

Passumpsic

JANUARY 2017



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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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**

ACTIVITIES IN THE COMMUNITY

Coloring Club

Coloring Club for adults and teens - bring coloring books, pencils, pens to Catamount Arts Center classroom. FREE.

Date: Tuesday, January 3rd

Time: 6:00PM - 8:00PM

Location: St. Johnsbury Welcome Center 51 Depot Square, St. Johnsbury, VT 05819

Phone: (802) 748-7121

LEGO Challenge

Developing builders tackle construction tasks with colorful blocks. First 15 minutes is a challenge issued by the facilitator, followed by 45 minutes of free play. FREE.

Date: Tuesdays: January 3rd, 10th, 17th, 24th, & 31st

Time: 3:00PM

Location: St. Johnsbury Athenaeum 1171 Main St, St Johnsbury, VT 05819

Phone: 802-748-8291

Burke Music Jam

Everyone with musical or singing talents is encouraged to participate. Come to listen to your favorite band or singer. \$3 donation at the door. Door prizes and 50/50 raffle. All proceeds will be to benefit the Burke Senior Meal Site. Snacks and beverages will be available for sale.

Date: Sunday, January 15th

Time: 1:00PM-4:00PM

Location: Burke Sr. Meal Site, Burke Town Hall, West Burke, VT

Phone: Therese Stone, 802-525-3412; Senior Meal Site, 802-467-3423; or Town Office, 802-467-3717

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.

UPDATES!

By mid-January, there will be WI-FI in the Community Room at Passumpsic North. Both Passumpsic North and South residents will have access to the wi-fi in the community room!

Wishing you and yours a safe, healthy, and happy 2017!

