

Newsletter

January 2018

HAPPY ★ NEW ★ YEAR



January Health Tip:

Dementia is not a specific disease.

It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases.

Source: Alzheimer's Association
<https://www.alz.org/what-is-dementia.asp>

"As the year comes to an end, don't look back on yesterday's disappointments. Look ahead to God's promises yet to unfold."

EBuky Ojelabi



What's happening at Vegreville Manor?

- January 2 – New Year's Celebration w/ Harmony 2:00 p.m.
- January 4 – Walking Club starts 1:00 p.m.
- January 6 – Orthodox Christmas Eve Supper
- January 17 – Resident Meeting 2:00 p.m.
 - Pub Night w/ Soul Spice 6:30 p.m.
- January 23 – Lunch Club (sign up by January 19)
- January 31 – Tea Time Tea Social
(National Hot Tea Month)



In and Around Vegreville

- January 13 – Malanka – Ukrainian New Year's Celebration
- January 14 – Legion Pancake Breakfast
- January 20 – Perogies and Jam Music Night- Sunshine Club



Fun Facts!!!

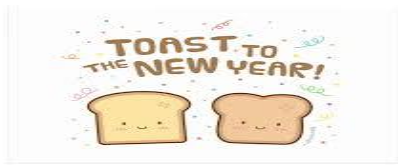
THE SNOWIEST CITY ON EARTH IS IN JAPAN.

Aomori City in northern Japan receives more snowfall than any major city on the planet. Each year citizens are pummeled with 312 inches, or about 26 feet, of snow on average.

IT SOMETIMES SNOWS WHERE YOU LEAST EXPECT IT!

You wouldn't be shocked to see snow on the ground of Siberia or Minnesota when traveling to those places during the winter months. But northern areas don't have a monopoly on snowfall—the white stuff has been known to touch down everywhere from the Sahara Desert to Hawaii. Even the driest place on Earth isn't immune. In 2011, the Atacama Desert in Chile received nearly 32 inches of snow thanks to a rare cold front from Antarctica.

Happy
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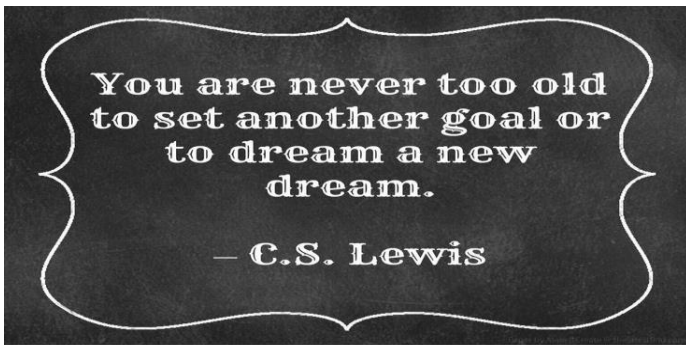
Just a Reminder...

If you keep valuables or money in your suite, it is always best to lock them up in a small safe or lock box.



Please use the recycling bin by the mail boxes for unwanted newspapers or flyers.

Please cover your cough and sneeze. Washing your hands is the best way to stop the spread of germs.



Monthly Trivia Question???

What phenomena in the 1950's allowed everyone to become an artist?

- a. Paint rollers
- b. Paint-by-number
- c. Feathery paint brushes

**Last Month's Answer:
Where was mommy kissing Santa Clause?**

- d. Underneath the Mistletoe

Photo Gallery



Who's on the Nice list?



Feliz Navidad!



Santa Clause is coming to town!