

Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.

Feel-Good Films

Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.

"The Wizard of Oz" (1939): Called one of history's greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.

"Hoosiers" (1986): A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best and most inspiring sports films.

"The Shawshank Redemption" (1994): With its plot about a man wrongly imprisoned and message of never losing hope, this timeless drama remains a top-rated pick decades after its release.

"Apollo 13" (1995): "Failure is not an option." That's a line from this true story of NASA's against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

"Ray" (2004): A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.

"Up" (2009): In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.



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JANUARY 2021

The Words of MLK

In honor of Martin Luther King Jr. Day on Jan. 18, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

Congratulations, Yasameen!

A member of our team is welcoming a new member of the family this month! We want to congratulate Yasameen, one of our second shift med techs, on her fourth baby joining her family. Our Harbison Shores family had a wonderful time celebrating her at a surprise baby shower in December. Thanks to everyone at Harbison Shores who joined us in celebrating Yasameen. We are so happy for her!

Holiday Fun at Harbison Shores

Our residents had so much fun celebrating the season at Harbison Shores. They had a great time decorating the trees, singing Christmas carols and decorating ornaments! Later on in the month, our residents enjoyed the opportunity to view lights in the community. We also enjoyed getting a chance to make cards for residents in other facilities around Houston, Texas, and share the joy of the holiday season with them. We hope everyone had a happy holiday and were able to enjoy the season.

JANUARY 2021

Locations

Activity Room, Memory Care, ARMC
 Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

— Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY Practice Social Distancing 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:15 Guess the Song, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 9:30 Winter Workout, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 10:30 Big Buck Hunter 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 9:30 Travel To: France, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:30 Individual Snack Social 11:00 Ballroom Dance Class, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 9:30 Suncatchers, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:00 Winter Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	MARTIN LUTHER KING JR. DAY Practice Social Distancing 10:00 Gingerbread Making, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 9:45 Penguin Hide and Seek 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	Practice Social Distancing 10:15 Hand Tied Quilting 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:00 “Snowball” Fight, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	Practice Social Distancing 9:15 Travel To: Switzerland, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 10:30 Wheel of Fortune, VDR 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:00 Mini Golf Tournament, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack						