



Lorien Bel Air
January 2022

MARTIN LUTHER KING JR.

Complete-the-Quote



Pick the word(s) from the word bank that best completes each of the following MLK quotes.

staircase	end	sincere	justice
character	words	silence	hate
free	others	stupidity	friend
faith	brothers	anywhere	transforming
love	light	almighty	matter
together	right	question	education

1. "Darkness cannot drive out darkness; only _____ can do that. Hate cannot drive out _____; only love can do that."
2. "Free at last, _____ at last, Thank God _____ we are free at last."
3. "Life's most persistent and urgent _____ is, 'What are you doing for _____?'"
4. "Injustice _____ is a threat to _____ everywhere."
5. "_____ is taking the first step even when you don't see the whole _____."
6. "The time is always _____ to do what is right."
7. "We must learn to live together as _____ or perish _____ as fools."
8. "Our lives begin to _____ the day we become silent about things that _____."
9. "_____ is the only force capable of _____ an enemy into a _____."
10. "Nothing in the world is more dangerous than _____ ignorance and conscientious _____."
11. "Intelligence plus _____ — that is the goal of true _____."
12. "In the end, we will remember not the _____ of our enemies, but the _____ of our friends."

8 Winter Tips for Healthy Living

1. Enjoy the benefits of yogurt

Research suggests that yogurt helps prevent osteoporosis, high blood pressure, and gastrointestinal conditions.

2. Help heartburn

Nibble, enjoy your favorite food in moderation, and know your triggers.

3. Kiss cold sores good-bye

Get a good night sleep, avoid alcohol, and avoid sugar.

4. Do not stress

Meditation is known to help.

5. Start a winter tradition with working out

6. Eat locally

Organic and locally grown produce.

