

Eastmont Independent Living

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>On January 1st, turn all your hangers backwards. When you wear anything, put it back to the normal way. Next winter, anything still backwards, you know you don't wear anymore. It's time to donate it!</p>	<p>REMINDER: Exercise Class EVERY weekday at 9:30am and 2:00pm on channel 901</p>	<p><i>MeadowView, Rehab & LifeBrook Birthdays:</i> <i>Bob Owen – January 8</i> <i>Darlene Miller – January 28</i></p> 	<p><i>The Seasons Birthday:</i> <i>Karen Schaffert – January 24</i> <i>Betty Thiessen – January 29</i></p> 	<p>One of the most influential events in the U.S. on January 1st, 1892: Ellis Island opened, allowing for the immigration of over 20 million people!</p>	<p><i>Dappy Birthday Vangie Kouma!</i></p> 	
<p><i>In 1959, Alaska officially became the 49th state of the United States.</i></p>	<p>3:00 Building Better Brain Series: "Read into a Healthy Mind" - Featuring Francie & Finch Bookshop, Channel 901</p>	<p><i>Happy Birthday Gretchen Naugle!</i></p>  <p><i>Happy Birthday Cathy Oenbring!</i></p>	<p>It's time to get moving! Even if you walk around campus (inside)! Start today!</p>	<p><i>Happy Birthday Katie Phipps!</i></p> <p>10:30 Chapel Service from Southview Christian on Channel 901</p>	<p>10:15-10:45 Donuts & Coffee, ML</p> 	<p>In leap years, January always starts on the same day as April and July.</p>
	<p>3:00 Building Better Brain Series: "Balanced Brains & Bodies" - Featuring Madonna ProActive, Channel 901</p>	<p>2:00 Root Beer Floats Grab & Go Main Lounge</p> 	<p>Today's Goal: Throw away items in your fridge or pantry/closet that are old and/or expired, including vitamins & supplements.</p>	<p>10:30 Chapel Service from Southview Christian on Channel 901</p> 	<p>Odd Fact: The air from a human sneeze can travel at speeds of 100mph or more and create upwards of 100,000 droplets! (All the more reason to cover that sneeze!) Ahhh-CHOO!</p>	<p>Record Coldest Day in Lincoln: January 12, 1974 -33°. The "high" was -6° (Brrrrrr!)</p>
<p>Today is "Ditch your New Year's Resolution Day!"</p>	<p>Martin Luther King, Jr Day <i>Happy Birthday Kay Kile!</i></p> <p>3:00 Building Better Brain Series: "Music, Memory & the Mind" Featuring Experts from UNO & UNMC, Ch. 901</p>	<p>National Popcorn Day 2:00 Popcorn and Pop Main Lounge</p> 	<p><i>Happy Birthday Melinda Holcombe!</i></p> <p>1:30 Staff Recognition, Years of Service, (Details to come)</p> <p>Tina Out of the Office</p>	<p>10:30 Chapel Service from Southview Christian on Channel 901</p> 	<p>Life's Goals:</p> <ul style="list-style-type: none"> -Keep a positive mindset -Commit to 10 mins of exercise daily -Make better dietary choices -Stimulate your mind 	
<p>Happy Birthday Milt Hofstad!</p>  <p>Happy Birthday Lois Frogge!</p>	<p><i>Dappy Birthday Georgia Raun!</i></p>  <p><i>Dappy Birthday Judy Faubel!</i></p>	<p><i>Accept what is, Let go of what was, Have faith in what will be!</i></p>	<p>Eastmont History: In May of 1966, then-City Council member, Helen Boosalis and then-Governor Frank Morrison participated in the groundbreaking on a 64-apartment, \$1.4 million building known today as The Springfield.</p>	<p><i>Happy Birthday Glenn Helmers!</i></p> <p>10:30 Chapel Service from Southview Christian on Channel 901</p>	<p>National Puzzle Day 2:00-4:00 Come grab a jigsaw puzzle in the Main Lounge</p>	<p>Furry Fun Fact: The Bible contains 32 references to dogs but none to cats!</p>