



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>1</p>  <p>New Year's Day</p>	<p>2</p> <p>AM Doctor Appointments 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Memory Games (Activity Room 2) 1:30 Current Events with Pete Mazza (Fairfield Fitness Room) 3:00 Whammo (Activity Room 2) 3:30 Happy Hour at Applebee's *T\$ RSVP</p>	<p>3</p> <p>8:30 Men's Breakfast *T \$ 11:00 Snowman Races (Activity Room 2) 1:00 Chair Yoga (Activity Room 2) 1:30 Current Events with Pete Mazza (Fairfield Fitness Room) 1:45 Round Table (Juice Bar) 3:00 Bingo (Activity Room 2)</p>	<p>4</p> <p>9:00 Walking: The Commons Mall 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:00 Show 'n Share (Gardens Fireside) 1:30 Balloon Volleyball (Juice Bar) 2:00 Wine and Cheese Social (Dining Room) 3:00 Whammo (Activity Room 2)</p>	<p>5</p> <p>9:00 Traveling Library (Hearthside Lobby) 9:30 Shopping *T 1:00 Fitness (Activity Room 2) 1:00 Bridge (Activity Lounge) 1:30 Music with Emmy Purainer (Juice Bar)</p>	<p>6</p> <p>3:00 Bingo with Darlene (Activity Room 2)</p>
<p>7</p> <p>Church Transportation Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p>	<p>8</p> <p>9:30 Shopping *T 10:30 Pet Visit with Lilly 1:00 Chair Yoga (Activity Room 2) 1:30 Dice Roll 3:00 Bingo (Activity Room 2)</p>	<p>9</p> <p>AM Doctor Appointments 9:30 Art History *\$ 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Music with Ron Herring (Juice Bar) 3:00 Whammo (Activity Room 2)</p>	<p>10</p> <p>10:00 Le May Car Museum 11:00 Create It (Activity Room 2) 1:00 Stretch (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2) Around the World Dinner 6:30 After Hours Pokeno (Activity Room 2)</p>	<p>11</p> <p>9:00 Walking: Southhill Mall 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:00 Show 'n Share (Gardens Fireside) 1:00 Book Club (Activity Room 2) 1:30 Balloon Volleyball (Juice Bar) 2:00 Crumby Time (Juice Bar) 3:00 Whammo (Activity Room 2)</p>	<p>12</p> <p>9:30 Shopping *T 1:00 Fitness (Activity Room 2) 1:00 Bridge (Activity Lounge) 2:00 Reminisce with Charisse (Activity Room 2)</p>	<p>13</p> <p>3:00 Bingo with Darlene (Activity Room 2)</p>
<p>14</p> <p>Church Transportation Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p>	<p>15</p> <p>9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 2:00 Birthday Celebration and Music with Dan Roberts (Juice Bar) 3:00 Bingo (Activity Room 2)</p> <p>Martin Luther King Day</p>	<p>16</p> <p>AM Doctor Appointments 9:30 Art History *\$ 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Memory Games (Activity Room 2) 3:00 Whammo (Activity Room 2) 4:00 Sunset Dinner: Tokyo Japanese Steak House *T\$ RSVP</p>	<p>17</p> <p>10:00 Muckleshoot Casino and Lunch *T\$ RSVP 11:00 Snowman Races (Activity Room 2) 1:00 Chair Yoga (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2)</p>	<p>18</p> <p>9:00 Walking The Outlet Mall 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:00 Show 'n Share (Gardens Fireside) 1:30 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2)</p>	<p>19</p> <p>9:00 Senior Foot Care (Nail Salon) 9:30 Shopping *T 1:00 Fitness (Activity Room 2) 1:00 Bridge (Activity Lounge) 2:00 Jeopardy (Activity Room 2)</p>	<p>20</p> <p>3:00 Bingo with Darlene (Activity Room 2)</p>
<p>21</p> <p>Church Transportation Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p>	<p>22</p> <p>9:30 Shopping *T 10:30 Pet Visit with Lilly 1:00 Chair Yoga (Activity Room 2) 1:30 Dice Roll (Juice Bar) 3:00 Bingo (Activity Room 2)</p>	<p>23</p> <p>AM Doctor Appointments 9:30 Art History *\$ 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Memory Games (Activity Room 2) 2:00 Shopping: Value Village *T RSVP 3:00 Whammo (Activity Room 2)</p>	<p>24</p> <p>11:00 Create It (Activity Room 2) 1:00 Chair Yoga (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2) 6:30 After Hours Pokeno (Activity Room 2)</p>	<p>25</p> <p>9:00 Walking: Tacoma Mall 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:00 Show 'n Share (Gardens Fireside) 1:30 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2)</p>	<p>26</p> <p>9:30 Shopping *T 1:00 Fitness (Activity Room 2) 1:00 Caregivers Support Group (Fairfield Meeting Room) 1:00 Bridge (Activity Lounge) 2:00 Reminisce with Charisse (Activity Room 2)</p> <p>Australia Day</p>	<p>27</p> <p>3:00 Bingo with Darlene (Activity Room 2)</p>
<p>28</p> <p>Church Transportation Pick up: 8:45 9:30 10:30 1:00 Federal Way Symphony *T\$</p>	<p>29</p> <p>9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 1:30 Dice Roll 3:00 Bingo (Activity Room 2)</p>	<p>30</p> <p>AM Doctor Appointments 9:30 Art History *\$ 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Memory Games (Activity Room 2) 2:00 Let's Talk Soup with Chef Michael (FF Meeting Room) 3:00 Whammo (Activity Room 2)</p>	<p>31</p> <p>11:00 Snowman Races (Activity Room 2) 12:30 Ladies Lunch at Olive Garden *T\$ RSVP 1:00 Stretch (Activity Room 2) 1:30 Word Games 3:00 Bingo (Activity Room 2)</p> <p>Tu B'Shevat</p>			

