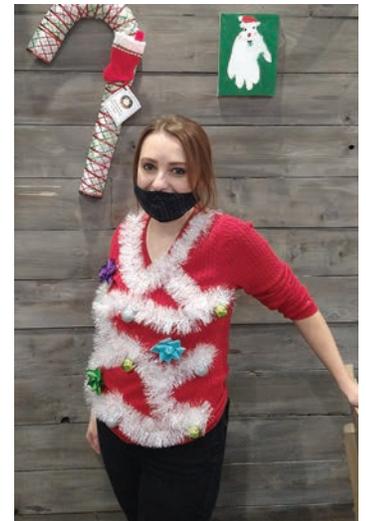


# CountrySide Chronicle

MONTHLY NEWS CALENDAR

JANUARY 2021

HAPPY NEW YEAR – 2021 WILL BE GREAT! (...right?)



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## From the Director's Desk

Happy, Happy New Year!!! As 2020 comes to an end, let's take time to reflect on the successes and good times we have shared over this past year. We made it through every challenge because we took care of each other, we helped our friends, we had fun in activities, and we kept supporting each other through it all. Let's continue this community care and compassion for each other into 2021! Are you excited?

I am now stepping into Charlie's shoes and, even though his feet are much bigger than mine, he has taught me all I need to take over and be everything that you need me to be. I look forward to the wonderful things 2021 will bring to us all. Hopefully a year of good times, laughs, and new opportunities to be the best we all can be.



I want to thank you for all your support and encouragement.

Make it a great day!

*Michaelene*

### RESIDENT SPOTLIGHT

## Kathy McMinn

Kathy was born and raised in New York City. She married at age 21 and moved to Queens. She worked for Guarantee Financial on Wall Street until she became a mom. They moved to Long Island, where she stayed until 2019. She was married with two sons and one daughter when her husband passed away in 1976 at only 40 years of age. She was blessed to meet another widower seven years later, they remarried and had many wonderful years together.

Kathy moved to CountrySide Lakes to be closer to her children. Kathy likes the casino and participates in many other activities. She is enjoying getting to know everyone here and says her philosophy in life is "this too shall pass." We all go through many things, but you have to keep going, as there are still good times ahead. We are so glad you are here with us – Welcome Home, Kathy!

## Bella's Corner

Follow Bella's photos & videos

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## New Years Resolutions for your fur baby

### SET ASIDE MORE PLAYTIME

No dog has ever had too much playtime – dogs love to play and bond with you in the process. Often, in our busy lives, setting aside time for this play can be hard; this New Year, however, resolve to give more time to your dog than last year. Trust us: the therapeutic effects of playing with your dog cannot be measured! It will make you happier and calmer, and help you both get extra exercise too.

### BRUSH THEIR TEETH MORE OFTEN

While dog grooming is usually taken quite seriously by owners, especially brushing their coat to prevent them shedding all over the house, brushing their teeth is often a neglected duty. A good New Year resolution for dogs and owners is to brush their teeth more often, as well as provide them with daily dental chews.

As your dog grows older, their dental hygiene will become even more important so it is best to start early. Make sure you invest in some dog toothpaste and a dog toothbrush. You can get meat flavored dog toothpastes; you can even give them a little beforehand to get them used to the taste. You can also feed them drier and harder foods to help keep their teeth clean.

### TAKE THEM ON ONE NEW EXCITING WALK EVERY MONTH

Most often, walking your dog is such a routine that we do not think of changing it. We see it as basic exercise that our dog needs. However, this dog New Year resolution should change all that! There is absolutely no reason to not take your dog on one new exciting walk on a regular basis. This means taking them for a hike, or taking them to a heritage estate (if they allow dogs on the premises), or even taking them to the beach or the woods. Your dog is guaranteed to love the excitement – and so will you.

### SCHEDULE REGULAR CHECK-UPS WITH THE VET

We rarely think of the vet unless our dog needs booster shots or if they have fallen ill. But even if your dog seems completely healthy, it is a good idea to take them to the vet for a regular check-up. Some illnesses don't have obvious symptoms, but a check-up could catch something in its early stages. This New Year resolution for dog owners will help you keep them happy and healthy.

# January 1–12, 2021

Activities are shown in red.  
Wellness classes are in blue.

