

# THE STEVENSON PLACE SHANGRI-LA

JANUARY 2026

EDITOR: SUE

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## NEW YEAR PRAYERS FOR THE ELDERLY

God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

## A little New Years humor

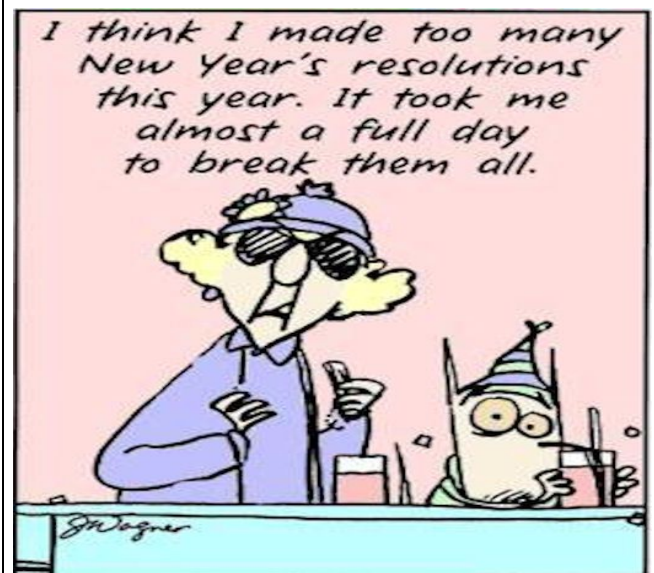
The trouble with jogging is the ice falls out of your glass.

Definition of a hangover: Wrath of Grapes

When I thought about the evils of drinking this New Year, I gave up thinking.

## JANUARY HAPPENINGS

- Jan 01: New Year's Day  
Cinnamon Buns @ 11am
- Jan 09: Happy Birthday Hanna
- Jan 10: Brain Gym
- Jan 13: Fire Drill @ 10am Go to Refuge Stations
- Jan 13: Residents Coffee Meeting @ 10:30am
- Jan 17: Bingo hosted by Residents @ 1:30pm
- Jan 19: Blue Monday
- Jan 22: Hair Salon Reopens!!
- Jan 24: Brain Gym
- Jan 25: Wine with Dinner
- Jan 25: Robbie Burns Day
- Jan 27: Music by Arbutus Holiday @ 1:00 pm



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## ACHIEVABLE RESOLUTIONS

It's much easier to set small goals to improve your quality of life, rather than make major life changes. Here are 5 achievable resolutions that can have a positive impact on your lifestyle.

1. **LAUGH MORE** – Watch funny movies or TV shows or share a funny story with someone who will laugh with you.
2. **MOVE MORE** – Movement reduces stress and energizes your mood. It also makes you healthier by strengthening bones, controlling blood sugar levels, improving balance and enhancing the respiratory system.
3. **MAKE HEALTHY FOOD CHOICES** – a healthy diet can directly impact your weight, cholesterol, digestion, bone loss, blood pressure, mood, heart disease, some cancers, anemia and stroke.
4. **DRINK LESS ALCOHOL** – Alcohol interferes with medications, causes more falls, poor sleep patterns and inflammation.
5. **BE YOUR OWN CHEERLEADER** Reward yourself for positive steps taken. Change is never easy, but the rewards can be great.

## BLUE MONDAY

Blue Monday emerged in **2005**, linked to a marketing campaign that referenced a formula created by **Cliff Arnall**, a former university lecturer.

**The formula claimed to calculate the “most depressing day” using variables such as:**

- Weather conditions
- Debt levels
- Time since Christmas
- Motivation
- Failed New Year's resolutions

**Psychologists and researchers widely agree that:**

- Human mood cannot be calculated by a mathematical formula
- Emotional wellbeing is complex and highly individual

There is no empirical evidence that one specific day is more depressing than others. From a scientific standpoint, **Blue Monday** has no diagnostic or clinical validity.

So let's make **Blue Monday** a fun event by wearing something “**Blue**” to dinner on January 19<sup>th</sup>.

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## DID YOU KNOW...

1. New Year's Day is one of the oldest celebrations, dating back over 4,000 years to ancient Babylon
2. January 1 became New Year's Day in 46 BC when Julius Caesar introduced the Julian calendar
3. Not all cultures celebrate the New Year on January 1 – Chinese, Islamic, and Jewish New Year's fall on different dates
4. The first place to welcome the New Year is Kiribati, an island nation in the Pacific Ocean
5. Making New Year's resolutions started with the Babylonians, who promised to repay debts and return borrowed items.
6. Fireworks are used worldwide to scare away evil spirits and bring good luck for the coming year
7. In Spain and some Latin countries, people eat 12 grapes at midnight for good luck – one for each month
8. "Auld Lang Syne" is traditionally sung at New Year's and comes from a Scottish poem by Robert Burns

## DID YOU KNOW CONT...

9. Kissing at midnight is believed to bring love and good luck throughout the year
10. Many cultures eat lucky foods like round fruits, noodles, or greens to symbolize prosperity and long life

## FOR THOSE OF YOU WONDERING

The average age for residents in 2026 is 88, down one year from last.

## NEW YEAR'S QUOTE

*Ring out the old, ring in the new,  
Ring, happy bells, across the snow;  
The year is going, let him go;  
Ring out the false, ring in the true.  
-Alfred, Lord Tennyson (1809-1902)*



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## So Many Thanks

December was a happy, busy month with lots of activities & visitors. Great generosity given in support of our Hamper Family & each other this holiday season

- ❖ Thank you to staff member Hilary for her wonderful decorating skills, Stevenson Place looked like a holiday wonderland
- ❖ Thank you to Fran, Hilary, Lucy and Gary for decorating our many Christmas trees
- ❖ Thank you to Fran for her beautiful and creative home made diningroom table center pieces
- ❖ Thank you to Wendy for her gift of music on December 13<sup>th</sup>. Jazz Trio, Swing Shift played for two hours while the residents sipped wine and had appies, prepared and served by Wendy. A very enjoyable afternoon
- ❖ Thank you to Santa for his gift giving at the Christmas party on December 18<sup>th</sup> and for the wonderful meal provided by Bobby and Wendy
- ❖ Thank you Hilary for organizing the Secret Santa gift exchange for the 12 residents that signed up and enjoyed snacks and lovely gifts from each other
- ❖ Thank you Sue for the tasty Christmas Eve brunch of French toast casserole and fresh fruit for the 18 residents who bravely signed up
- ❖ Thank you Wendy for another terrific Christmas turkey dinner. The Tiramisu was terrific
- ❖ Thank you to Carole and Summer for the wonderful afternoon of Christmas carolling. Hopefully this becomes an annual tradition
- ❖ Thank you Terrina for all your event planning and hard work during December

**“Every new year is a new beginning, a chance to start fresh and write a beautiful story with your life.”**

**— Elsie Green**

