


# THE Greenhaven Estates Lifestyle



GREENHAVEN  
ESTATES  
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY  
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## GREENHAVEN MANAGEMENT TEAM

**Interim Executive Director**

Alexandria Noel

**Business Office Director**

Alexandria Noel

**Sales Director**

Lindsey Palmer

**Assisted Living Director**

Arlene Moreno

**Resident Care Coordinator**

Tyler Brown

**Activities Director**

Kaitlynn Eagleson

**Dining Director**

Bradley Boyer

**Maintenance Director**

Steven Corey

## JANUARY 2024



HOLIDAY FUN



**JANUARY 2024**

**Sit. Stay. Yay!**

January is National Train Your Dog Month, so consider these reasons to teach your pet basic obedience skills. Training could save your pet's life. If you've ever seen a dog get loose from their collar, you know how scary it can be. Having the ability to command your pup back to your side and away from traffic is essential. The bond formed during obedience exercises is strong. You gain a better understanding of your pet during training, and this beneficial attention creates a connection between the two of you. A trained pet is a happy pet. Dogs and cats who follow basic commands from their parents have learned skills to be social members of the family. A dog who knows how to play gently or a cat who uses a scratching post rather than a sofa leg will be able to spend more quality time with you and any visitors to your home. Basic obedience lessons will ensure a long-lasting, healthy and happy relationship for you and your lovable companion.

**"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."  
—Rainer Maria Rilke**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>New Year's Day</b> 1 	2 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night	3 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night	4 8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night	5 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	6 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 1:30 Bingo 3:00 Beauty Time 5:00 Movie night	
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	28 8:00 Morning News 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 5:00 Movie Night	29 8:00 Morning News 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night	30 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night	31 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night			



**HOLIDAYS ACTIVITIES**  
 DECORATING COOKIES GETTING CREATIVE  
 MAKING FUN MEMORIES TOGETHER

## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

*Spain.* At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

*Russia.* In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

*Germany.* Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

*Japan.* All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

*Colombia.* Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

*Greece.* Symbolizing renewal, onions are hung on doorways as a good luck token.

*Brazil.* To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

*Turkey.* At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

*Finland.* A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

*Romania.* For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

## Hooked on Needlework

The cozy hobby of crafting with yarn is a favorite among all ages. Several factors weave together to make knitting and crocheting such enduring pastimes.

Any artistic endeavor results in a feeling of satisfaction when the project is complete. The same is true when somebody finishes knitting or crocheting a hat, scarf, blanket or other item. Being able to use their creation, or see someone else use and appreciate it, makes this happy glow even stronger.

But even while a project is still a work in progress, the benefits of knitting and crocheting are huge. Many yarn crafters say the process itself is a form of therapy that distracts them from anxious thoughts and bad habits, soothes irritability and stress, eases boredom and reduces insomnia. The repetitive motion of the needles and texture of the yarn results in a relaxing and meditative experience.

Those same movements help build and maintain strength in the hands, and the calming activity can lower blood pressure. Since stitching involves counting and concentration, it's also a brain booster, with studies showing the hobby may reduce the risk of dementia.

Knitting and crocheting are popular ways to give back to charity as well. Hospitals, veterans' organizations, homeless shelters and animal rescues are just some of the places that welcome gifts of woven items.