January 2018

THE MONTHLY GAZETTE

*"There are two seasonal diversions
that can ease the bite of any winter.
One is the January thaw.
The other is the seed catalogues."
~ Hal Borland*



Birthstone – Garnet



The garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary. The name *garnet* comes from the Latin word *granatum* (meaning "pomegranate"), since the stone resembles the color and form of this fruit. Garnets actually come in a variety of colors, including pink, green, orange, clear, and even black. A green garnet, known as a

tsavorite, is very rare and thus is the most highly prized. They are found all over the world, including the United States, Sri Lanka, Greece, Brazil, and India.

Ancient warriors believed that garnets brought victory, but they disagreed about the ways this task was achieved. The Crusaders believed garnets protected them from wounds and accidents. Asiatic warriors, however, believed that using garnets as bullets could inflict more severe wounds than lead bullets. Also, according to legend, garnets light up the night. Noah is said to have used a garnet lantern to navigate the ark.

Special Days

New Year's Day
January 1

Epiphany
January 6

**Makar Sankranti
(Hindu Festival)**
January 14

Orthodox New Year
January 14

**Martin Luther
King Day**
January 15

Australia Day
January 26

Flower of the Month – Carnation

This month's flower is as rich in history and significance as it is diverse—and with around 300 species, that's saying something! Their genus, *dianthus*, means "flower of the gods," which explains why they were a favorite among early Romans, who made them into celebratory wreaths.

Supposedly, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this, carnations have come to represent a mother's love. Although pink carnations make a perfect Mother's Day bouquet, not all carnations are as innocent in their symbolism. According to *The Language of Flowers*, if you give a bouquet of striped carnations, you're refusing romantic sentiments. In contrast, red carnations are best to give when you wish to express romantic passion.



Gardens and Hearthsides January Activity Calendar

Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

Church pick-up Sunday: 8:45 am, 9:30 am and 10:30 am
Local Doctor Appointments: Tuesday: 9:00 am - 1:00 pm
Thursday: 1:00 pm - 4:00 pm
Local Morning Shopping: Monday: 9:30 am (320th, Safeway, Walmart)
Friday: 9:30 am (Fred Meyer, WinCo, Post Office and Banks)

Extras

10:15 am Zumba Gold/Line Dancing: Mon/Wed/Friday: *Fairfield Fitness Room*
12:00 pm Chair Yoga: Monday and Friday: *Fairfield Fitness Room*
Chair Chi: Wednesday: *Fairfield Fitness Room*
Chair Yoga-Monday & Wednesday at 1:00 pm **Activity Room 2**
Fitness with Fay- Friday at 1:00 pm **Activity Room 2**

King Co. Traveling Library 1st Friday of each month 9:00 Hearthsides Lobby

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthsides/Gardens Building

Bingo~ Mondays, Wednesdays and Saturdays at 3:00 pm in the **Activity Room 2**

Birthday Party~ Monday, Jan. 15th at 2:00 pm in the **Juice Bar**

Whammo~ Tuesdays and Thursdays at 3 pm in the **Activity Room 2**

Roundtable~ Wednesday, Jan. 3rd at 1:45 pm in the **Juice Bar**

Morning Stretch~ Tuesdays at 11:00 am in the **Activity Room 2**

Jeopardy & Reminisce~ Fridays at 2:00 pm in the **Activity Room 2**

Chicken Soup for the Soul & Conversation~ Thursdays at 11:00 pm in the **Activity Room 2**

Memory Games~ Tuesdays at 1:30 pm in the **Activity Room 2**