice	13 9:00 PT/OT in the Library 9:00 Trip to Fry's: Sign Up 10:00 Games of Choice (AR) 1:00 Arts & Crafts (AR) 2:30 Pamper Me! Nails (L) 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (Res. Choice)	14 9:00 PT/OT in the Library 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Garden Club Planning Meeting (AR) 3:30 Farkle Game (AR) 6:00 Poker (L)	15 9:00 PT/OT in the Library 10:00 Table Games (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Putter Par-Tee (AR) 6:30 Bible Study (AR)	16 9:00 PT/OT in the Library 1:00 Original Bingo (L) 2:00 Sock Hop '50s/'60s Party with Elvis (DR) 6:00 Advanced Art Class (AR)	17 9:00 Out to Brunch: Sign Up with Denise 9:00 PT/OT in the Library 10:00 Resident Choice (AR) 1:00 Bingo (AR) 1:30 Reading Group (L) 6:00 Resident Choice	18 10:00 Games of Choice: Self Directed <b>1:00 ART CLASS with Kevin (AR)</b> 3:00 Games Available (AR/L) <b>6:00 Poker Night (L)</b>
19 8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b> 10:00 Resident Choice (AR) <b>†</b> <b>2:30 ART CLASS with Kevin (AR)</b> 6:00 Resident Choice	Martin Luther King Jr. Day209:00 PT/OT in the Library9:00 Trip to Walmart: Sign Up with Denise10:00Games of Choice (AR) 1:00 Arts & Crafts (AR)2:30Pamper Me! Nails (L) 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (Res. Choice)	21 9:00 PT/OT in the Library 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Cultural Program (AR) 3:30 Res. Choice (AR) 6:00 Poker (L)	22 9:00 PT/OT in the Library 9:00 Trip to Casino: Sign Up with Denise 10:00 Table Games (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Wine Down & Horse Races (DR) 6:30 Bible Study (AR)	23 9:00 PT/OT in the Library 1:00 Original Bingo (L) 1:30 Town Hall - Staff Invited (AR) 2:30 Cultural Day: Mexico (AR) 6:00 Advanced Art Class (AR)	24 9:00 PT/OT in the Library 9:00 Shopping at Thrift Store: Sign Up with Denise 10:00 ■ Resident Choice (AR) 1:00 ■ Bingo (AR) 1:30 Reading Group (L) 2:00 Happy Hour (DR) 6:00 ■ Resident Choice	25 10:00 Games of Choice: Self Directed <b>1:00 ART CLASS with Kevin (AR)</b> 3:00 Games Available (AR/L) <b>6:00 Poker Night (L)</b>
26 8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b> 10:00 Resident Choice (AR) <b>†</b> <b>2:30 Church Service (AR)</b> 6:00 Resident Choice	27 9:00 FRY'S Shopping: Sign Up with Denise 9:00 PT/OT in the Library 10:00 Games of Choice (AR) 1:00 Arts & Crafts (AR) 2:30 Pamper Me! Nails (L) 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (Res. Choice)	28 9:00 PT/OT in the Library 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir Meeting (AR) 6:00 Poker (L)	29 9:00 PT/OT in the Library 10:00 Table Games (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Active Games (AR) 6:30 Bible Study (AR)	30 9:00 PT/OT in the Library 10:00 Book Club Meeting (AR) 1:00 Original Bingo (L) 2:00 New Game Intro (AR) 6:00 Advanced Art Class (AR)	31 9:00 PT/OT in the Library 9:00 Trip to Walmart: Sign Up with Denise 10:00 Resident Choice (AR) 1:00 Bingo (AR) 1:30 Reading Group (L) 6:00 Resident Choice	CALENDAR EVENTS ARE SUBJECT TO CHANGE! CHANGES WILL BE NOTED ON LARGE WALL CALENDAR AND NOTICES IN ELEVATORS.

Outing H Exercise Games Self-Led Manicures

Image: Heiging Fitness
Image: Heiging Fitness

# "Approach the new year with resolve to find the opportunities hidden in each new day."

-Michael Josephson

## NATIONAL GLAUCOMA AWARENESS MONTH

Regular eye exams could save your sight.

For more information, go to WWW.GLAUCOMA.ORG.