1	2	3	4	5	6	7	8	9	10	11	12
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>HAPPY NEW YEAR</b> 9:00 am <b>Billiards</b> Billiards Room 10:00 am <b>Puzzles</b> Billiards Room 10:15 am <b>Funny Videos</b> Atrium 1:15 pm <b>Sing A long Songs</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 3:15 pm <b>HAPPY HOUR</b> Atrium 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:00 am <b>Billiards</b> Billiards Room 10:00 am <b>Puzzles</b> Billiards Room 2:00 pm <b>Assigned Bingo</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:00 am <b>Darts</b> 2nd Fl B Side Hall 10:30 am <b>Church Outside</b> Social distancing rules apply – close in heart but 6 feet apart Backyard 2:00 pm <b>Ice Cream Door to Door</b> Door to Door 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium <hr/> WASH YOUR HANDS! <hr/>	9:00 am <b>Billiards</b> Billiards Room 9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm 10:15 am <b>Assigned LRC</b> Dining Room 1:15 pm <b>Amazing People</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room 3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium <hr/> WASH YOUR HANDS! <hr/>	9:00 am <b>Darts</b> Billiards Room 9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm 10:15 am <b>Brain Games</b> Atrium 1:00 pm <b>Travel Class</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room <hr/> WASH YOUR HANDS! <hr/> 2:00 pm <b>Bocce</b> Atrium 2:30 pm <b>Corn Hole</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 3:15 pm <b>Bingo Small Groups</b> 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm 10:15 am <b>Crossword Small Groups</b> See Stephanie 1:15 pm <b>Roulette</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 2:00 pm <b>Assigned Bocce Small Groups</b> See Stephanie 3:00 pm <b>Assigned Bingo Small Groups</b> See Stephanie 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:30 am <b>Billiards</b> Billiards Room 10:15 am <b>Funny Videos</b> Atrium <hr/> WASH YOUR HANDS! <hr/> 2:00 pm <b>Assigned Bocce Small Groups</b> See Stephanie 3:00 pm <b>Assigned Bingo Small Groups</b> See Stephanie 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:30 am <b>Fun &amp; Funky Exercise</b> 3rd Fl Exercise Rm 10:00 am <b>Puzzles</b> Billiards Room 10:15 am <b>Adventure Class</b> Atrium 1:15 pm <b>Sing A long Songs</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 2:00 pm <b>Bocce</b> See Stephanie 3:15 pm <b>Bingo</b> See Stephanie 4:00 pm <b>HAPPY HOUR</b> Atrium 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:30 am <b>Billiards</b> Billiards Room 10:00 am <b>Puzzles</b> Billiards Room 1:00 pm <b>Bingo</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room 2:00 pm <b>Arts &amp; Crafts Small Groups</b> Dining Room 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium <hr/> WASH YOUR HANDS! <hr/> 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:00 am <b>Library</b> 2nd Fl B Side Hall 10:30 am <b>Church Outside</b> Social distancing rules apply – close in heart but 6 feet apart Backyard 2:00 pm <b>Ice Cream Door to Door</b> Door to Door 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium <hr/> WASH YOUR HANDS! <hr/> 3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium <hr/> WASH YOUR HANDS! <hr/>	9:00 am <b>Billiards</b> Billiards Room 9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm 10:15 am <b>Assigned LRC</b> Dining Room 1:15 pm <b>Amazing People</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room 3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium	9:00 am <b>Darts</b> Billiards Room 9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm 10:15 am <b>BrainGames</b> Dining Room 10:15 am <b>Puzzles</b> Billiards Room 1:15 pm <b>Travel Class</b> Social distancing rules apply – close in heart but 6 feet apart Atrium 2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room <hr/> WASH YOUR HANDS! <hr/> 2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room 3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room 6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium

## CSL BIRTHDAYS JANUARY

### RESIDENTS

- January 3  
**Martha Coffin**
- January 5  
**Bob Solomon**
- January 6  
**Barbabra Tillis**
- January 14  
**Polly Dahm**
- January 18  
**Jo Clark**  
**Lilly Hamner**
- January 22  
**Charlotte Charest**
- January 25  
**Susie Avery**
- STAFF
- January 9  
**Glenda Reilly**
- January 10  
**Trudy Simmons**
- January 16  
**Leonore Fusco**
- January 20  
**Yolanda Palacio**
- January 22  
**Marissa Petranto**  
**Antynisszj Lewis**
- January 25  
**Greg Lawrence**
- January 27  
**Christina Rhodes**
- January 30  
**Dale Holmes**

# A New Year – New Possibilities, New Projects, New Joy, New Love, New Laughs, and most of all, New Adventures.

## JANUARY

New Year. New You. Try a new hairstyle, a new color on your nails. It is a great time to be bold and adventurous. The new year is a time to reflect on lessons learned and set new goals for the future.

Stephanie's goal for January is to make fitness fun for everyone. Also to get one new person each day to join an activity!

## FEBRUARY

A month of love. How can you share love with those you know and those you don't? Leave notes of encouragement on someone's door. Write a letter to a family member telling them how much they mean to you.

Stephanie's fun for February is to ensure children are loved. Participate in our teddy bear drive!

