

# JANUARY 2023

BRIGHTER DAY'S SPONSOR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																
<b>1</b> 	<b>2</b> <b>OFFICE CLOSED</b>  <b>NO MAIL</b>  <b>Monitor Rhonda Wells</b> <b>937/260-8318</b>	<b>3</b> <b>No Lunch</b> 10:00: Exercise-W/O RM  2:00 Bus to Bank	<b>4</b> 9:15 Bus to Kroger \$1.50 & Perkins \$1.50  3:00 Knitting Group-CR	<b>5</b> 9:15 Bus to Meijer \$1.50 & Pappa's Pizza \$1.50	<b>6</b> 1:00 Bible Study-GP  2:00 New Year Beginning Celebration-CR	<b>7</b> 5:30 Bingo-CR																																
<b>8</b> 1:00 Canterbury Church-CR	<b>9</b> 1:00 Bible Study-GP  3:00 Resident Meeting-CR  <b>Monitor Don Shade</b> <b>937/260-8318</b>	<b>10</b> 10:00: Exercise-W/O RM  11:00 Lunch-CR	<b>11</b> <b>No Bus Trip</b>  1:00 Guest Speaker-CR (see Terry's Tid Bits on reverse side for more information)  3:00 Knitting Group-CR	<b>12</b> <b>No Bus Trip</b>  9:00 Pest Control-3 <sup>rd</sup> floor	<b>13</b> 1:00 Bible Study-GP	<b>14</b> 5:30 Bingo-CR																																
<b>15</b> 1:00 Canterbury Church-CR	 <b>OFFICE CLOSED</b> <b>NO MAIL</b>  <b>Monitor Rhonda Wells</b> <b>937/260-8318</b>	<b>17</b> 10:00: Exercise-W/O RM  11:00 Lunch-CR	<b>18</b> <b>No Bus Trip</b>  3:00 Knitting Group-CR	<b>19</b> <b>No Bus Trip</b>  Covid Boosters-afternoon appointments if you are signed up(see Terry's Tid Bits on reverse side for more information)	<b>20</b> 1:00 Bible Study-GP	<b>21</b> 5:30 Bingo-CR																																
<b>22</b> 1:00 Canterbury Church-CR	<b>23</b> 1:00 Bible Study-GP  <b>Monitor Don Shade</b> <b>937/260-8318</b>	<b>24</b> 10:00: Exercise-W/O RM  11:00 Lunch-CR  6:00 Bingo w/ A Twist	<b>25</b> 9:15 Bus to Kroger \$1.50 & MCL \$1.50  3:00 Knitting Group-CR	<b>26</b> 9:15 Bus to Walmart \$1.50 & Holly's \$1.50	<b>27</b> 1:00 Bible Study-GP	<b>28</b> 5:30 Bingo-CR																																
<b>29</b> 1:00 Canterbury Church-CR	<b>30</b> 1:00 Bible Study-GP  <b>Monitor Rhonda Wells</b> <b>937/260-8318</b>	<b>31</b> 10:00: Exercise-W/O RM  11:00 Lunch-CR	<p style="text-align: center;">Birthdays</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 16.6%;">Sharon Boudroua</td> <td style="width: 16.6%;">01/04</td> <td style="width: 16.6%;">Joyce Chandler</td> <td style="width: 16.6%;">01/09</td> <td style="width: 16.6%;">Sharon Kreitzer</td> <td style="width: 16.6%;">01/17</td> <td style="width: 16.6%;">Evelyn Brandon</td> <td style="width: 16.6%;">01/27</td> </tr> <tr> <td>Stephanie Hayes</td> <td>01/05</td> <td>Marilyn Hilarski</td> <td>01/09</td> <td>Ada Myers</td> <td>01/18</td> <td>Thelma Johnson</td> <td>01/28</td> </tr> <tr> <td>Emily Turner</td> <td>01/06</td> <td>Robert Culpepper</td> <td>01/10</td> <td>Maxine Fielder</td> <td>01/20</td> <td>Mark Thompson</td> <td>01/29</td> </tr> <tr> <td>Linda Wilson</td> <td>01/07</td> <td>Brenda Troutman</td> <td>01/10</td> <td>Mark Payton</td> <td>01/25</td> <td>Rhonda Wells</td> <td>01/31</td> </tr> </table>				Sharon Boudroua	01/04	Joyce Chandler	01/09	Sharon Kreitzer	01/17	Evelyn Brandon	01/27	Stephanie Hayes	01/05	Marilyn Hilarski	01/09	Ada Myers	01/18	Thelma Johnson	01/28	Emily Turner	01/06	Robert Culpepper	01/10	Maxine Fielder	01/20	Mark Thompson	01/29	Linda Wilson	01/07	Brenda Troutman	01/10	Mark Payton	01/25	Rhonda Wells	01/31
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Canterbury Court  
**RESIDENT NEWSLETTER**



1<sup>st</sup> EDITION JANUARY 2023



**JAN'S "JIVE"**

Happy New Year everyone. I hope that you enjoyed a wonderful Christmas. It sure was cold and snowy during that period. I don't remember it being that cold for quite a while.