7. Try these 3 simple diet tips

-cut 200 calories a day out of your diet

-no junk food

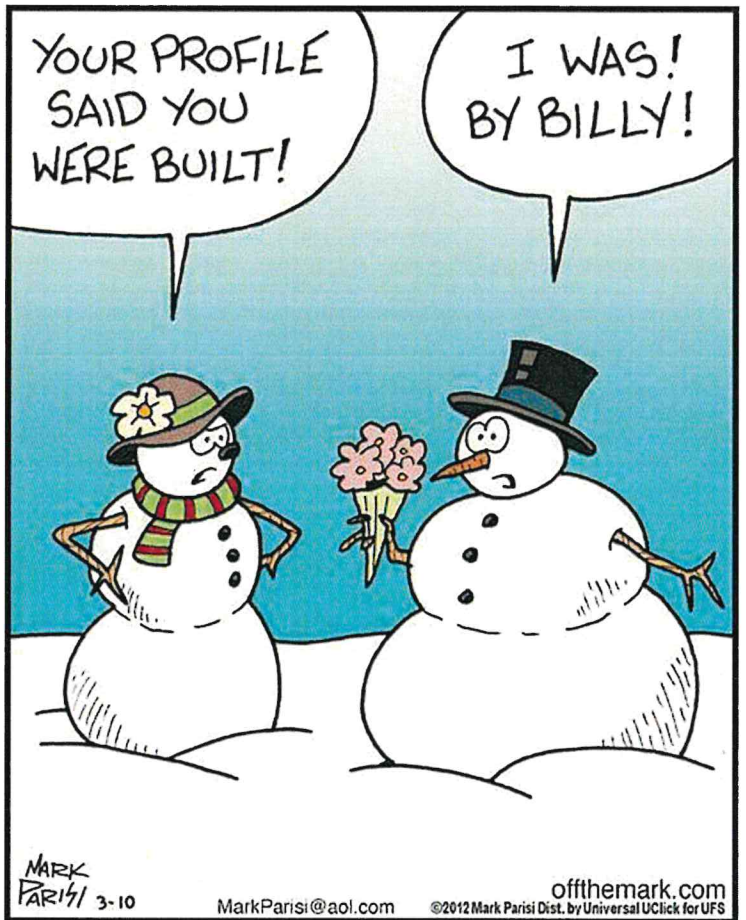
-take a walk every day

8. Invest in your health

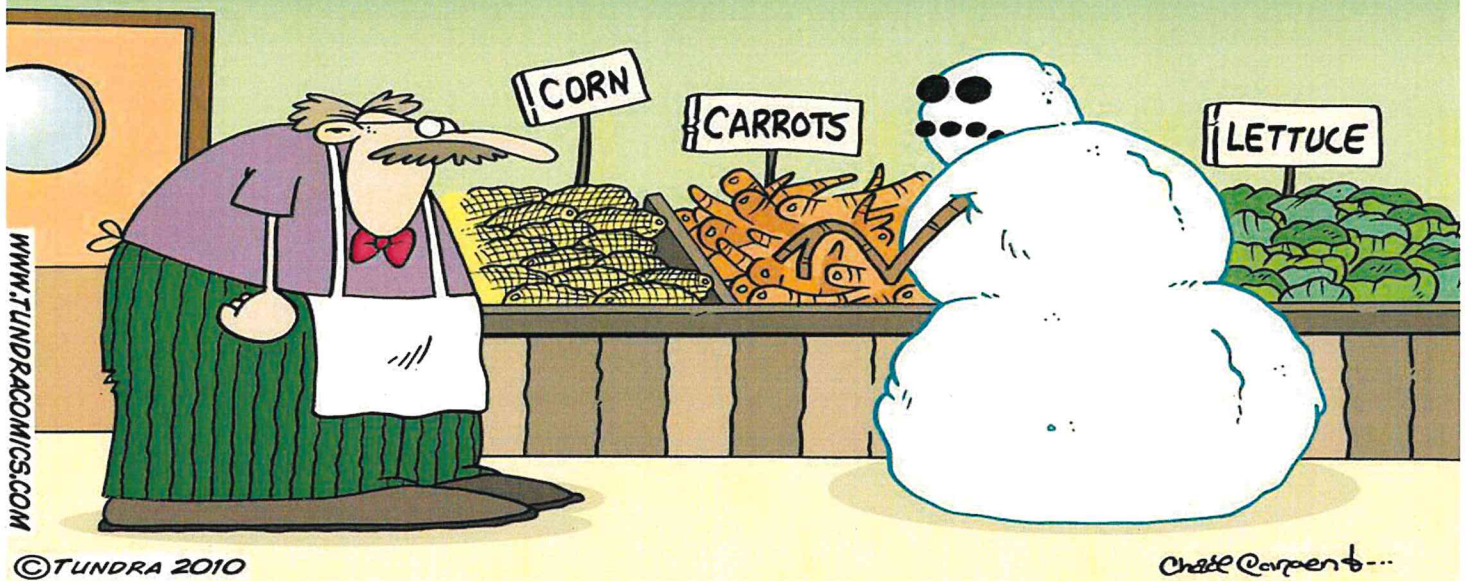
If you have a high-deductible insurance plan, you're probably eligible to deposit tax-free cash into a health savings account (HSA).

By: Wendy C. Fries

Winter Humor



FROSTY GETS CAUGHT PICKING HIS NOSE



Find the seven differences



January

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1. New Year's Day Morning *Bloody Mary's *Resolutions *Crossword Afternoon 1:30 Matinee *Bingo Handout</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. Morning *Coffee Cart *Balloon Toss</p> <p>Afternoon 2:00 Emmorton Baptist Church Service *Snack Cart</p>	<p>3. Council Day Beauty Shop</p> <p>Morning 10:00 Resident Council 10:30 Jeopardy</p> <p>Afternoon 1:00 Yoga *Horse Shoes</p> <p>Evening 5:30 Game Night (AL)</p>	<p>4. Hypnotism Day</p> <p>Morning *Hot Chocolate Cart *Visits (3rd)</p> <p>10-11:30 Store (AL)</p> <p>Afternoon 11:30 Lunch In <i>(advance sign up)</i> 1:30 Bingo *Hypnotic Pictures 3:00 Relaxation (3rd)</p>	<p>5. Bird Day</p> <p>Morning *Bird Word Game *Bird Trivia</p> <p>Afternoon 1:30 Zumba *Bird Craft</p> <p>Evening 5:30 Warm Cookie Social (AL)</p>	<p>6. Morning *OJ Cart *Planet Earth (AL)</p> <p>10-11:30 Store (3rd)</p> <p>Afternoon *Ice Cream Parlor with Chris 3:00 Relaxation (3rd) *Reading Cart</p> <p>Evening 5:30 Nail Fun (3rd)</p>	<p>7. Rock Day</p> <p>Morning 10:00 Bingo</p> <p>Afternoon 1:30 Functional Weight Lifting 2:30 Happy Hour On The Rocks</p>	<p>8. Show & Tell</p> <p>Morning *Hot Chocolate Cart *Workout Video *Crossword</p> <p>Afternoon 1:30 Matinee *Show & Tell</p> <p>Evening *Bingo Handout</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9. Hot Air Balloon Day Morning *Coffee Cart *Balloon Experiment Afternoon 2:00 New Covenant *Balloon Toss Evening *Snack Cart</p>	<p>10. Eagle Day Beauty Shop Morning 10:00 Current Events 10:30 Jeopardy Afternoon 1:00 Yoga *Archery Evening 5:30 Game Night (AL)</p>	<p>11. Hot Toddy Day Morning *Hot Toddy Tea Cart *Visits (3rd) 10-11:30 Store (AL) Afternoon 11:30 Lunch In (advance sign up) 1:30 Bingo *Hot Toddy Word Game 3:00 Relaxation (3rd) Evening 6:00 Men's Club with Roy</p>	<p>12. Craft Day Morning Craft Marathon Afternoon 1:30 Zumba *Sip & Craft Evening 5:30 Warm Cookie Social (AL)</p>	<p>13. Morning *OJ Cart *Planet Earth 10-11:30 Store (3rd) Afternoon *Ice Cream Parlor with Danny 3:00 Relaxation (3rd) *Reading Cart Evening 5:30 Nail Fun (1st)</p>	<p>14. Morning 10:00 Bingo Afternoon 1:30 Functional Weight Lifting *Happy Hour</p>	<p>15. Bagel Day Morning *Bagel & Cream Cheese Social *Crossword Afternoon 1:30 Matinee *Bingo Handout</p>

