

Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

Be upfront with special requests: If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact: Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server's name: Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Keep the table clear: Placing your bag, wallet, phone and other personal belongings on the table takes up valuable space needed for plates and beverages.

Remember the golden rule: Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Tip with respect: A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

Germany — Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."



Japan — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece — Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

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JANUARY 2019

Word Search Success

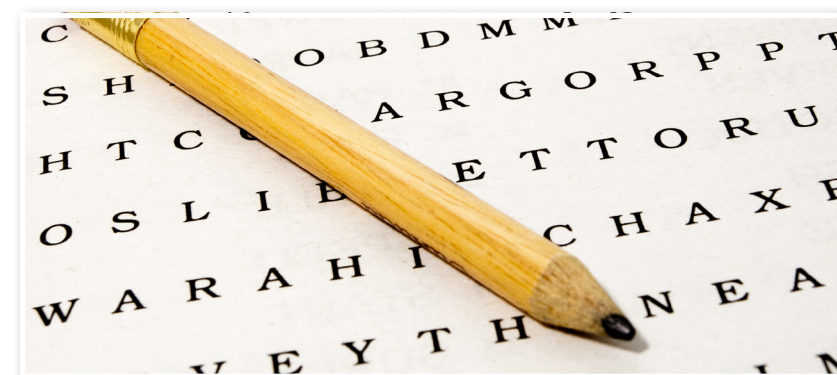
A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Known by various names such as word find, word seek and search-a-word, word searches became a staple in newspapers, magazines, puzzle books and classrooms.

In addition to traditional printed versions, today you can solve the puzzles online or by using a smartphone app.



Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.



INDEPENDENT LIVING

JANUARY 2019

Locations

Activities Room, AR
Court Yard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Birthdays

Helen Bostic, 1st
Geraldine Fitchett, 10th
Elizabeth (Betty) Health, 13th
Nancy Harrison, 16th
Beverly Jones, 20th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs

Tuesday & Wednesday, 8:30-11 a.m.
(Hampton Only)
Doctor Runs

Tuesday & Wednesday, 1-3 p.m.
(Newport News Only)
Doctor Runs

Thursday, 11:10 a.m.
Lunch Outings
Thursday, 2-4 p.m.
Scenic Ride
Friday, 9:45 a.m.
Shopping and Other Outings
Saturday, 10 a.m.
Various Shopping Destinations
Sunday, 9 a.m.-1 p.m.
Church Runs
Sunday, 2-4 p.m.
Scenic Ride

“The beginning is
the most important
part of any work.”

— Plato

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|---|
|  | | NEW YEAR'S DAY 1 | 2 | 3 | 4 | 5 |
| | | 10:00 Coffee Hour, AR 1:00 Bingo, AR 2:30 Adult Coloring, Puzzles and Games, AR 4:00 News Update, AR | 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Reminiscing, AR 1:15 Nail Care, AR 2:30 Balloon Volleyball, AR 4:00 World News, AR | 9:10 Swimming at Sentara 10:00 Tea Time, AR 11:15 Lunch Outing: Tommy's 1:00 Scrabble, AR 2:00 Scenic Bus Ride 3:30 Jackpot Bingo, AR | 10:30 Balance Exercise Class, AR 1:00 Shopping: Walmart 1:30 5 Second Rule Game, AR 2:30 Activity Meeting for IL Residents, AR 3:30 Happy Hour, AR | 10:30 Adult Coloring, AR 1:00 Puzzles and Table Games, AR 2:00 Scenic Drive 3:00 Cinema Saturday, AR |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 3:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR | 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class, AR 11:00 Health Tips, AR 1:30 Horse Racing Game, AR 3:30 Billiards, GR 6:15 Wine and Painting, AR | 9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 1:00 Bingo, AR 2:15 Food Service Meeting, DR 3:00 Arts and Crafts, AR 4:00 News Update, AR | 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:15 Trivia, AR 2:30 Baking Class: Vegetarian Pizza, WR 4:00 World News, AR | 9:10 Swimming at Sentara 10:00 Tea Time, AR 11:15 Lunch Outing: Shrimp Shack 2:00 Scenic Bus Ride 3:30 Jackpot Bingo, AR | 10:00 Shopping: Walmart 10:30 Balance Exercise Class, AR 1:00 Shopping: Steinmart 2:00 Dominoes, AR 3:30 Happy Hour, AR | 10:30 Puzzles and Table Games, AR 1:30 Bridge, AR 2:00 Scenic Drive 3:00 Cinema Saturday, AR |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 6:30 Bible Study Life Group, WR | 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class, AR 11:00 Health Tips, AR 1:30 Crossword Puzzles, AR 3:30 Billiards, GR 6:15 Wine and Painting, AR | 9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 10:45 Singalong, AR 1:00 Bingo, AR 2:30 Arts and Crafts 4:00 News Update, AR | 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Reminiscing, AR 1:15 Nail Care, AR 2:30 Jewelry Making, AR 4:00 World News, AR | 9:10 Swimming at Sentara 10:00 Tea Time, AR 11:15 Lunch Outing: Cracker Barrel 2:00 Scenic Bus Ride 3:30 Jackpot Bingo, AR 6:00 Special Event: Midnight Masquerade, DR | 10:00 Shopping: Ollie's 10:30 Balance Exercise Class, AR 1:00 Shopping: Goodwill 2:00 Uno Card Game and Hot Chocolate 3:30 Happy Hour, AR | 10:30 Adult Coloring, AR 1:30 Canasta, AR 2:00 Scenic Drive 3:00 Cinema Saturday, AR |
| 20 | MARTIN LUTHER KING JR. DAY 21 | 22 | 23 | 24 | 25 | 26 |
| 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 6:30 Bible Study Life Group, WR | 9:30 Bank Runs 10:30 Exercise Class, AR 11:00 Health Tips, AR 1:30 Horse Racing Game, AR 3:30 Billiards, GR 6:00 Bingo w/North Hampton Women's Group, AR | 9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 10:45 Singalong, AR 1:00 Bingo, AR 2:30 Arts and Crafts, AR 4:00 News Update, AR | 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:15 Word Games, AR 2:30 Balloon Volleyball, AR 4:00 World News, AR | 9:10 Swimming at Sentara 10:00 Tea Time, AR 11:15 Lunch Outing: County Grill 2:00 Scenic Bus Ride 3:30 Jackpot Bingo, AR | 10:00 Shopping: Kroger 10:30 Balance Exercise Class, AR 1:00 Shopping: Dollar Store 2:00 Birthday Party: w/ Wampler Brothers Band, DR 3:30 Happy Hour, AR | 10:30 Resident Led Table Games, AR 1:30 Bridge 2:00 Scenic Drive 3:00 Cinema Saturday, AR |
| 27 | 28 | 29 | 30 | 31 |  | |
| 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 3:00 Progressive Church, DR 6:30 Bible Study Life Group, WR | 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class, AR 11:00 Health Tips, AR 1:30 Crossword Puzzles, AR 3:30 Billiards, GR 6:15 Wine and Painting, AR | 9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 10:45 Singalong, AR 1:00 Bingo, AR 2:30 Arts and Crafts, AR 4:00 News Update, AR | 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Reminiscing, AR 2:00 Town Hall Meeting, DR 3:00 Rummy Card Game, AR 4:00 World News, AR | 9:10 Swimming at Sentara 10:00 Tea Time, AR 11:15 Lunch Outing: Mo Mo's Cafe 2:00 Scenic Bus Ride 3:30 Jackpot Bingo, AR | | |