Staff says Thank You for all of the cards and goodies we received. We appreciated them so much!

We have a new staff member that has joined us for the recert/receptionist position. Please make sure you stop by and say Hello. Her name is Sherri and she has worked with us before so please welcome her. She will be in training for a while for this position but we are pleased to have her.

We no longer have beautician and will be looking for one so if you know of someone who does this type of work, please call Jan and let her know.

As a reminder if you received your new Social Security letter please make sure that we copy it. We will need this for your files!

The weeks of January 9<sup>th</sup> and January 16 there will be no bus trips that week. Ted is unavailable for that time period.

Devosta and I are planning lot of activities for the year and hope that you will join in. Our first activity is on January 6<sup>th</sup> at 2pm in the community room. Devosta will be hosting our New Year Beginning Celebration with light finger food and more. Please join us; I think you will enjoy it.

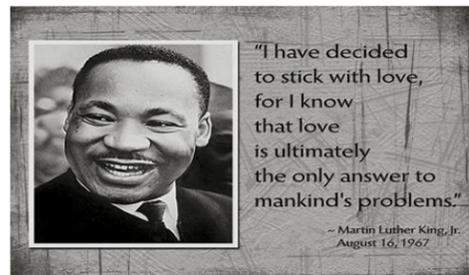
We will be having a Quarter auction on Feb 3 so that is just around the corner.

Lunches will start back up on Jan 10<sup>th</sup> and I have been told we will be having lasagna, salad, chicken salad sandwiches, turkey subs, and dessert.

In honor of Martin Luther King's day our office will be closed Monday January 16th but maintenance/housekeeping will be here.

With the New Year we are hoping with a full staff now that we can all come together and make a great year.

We appreciate each and every one of you and wish you all a great year! We are looking forward to doing life together with you all again this new year!



Martin Luther King Jr. is a historical icon with deep roots in social justice and civil rights. His life and words have empowered generations of Americans to fight for equality.

He is notably remembered for his persistent leadership in the U.S. civil rights movement, his principles of nonviolence, and his efforts to create monumental change in U.S. legislation. King's leadership journey began early, when he enrolled in college at the age of 15. He graduated from Atlanta's Morehouse College, one of the country's historically Black colleges and universities.

King then went to Crozer Theological Seminary, where he earned a degree in divinity. Later, at Boston University, King earned a doctorate in systematic theology.

King became a Baptist minister, leading congregations at Dexter Avenue Baptist Church in Montgomery, Alabama, and Ebenezer Baptist Church in Atlanta, Georgia. At the age of 35, King was honored for his nonviolent campaign against racism with the Nobel Peace Prize.

King is remembered as a man who was beloved and cherished, spreading inspiration through his speeches and writings.

Vanessa McGee, M.Ed.

~~~~~ **Welcome** ~~~~~  
Beverly Miner Edwards  
Loraine Forsyth  
~~~~~ **In Memory OF** ~~~~~  
Vernetta Cunningham  
Phyllis Kidwell

**Terry's Tid Bits  
Happy New Year!**

I hope everyone had a peaceful Christmas and ready to start the New Year!

Here are some ideas for New Year goal setting.

- One book I'm going to read or listen to.
- One adventure I'm going to go on.
- One thing I'm going to throw out.
- One thing I'm going to save for and purchase.
- One expense I'm going to cut out.
- One way I'm going to keep my energy high.
- One person I'm going to befriend or reconnect with.
- One way I'm going to have more fun.

Make a list of things you would like to accomplish, learn, have help with or do yourself.

Pick one thing you really want taken care of & one that would be fun & look forward to.

Keep your list short, so it is doable.

Put up a note in a prominent place where you will see it and be a reminder.

Write down small steps, cross them off as completed; seeing progress helps with motivation.

You can always go back to the list we have prioritized and add another goal, if we have done the first two.

Mark your calendar!

January 11 at 1:30 Join Kettering Health Navigator in the Canterbury room for a talk on "How to Communicate with your doctor: What you need to know".

January 19, 2023 Public health provide COVID boosters in the afternoon. Forms to sign up will be coming door to door. **They will need to be turned in by Jan 10<sup>th</sup>.**

A Few Reminders:

- ☞ Pest Control will be here the second Thursday of the month to inspect the 3rd Floor.
- ☞ Remember to bring your items for the Pirate Pack in the Canterbury Room!

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Dr. Friday will be here on February 17, 2023. A sign-up sheet will be posted on January 23, 2023.

The United States Postal Service has announced a rate increase effective January 22, 2023. A sheet of 20 stamps will go up to \$12.60 and a single stamp will cost 63 cents. Stamps will still be available for purchase in the office at these new rates.

"Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." — Philippians 4:8

Write it on your heart that every day is the best day in the year. ~ Ralph Waldo Emerson

Q: What do you have in December that you don't have in January?

A: The letter D.

Q: What do you call a temper tantrum that a snowman throws in January?

A: A meltdown.

After the first day of January there are only 78 days till spring!