## MARCH

Right into St. Patrick's Day. Let the luck of the Irish fall upon you. It's almost spring, so let's start cleaning. If you have not touched it in 30 days, consider letting it go or donating it to charity.

Stephanie's a wee bit Irish, so look for shenanigans all month long!

## JULY

Happy Independence. The month we celebrate our great country. BBQ, water guns, beach picnics, and fun in the sun all month long.

Stephanie will be creating fireworks just for you. Join in everyday for something to stimulate your mind, body, and surely a laugh!

## AUGUST

Stephanie's birthday is always a lot of fun. She turns 51 this year and she is going to do 51 things that will inspire you to live life to the fullest. Show up, join in and have some real adventures.

## SEPTEMBER

Fall into the cooler weather. Start planning for the holidays. Find your Halloween costume. Be prepared for some new ideas and challenges. Shake things up so you are never bored.

Stephanie will be setting up a fantastic fall line up of games, creativity, and challenges.

## APRIL

Showers bring flowers and we love the sight and aroma of fresh blooms. You bloom where you are grounded and watered. Be sure to nurture your own growth by finding projects that enhance your personality.

Stephanie will be nurturing your minds with thought provoking games, and stories for the spring.

## MAY

The flowers are blooming and we need water daily. Help support our local firefighters by donating to our Hydrate a Hero drive all month long. \$4.00 can hydrate a firefighter when he is battling 800 degree wild fire.

Stephanie will be hydrating you all month, as well.

## JUNE

The summer heat is on. The pool is open. The warmth of Vitamin D can help your energy level, strengthen your bones, and help rejuvenate you.

Stephanie is on vacation for a bit so be on the lookout for fun activities you can share with friends.

## OCTOBER

Ghouls and Goblins make great fun. We can be a little spooky, make some treats, and get into some tricks. Let's have a month of creatures, cavities, and creations.

Stephanie loves to be creepy, so lookout for some things that might make you a little queezy.

## NOVEMBER

Thankful is always the motto. We have so much everyday of our lives to be thankful for. Be sure to count your blessings, extend your thanks to those who make a difference in your life each day.

Stephanie will fill our hearts with Thanksgiving and a little turkey from our Chef!

## DECEMBER

How did another year already go by. We know this year has been amazing and we will celebrate the holidays with happiness in our hearts and joy in our actions.

Christmas creations will be available all month long.

# January 13–26, 2021

Activities are shown in red.  
Wellness classes are in blue.

13	14	15	16	17	18	19	20	21	22	23	24	25	26
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<p>9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm</p> <p>10:15 am <b>Crossword Small Groups</b> See Stephanie</p> <p>1:15 pm <b>Roulette</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room</p> <p>3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>Bible Study</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room</p>	<p>9:30 am <b>Billiards</b> Billiards Room</p> <p>10:15 am <b>Funny Videos</b> Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Bingo Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:30 am <b>Fun &amp; Funky Exercise</b> 3rd Fl Exercise Rm</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15am <b>Science Experiments</b> Atrium</p> <p>1:15 pm <b>Sing A long Songs</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Bocce</b> See Stephanie</p> <p>3:15 pm <b>Bingo</b> See Stephanie</p> <p>4:00 pm <b>HAPPY HOUR</b> Atrium</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:30 am <b>Darts</b> Billiards Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>1:00 pm <b>Bingo</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room</p> <p>2:00 pm <b>Arts &amp; Crafts Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Social distancing rules apply – close in heart but 6 feet apart Backyard</p> <p>2:00 pm <b>Ice Cream Door to Door</b> Door to Door</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p><b>MARTIN LUTHER KING JR. DAY</b></p> <p>9:00 am <b>Billiards</b> Billiards Room</p> <p>9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm</p> <p>10:15 am <b>Assigned LRC</b> Dining Room</p> <p>1:15 pm <b>Amazing People</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room</p> <p>3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Darts</b> Billiards Room</p> <p>9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm</p> <p>10:15 am <b>Brain Games</b> Dining Room</p> <p><b>Puzzles</b> Billiards Room</p> <p>1:15 pm <b>Travel Class</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room</p> <p>3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm</p> <p>10:15 am <b>Crossword Small Groups</b> See Stephanie</p> <p>1:15 pm <b>Roulette</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room</p> <p>3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>Bible Study</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room</p>	<p>9:30 am <b>Billiards</b> Billiards Room</p> <p>10:15 am <b>Funny Videos</b> Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Bingo Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:30 am <b>Fun &amp; Funky Exercise</b> 3rd Fl Exercise Rm</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15am <b>Military Class</b> Atrium</p> <p>1:15 pm <b>Sing A long Songs</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Bocce</b> See Stephanie</p> <p>3:15 pm <b>Bingo</b> See Stephanie</p> <p>4:00 pm <b>HAPPY HOUR</b> Atrium</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>9:30 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>2:00 pm <b>Bingo</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p>9:30 am <b>Darts</b> Billiards Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>1:00 pm <b>Bingo</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room</p> <p>2:00 pm <b>Arts &amp; Crafts Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm</p> <p>10:15 am <b>Assigned LRC</b> Dining Room</p> <p>1:15 pm <b>Amazing People</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room</p> <p>3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Darts</b> Billiards Room</p> <p>9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm</p> <p>10:15 am <b>Brain Games</b> Dining Room</p> <p><b>Puzzles</b> Billiards Room</p> <p>1:15 pm <b>Travel Class</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room</p> <p>3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>

