

Hawthorne Place News

HELLO
january



Happy New Year to all of
you.

We thank you for
another year of love,
laughter and kindness.
You are all so appreci-
ated.



-Hawthorne Staff

Important Dates

January 1st	New Years Day
January 3rd	Lifeline Testing
January 13th	Hymn Sing
January 15th	Bruce Feltham
January 25th	Robbie Burns Day

happy
birthday

January represents new beginnings, transitions, and looking forward, named after the Roman god Janus, who has two faces—one looking to the past and one to the future, perfectly symbolizing the start of a new year, fresh resolutions, and passages. It's a time for renewal, setting goals, and embracing fresh starts, but also can symbolize winter's cold and a reflective period after the holidays.

Erna	January 8th
Evelyn	January 9th
Lois	January 23rd

Happy Birthday!
From all the staff
of Hawthorne Place!



What's Happening

Rise and Shine!

Armchair Yoga
Every Friday at 11 am!



Sunday Movie

1:30



Second Monday of every month at
1:30



Tuesday & Thursday at 1:30

Armchair Travel

Every second

Saturday at 1:30 pm



Happy Hour Friday at 4 pm



Friday at 1:30 pm **GAMES!**
every second Friday





- These are not gray hairs! They are wisdom highlights.
- Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!
- You're not getting old; you're becoming a classic.
- Old age is a heck of a lot better than the alternative.
- Stop thinking of them as "hot flashes." Think of them as your inner child playing with matches.
- One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!
- Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.
- Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck ...
- I've decided: Whatever age I am is the new 30.
- Don't let aging get you down; it's too hard to get back up again.
- When you consider the alternative, old age really isn't so bad.
- Aging gracefully is a nice way of saying you're slowly looking worse.

Here are 10 fun facts:

Octopuses have three hearts and blue blood

Flamingo's pink color comes from its diet

A day on Venus is longer than its year

You're slightly taller in the morning

Identical twins have different fingerprints

A cloud can weigh a million tons

The shortest war ever lasted 38 minutes

Ants take about 8-minute naps

The plastic tip on a shoelace is called an aglet

A chicken once lived headless for 18 months





Pajama Day

Hawthorne Place 2025



Sudoku puzzle, #3 Difficulty: Medium

1	4			8	9		5	
				6	1	9		
		6		3		1		
			9	4	3			
		3						7
6		2			8			
						7		
7				9			6	8
	5							3



January 4th - Testing of Smoke Alarm and Lifeline.

ALSO....

The magnetic **Good Morning** signs placed on the hallway side of your door lets us know that everything is good in your home. Please put them out by 10 am.

The History of New Year's Resolutions

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year, though for them the year began not in January but in mid-March, when the crops were planted.

During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. In 1740, the English clergyman John Wesley, founder of Methodism, created the Covenant Renewal Service, most commonly held on New Year's Eve or New Year's Day. Also known as watch night services, they included readings from Scriptures and hymn singing and served as a spiritual alternative to the raucous celebrations normally held to celebrate the coming of the new year. Now popular within evangelical Protestant churches, especially African American denominations and congregations, watch night services held on New Year's Eve are often spent praying and making resolutions for the coming year.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent research, while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

g d e l s i d n	— — — — — — — —
l o e s h v	— — — — — —
w o n s	— — — —
f a r s c	— — — — —
t t i e m s n	— — — — — — —
n s i g k i	— — — — — —
d r a z z i b l	— — — — — — — —
n e w r i t	— — — — — —
d o c l	— — — —
w o a m n n s	— — — — — — —

WORD LIST

blizzard	skiing
cold	sledding
mittens	snow
scarf	snowman
shovel	Winter



SOLUTION: Sudoku puzzle

1	4	7	2	8	9	3	5	6
2	3	5	7	6	1	9	8	4
9	8	6	4	3	5	1	7	2
5	7	8	9	4	3	6	2	1
4	1	3	5	2	6	8	9	7
6	9	2	1	7	8	4	3	5
3	6	4	8	5	2	7	1	9
7	2	1	3	9	4	5	6	8
8	5	9	6	1	7	2	4	3