

Bardwell Banter

JANUARY 2017

MAKE ME LAUGH



LIFE HACKS

life
hacks

#2814

Struggling to remember a word?
Clench your fist. This has been
proven to increase brain activity
and improves memory.

@1000LifeHacks
1000LifeHacks.com

life
hacks

#2678

5 simple rules to be happy:
Free your heart from hatred.
Free your mind from worries.
Live simply.
Give more.
Expect less.

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CALENDAR

- Sunday Jan. 1st- Movie Night 4:00PM
- Monday Jan. 2nd- Residents Association Meeting 3:00PM
- Tuesday Jan. 3rd- Colorist Group 1:00PM
- Thursday Jan. 5th- Brain Teasers & Trivia 10:00AM
- Friday Jan. 6th- Coffee Hour 9:00am
- Friday Jan. 6th- Wii Bowling 2:00PM
- Tuesday Jan. 10th- Colorist Group 1:00PM
- Wednesday Jan. 11th- CSJ Bingo 2:00PM
- Wednesday Jan. 11th- Dollar Bingo 5:45PM
- Thursday Jan. 12th- Brain Teasers & Trivia 10:00AM
- Thursday Jan. 12th- Book Club 2:00PM
- Thursday Jan. 12th- Game Night 5:30PM
- Friday Jan. 13th- Coffee Hour 9:00AM
- Friday Jan. 13th- Wii Bowling 2:00PM
- Sunday Jan. 15th- Movie Night 4:00PM
- Monday Jan. 16th- Therapy Dogs 4:00PM
- Tuesday Jan. 17th- Colorist Group 1:00PM
- Thursday Jan. 19th- Brain Teasers & Trivia 10:00AM
- Friday Jan. 20th- Coffee Hour 9:00AM
- Friday Dec. 20th- Wii Bowling 2:00PM
- Tuesday Jan. 24th- Colorist Group 1:00PM
- Tuesday Jan. 24th- Prayer Worship Service 2:00PM
- Wednesday Jan. 25th- CSJ Bingo 2:00PM
- Thursday Jan. 26th- Brain Teasers & Trivia 10:00AM
- Thursday Jan. 26th- Book Club 2:00PM
- Thursday Jan. 26th- Game Night 5:30PM
- Friday Jan. 27th- Coffee Hour 9:00AM
- Friday Jan. 27th- Wii Bowling 2:00PM
- Saturday Jan. 28th- Bring a Prize Bingo 2:45PM

- **Sunday Jan. 29th - Movie Night**
4:00PM
- **Tuesday Jan. 31st - Colorist**
Group 1:00PM

JANUARY'S ODD HOLIDAYS

Wednesday Jan. 4th: **Trivia Day**

Thursday Jan. 12th: **National Pharmacist Day**

Thursday Jan. 19th: **National Popcorn Day**

Tuesday Jan. 24th: **Compliment Day**

Sunday Jan. 29th: **National Puzzle Day**

SHOUT-OUTS!

Thank you to the talented students at Sugarwood School who came to entertain the residents with singing and dancing!

Thank you to the Lions Club for providing the residents with an awesome Pizza and Bingo Party!

Thank you to the Kiwanis Club for the wonderful Christmas Dinner you prepared for the residents!

Thank you to Kelly Socia from Vermont Backroad Tours for taking the residents on a beautiful Christmas Lights Tour!

3 Tips to Fulfilling Your 2017 New Year's Resolutions

<http://www.westchestermagazine.com/3-Tips-to-Fulfilling-Your-2017-New-Years-Resolutions/>

1. Set a resolution that will become a lifestyle decision.

Your resolution should become *part of* your life instead of a one-time accomplishment. See your resolutions

as making your life even better, happier, more fulfilled,

2. Know your "why."

Knowing WHY you want to reach your goal will make a huge difference in achieving it. You want to be able to answer the question, "Why do I want this to be my resolution?" If your answer falls in line with your life priorities, you're golden.

3. Have a partner to keep you on track.

It's always easier to do things with a friend; resolutions are no different! When you're having a tough time following your resolution, a friend can help you see it through.

HEALTHY MEALS

Care.com

Breakfast

Power toast. For healthy fat and some protein, spread peanut butter or almond butter on whole-wheat toast; enjoy fresh fruit on the side.

Lunch

Eggs and red potatoes. Melt a pat of butter in a skillet; chop up potatoes and add to skillet, over a medium heat. Cover skillet for 2 min. Then, pour scrambled eggs over potatoes, add pepper and toss until eggs are hot. Rather than season with salt, which can lead to water retention and high blood pressure, use fresh herbs and spices.

Dinner

Beans and rice. Heat up a can of black, pinto, or white beans. Serve with brown rice, oats, or barley. You can warm the meal in a crockpot and serve later.