

Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

Chowder — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

Bisque — Originating in France, bisque is a rich, creamy soup traditionally made with pureed shellfish. In the past, recipes called for the shells to be ground into a paste and added to the soup to thicken it.

Broth/Stock — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

Cream — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

Consommé — This is a broth or stock that has been clarified, meaning all the tiny bits of food used to create its flavor are removed to create a clear, concentrated soup.

Chilled soups — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.

Photo Corner



Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.



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January 2018

Executive Director

Hi everyone, I am your new Executive Director, Laletha Moore. For those of you who I have yet to meet, I will introduce myself at the next town hall meeting. I hope things are going well within the community, and if you have any questions or concerns, please feel free to stop by. My door is always open.

— Laletha Moore

Martin Luther King Jr.

Martin Luther King Jr. was a civil rights activist in the 1950s and 1960s. He led non-violent protests to fight for the rights of all people including African Americans. He hoped that America and the world could become a colorblind society where race would not impact a person's civil rights. He is considered one of the great orators of modern times, and his speeches still inspire many to this day.

In 1963, Martin Luther King, Jr. helped to organize the famous March on Washington. Over 250,000 people attended this march in an effort to show the importance of civil rights legislation. Some of the issues the march hoped to accomplish included an end to segregation in public schools, protection from police abuse and to get laws preventing discrimination in employment.

It was at this march where Martin gave his "I Have a Dream" speech. This speech has become one of the most famous speeches in history. The march and Martin's speech were a success. The Civil Rights Act was passed a year later in 1964.

King was the youngest person to be awarded the Nobel Peace Prize in 1964.

Martin Luther King Jr. Day is a national holiday.

He was awarded the Congressional Gold Medal and the Presidential Medal of Freedom.

The name on his original birth certificate is Michael King. This was a mistake, however. He was supposed to be named after his father, who was named for the leader of the Christian reformation movement, Martin Luther.

He is often referred to by his initials MLK (www.ducksters.com).



JANUARY 2018

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Transportation Schedule

- Thursday
- 11:10 a.m.
- Lunch Outings
- Sunday
- 2-4 p.m.
- Bus Ride

Birthdays

Maria Young, 7th

“The new year stands before us, like a chapter in a book, waiting to be written.

—Melody Beattie

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY 1 9:00 Rose Bowl Parade, AR 10:00 Chair Exercise, AR 10:30 New Year's Resolutions Fun, AR 2:00 Bingo With Prizes, AR 6:45 Card Games, AR	2 10:15 Cocoa and Reminiscing, AR 10:30 Ring Toss, AR 1:30 Art Expression, AR 2:00 Nail Care, AR 3:30 Nature Video, AR	3 10:00 Chair Exercise, AR 10:30 Book Club, AR 3:30 Winter Crafts, AR 6:45 Fun Flicks & Popcorn, AR	4 10:00 Zumba With Peggy 11:10 Trip: Lunch Outing, O 2:00 Trip: Scenic Bus Ride, O 3:30 International Brain Teaser/Trivia 6:45 Card Games, AR	5 10:00 Fitness & Fun, AR 10:30 Book Club & Doughnuts, AR 3:30 TGIF Social, AR 6:45 Jigsaw Puzzle Time, AR	6 10:00 Coupons Picking, AR 2:00 Cinema Saturdays, AR 6:45 Checkers, AR
7 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 6:45 Art for the Heart, AR	8 10:00 Fitness & Fun, AR 10:30 All About Elvis, AR 2:00 Bingo With Prizes, AR 3:30 Elvis Music & Movie, AR 6:45 Card Games, AR	9 10:00 Walking Worries, AH 10:15 Hot Tea and Reminiscing, AR 10:30 Ring Toss, AR 2:00 Nail Care, AR 3:30 Art With Nature, AR	10 10:00 Chair Exercise, AR 10:30 News & Cocoa, AR 3:30 Winter Crafts, AR 6:45 Fun Flicks & Popcorn, AR	11 11:10 Trip: Lunch Outing, O 2:00 Trip: Hampton Museum, AR 2:30 At the Movies, AR 6:45 Card Games, AR	12 10:00 Jazzy Exercise, AR 10:30 Book Club & Doughnuts, AR 3:15 National Hot Tea Social, AR 6:45 Jigsaw Puzzle Time, AR	13 10:00 Coupons Picking, AR 2:00 Cinema Saturdays, AR 6:45 Checkers, AR
14 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 6:45 Art for the Heart, AR	MARTIN LUTHER KING JR. DAY 15 10:00 Chair Exercise, AR 10:30 Daily Word & Updates, AR 2:00 Dr. Martin Luther King Jr. Program, IA 3:30 Bingo With Prizes, AR 6:45 Card Games, AR	16 10:00 Walking Warriors, AH 10:30 Ring Toss, AR 1:30 Art Expression, AR 2:00 Nail Care, AR 3:30 Travel Video, AR	17 10:00 Chair Exercise, AR 10:30 News & Views, AR 3:30 Winter Crafts, AR 6:45 Fun Flicks & Popcorn, AR	18 10:00 Physical Games (Golfing), AR 11:10 Trip: Lunch Outing, O 2:00 Trip: Scenic Bus Ride, O 3:30 Get to Know Your Neighbors, AH 6:45 Card Games, AR	19 10:00 Fitness & Fun, AR 10:30 Book Club & Doughnuts, AR 3:30 Cheese & Cracker Social, AR 6:45 Jigsaw Puzzle Time, AR	20 10:00 Coupons Picking, AR 2:00 Cinema Saturdays, AR 6:45 Checkers, AR
21 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:15 Sunday at the Movie, AR 6:45 Art for the Heart, AR	22 10:00 Chair Exercise, AR 10:30 Daily Word & Updates, AR 2:00 Bingo With Prizes, AR 3:30 Snacks & Coffee 6:45 Card Games, AR	23 10:00 Walking Warriors, AH 10:30 Ring Toss, AR 2:00 Nail Care, AR 3:30 Juice & Juice, AR 7:00 North Hampton Church of Christ, DR	24 10:00 Chair Exercise, AR 10:30 Chicken Soup for the Soul, AR 3:30 Winter Crafts, AR 6:45 Fun Flicks & Popcorn, AR	25 10:00 Yoga Movement, AR 11:10 Trip: Lunch Outing, O 2:00 Trip: Scenic Bus Ride, O 3:30 American Songs (Polka Music), AR 6:45 Card Games, AR	26 10:00 Fitness & Fun, AR 10:30 Book Club & Doughnuts, AR 2:00 Birthday Party of the Month, IA 3:30 Bingo With Prizes, AR 6:45 Jigsaw Puzzle Time, AR	27 10:00 Coupons Picking, AR 2:00 Cinema Saturdays, AR 6:45 Checkers, AR
28 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:15 Sunday at the Movie, AR 6:45 Art for the Heart, AR	29 10:00 Chair Exercise, AR 10:30 News & Views, AR 2:00 Bingo With Prizes, AR 3:30 Puzzle Day, AR 6:45 Card Games, AR	30 10:00 Walking Warriors, AR 10:30 Ring Toss, AR 2:00 Nail Care, AR 3:30 Art Expression 6:30 Table Games (Cards), AR	31 10:00 Chair Exercise, AR 10:30 Book Club Reading, AR 2:00 Bingo With Prizes, AR 3:30 Winter Crafts, AR 6:45 Fun Flicks & Popcorn, AR			