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16. Snow Day Morning *Coffee Cart *Snowball Fight Afternoon 2:00 Emmorton Baptist *Snow Craft</p>	<p>17. MLK Jr. Day Beauty Shop Morning 10:00 Current Events 10:30 MLK Jeopardy Afternoon 1:00 Yoga *Corn Hole</p>	<p>18. Fad Diets Morning *Hot Chocolate Cart *Visits (3rd) 10-11:30 Store (AL) Afternoon 11:30 Lunch In (advance sign up) 1:30 Bingo *Worst & Best Diets 3:00 Relaxation (3rd)</p>	<p>19. Good Memories Day Morning *Good Memories *Trivia Time Afternoon 1:30 Zumba 2:00 Old Fashion Games Evening 5:30 Warm Cookie Social (AL)</p>	<p>20. Morning *OJ Cart *Planet Earth 10-11:30 Store (3rd) Afternoon *Ice Cream Parlor with Tom 3:00 Relaxation (3rd) *Reading Cart Evening 5:30 Nail Fun (3rd)</p>	<p>21. Cheese Day Morning 10:00 Bingo Afternoon 1:00 Silver Reader 1:30 Functional Weight Lifting 2:30 Cheese Happy Hour</p>	<p>22. Polka Dot Day Morning *Hot Chocolate Cart *Workout Video *Crossword Afternoon 1:30 Matinee *Polka Dot Craft Evening Bingo Handout</p>

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23. Hand Writing Day Morning *Hot Cocoa Cart *Balloon Toss Afternoon 2:00 Mount Zion Service *Hand Writing Contest Evening Snack Cart</p>	<p>24. Peanut Butter Day Beauty Shop Morning 10:00 Peanut Butter Snack & Coke 10:30 Jeopardy Afternoon 1:00 Yoga *Peanut Butter Word Game Evening 5:30 Game Night (AL)</p>	<p>25. Opposite Day Morning *Coffee Cart *Visits (3rd) 10-11:30 Store (AL) Afternoon 11:30 Lunch In (advance sign up) 1:30 Bingo *Opposite Game 3:00 Relaxation (3rd) 6:00 Men's Club with Roy</p>	<p>26. Customs Day Morning *Customs Around The World *Trivia Time Afternoon 1:30 Zumba *Croquet Evening 5:30 Warm Cookie Social (AL)</p>	<p>27. National Geographic Day Morning *OJ Cart *Planet Earth 10-11:30 Store (3rd) Afternoon *Ice Cream Parlor With Robin 3:00 Relaxation (3rd) *Reading Cart Evening 5:30 Nail Fun (2nd)</p>	<p>28. Activity Professional Day Morning *Who's Who in Activities 10:00 Bingo Afternoon 1:30 Functional Weight Lifting 2:30 Happy Hour</p>	<p>29. Puzzle Day Morning *Hot Chocolate Cart *Workout Video *Crossword Puzzle Afternoon *Make Your Own Puzzle *Bingo Handout</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30. Croissant Day Morning *Croissants Making with OJ *Balloon Toss *Word Game Afternoon *Broadcasted Sermon *Snack Cart</p>	<p>31. Art Day Beauty Shop Morning 10:00 Famous Paintings 10:30 Art Jeopardy Afternoon 1:00 Yoga *Table Tennis Evening 5:30 Game Night (AL)</p>					