# January 27-31, 2021

27 Wednesday	28 Thursday	29 Friday	30 Saturday	31 Sunday
9:30 am <b>Exercise</b> 3RD FL 3rd Fl Exercise Rm	9:30 am <b>Billiards</b> Billiards Room	9:30 am <b>Fun &amp; Funky Exercise</b> 3rd Fl Exercise Rm	9:30 am <b>Darts</b> Billiards Room	9:00 am <b>Library</b> 2nd Fl B Side Hall
10:15 am <b>Crossword Small Groups</b> See Stephanie	10:15 am <b>Funny Videos</b> Atrium	10:00 am <b>Puzzles</b> Billiards Room	10:00 am <b>Puzzles</b> Billiards Room	10:30 am <b>Church Outside</b> Social distancing rules apply - close in heart but 6 feet apart Backyard
1:15 pm <b>Dice Games</b> Social distancing rules apply - close in heart but 6 feet apart Atrium	<b>WASH YOUR HANDS!</b>	10:15am <b>All about Nothing</b> Atrium	1:00 pm <b>Bingo</b> Social distancing rules apply - close in heart but 6 feet apart Dining Room	2:00 pm <b>Ice Cream Door to Door</b> Door to Door
2:00 pm <b>Assigned Bocce Small Groups</b> Dining Room	2:00 pm <b>Assigned Bocce Small Groups</b> See Stephanie	1:15 pm <b>Sing A long Songs</b> Social distancing rules apply - close in heart but 6 feet apart Atrium	2:00 pm <b>Arts &amp; Crafts Small Groups</b> Dining Room	6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium
3:15 pm <b>Assigned Bingo Small Groups</b> Dining Room	3:00pm <b>Assigned Bingo Small Groups</b> See Stephanie	2:00 pm <b>Bocce</b> See Stephanie	6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium	<b>WASH YOUR HANDS!</b>
6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium	6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium	3:15 pm <b>Bingo</b> See Stephanie	<b>WASH YOUR HANDS!</b>	
<b>Bible Study</b> Social distancing rules apply - close in heart but 6 feet apart Dining Room		4:00 pm <b>HAPPY HOUR</b> Atrium		
		6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium		

Activities are shown in red.  
Wellness classes are in blue.

## Wisdom for the New Year!

### 8 things to remember!

1. The past cannot be changed
2. Everyone's journey is different
3. Overthinking will lead to sadness
4. Happiness is found within
5. Kindness is free
6. You only fail if you quit
7. What goes around comes around
8. Smiles are contagious

Kindness makes you the most beautiful person in the world, no matter what you look like.

Sometimes, what you're looking for comes when you're not looking at all.

GOOD LOOKS FADE. BUT A GOOD HEART KEEPS YOU BEAUTIFUL FOREVER.

Don't stop shining just because someone is intimidated by your light.

Be kind. For everyone you meet is fighting a battle you know nothing about.

Happiness is not having what you want. It is appreciating what you have.

The Seven Wonders of the world. To see, to hear, to touch, to taste, to feel, to laugh and to love.

Always believe that something wonderful is about to happen.

At the end of the day, I am thankful that my blessings are bigger than my problems.



Never put the key of your happiness in someone else's pocket.

### 5 things to quit right now

1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Putting yourself down.
5. Overthinking.

The secret of living well and longer is: eat half, walk double, laugh triple and love without measure.

Know this: You can start over each morning.

## Everyone at CSL is a Hero!

Where do we begin?! January 2020 – no one knew of the challenges we would face. Every single person that is part of the CountrySide Lakes team could not have stepped up more, fought harder, or given anymore of themselves than all of you have. You are the example of the human spirit. Not a single person gave up or gave in when we started to face the challenges of this year. It has truly been an honor, a privilege and inspirational to see each of you shine your light in a dark unknown time. We appreciate all the love, care, compassion and sacrifices that you have given to keep our residents and your teammates safe and cared for. Thank you from the bottom of our hearts for all you have done and all you continue to do that makes CountrySide Lakes not just a workplace, but makes us all family. We hope that 2021 brings you all the joy that you deserve.



### CountrySide Lakes®

### MANAGEMENT STAFF

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