


THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

Wit & Wisdom

**"It is only when the cold season comes that we know the pine and cypress to be evergreens."
—Chinese proverb**

**"Thank goodness for the first snow. It was a reminder—no matter how old you became and how much you'd seen—things could still be new if you were willing to believe they still mattered."
—Candace Bushnell**

**"A good way to remedy a cold morning is to have a warm heart."
—Keith Wynn**

**"Silence can always be broken by the sound of footsteps walking over frozen ground."
—Merrill Moore**

**"A snow day literally and figuratively falls from the sky, unbidden, and seems like a thing of wonder."
—Susan Orlean**

**"Shut the door. Not that it lets in the cold, but that it lets out the coziness."
—Mark Twain**

**"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."
—John Boswell**

**"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."
—Vesta M. Kelly**

**"If flowers can teach themselves how to bloom after winter passes, so can you."
—Noor Shirazie**

JANUARY 2025



Let It Go

Have you been holding a grudge against someone? National Forgiveness Day on the last Saturday in October is a good reminder that maybe it's time for a fresh start. Multiple studies have shown the negative effects that holding on to anger can have on the body, including raising blood pressure and causing fatigue and anxiety. Anger-fueled stress can even affect the immune system. Remember, forgiving someone for hurting you doesn't mean you condone their behavior, but simply choose to let go of any resentment you feel.

happy new year

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Famous Faces Born in January

Jan. 3, 1996: Florence Pugh
 Jan. 7, 1971: Jeremy Renner
 Jan. 9, 1989: Nina Dobrev
 Jan. 13, 1961: Julia Louis-Dreyfus
 Jan. 17, 1964: Michelle Obama
 Jan. 20, 1966: Rainn Wilson
 Jan. 28, 1993: Will Poulter
 Jan. 30, 1974: Christian Bale

Remember When: 'Be Kind, Please Rewind'

These days, watching a movie at home usually means popping in a DVD or using a digital streaming service. But during the 1980s and '90s, movies on VHS tapes, which were played using a VCR, were the standard technology. Video rental stores reminded customers to be courteous and take the time to rewind the tapes before returning them by placing stickers with the phrase "Be Kind, Please Rewind" on the cassettes.

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
 —Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 9:45 Sit-N-B Fit 1:15 Bingo 3:30 Puzzle Club 4:00 Activity Packet Fun In the Bingo Room	2 9:45 Select Rehab Exercise 1:15 Bingo 2:30 Beach Ball Questionnaire 3:30 Book Folding Art in Bingo Room 4:15 Charades	3 9:45 Sit-N-B Fit 10:30 One on One's w/ Yvette 1:15 Bingo 2:30 Craft Time -Bingo Room 4:00 Ice Cream Social 4:15 Newspaper Hunt	4 Nat'l Trivia/Spaghetti Day 9:45 Sit-N-B Fit 10:30 Cooking Spaghetti w/ Yvette 1:15 Bingo 3:00 Saturday Cinema (The Hero) 3:30 Express Popcorn Deliveries 4:15 True or False Trivia
5 9:45 Sit-N-B Fit 1:30 Resident Led Coloring Club 3:30 Resident Led Skip-Bo	6 9:45 Select Rehab Exercise 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	7 9:45 Select Rehab Exercise 10:45 Calendar Catch-Up with Yvette 1:15 Bingo 2:30 Telephone Trivia 3:30 Hand Massages & Nail Painting By: Yvette	8 9:45 Sit-N-B Fit 10:15 Bible Study & Musical Flute By: Clay 10:30 Wal-Mart Outing 1:15 Bingo 3:30 Puzzle Club 4:00 Tilt-A-Cup Minute to Win It Social	9 9:45 Select Rehab Exercise 10:45 Texas Burger Lunch Outing Bring Your \$\$\$ 1:15 Bingo 2:30 Weird Law Knowledge 3:30 Book Folding Art in Bingo Room 4:15 Identifying Dried Spices	10 9:30 Men's Coffee with Clark 9:45 Sit-N-B Fit 10:30 Watercolor Luminaries 1:15 Bingo 1:30 Soup Cook Off w/ Gentiva 3:00 Craft- Build A Cup of Soup-Bistro 4:00 Ice Cream Social	11 9:45 Sit-N-B Fit 10:30 Milk and Cereal Social 1:15 Bingo 3:00 Saturday Cinema (Queen Bees) 3:30 Express Popcorn Deliveries 4:15 Non-Alcoholic Hot Toddy Social
12 9:45 Sit-N-B Fit 1:30 Resident Led Coloring Club 3:30 Resident Led Skip-Bo	13 9:45 Select Rehab Exercise 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	14 9:30 Amenti Beauty Academy 9:45 Select Rehab Exercise 10:30 Bingo w/Hospice of Odessa 1:30 Winter Logic Puzzle 2:30 Craft Time -Bingo Room 3:30 Caddy Stack Minute To Win It	15 9:45 Sit-N-B Fit 10:30 Dollar Tree Outing 1:00 Select Rehab 15min Class 1:15 Bingo 2:00 Select Rehab Fit Testing Until 4:30pm 3:30 Puzzle Club 4:00 Felt Strip Art	16 Nat'l Fig Newton Day 9:00 Blood Pressure Clinic w/ Express Nursing 9:45 Select Rehab Exercise 1:15 Bingo 3:30 Book Folding Art in Bingo Room 4:15 Johnny Appleseed Minute to Win It	17 Nat'l Classy Day Dress 2 Impress 9:45 Sit-N-B Fit 10:30 Tree Swag Craft 1:15 Bingo 2:30 Cooking Club- Spice Tea 3:30 Classy Hot Tea/Cookie Party in Private Room	18 Nat'l Popcorn Day 9:45 Sit-N-B Fit 1:15 Bingo 3:00 Saturday Cinema (Never Too Late) 3:30 Express Popcorn Deliveries 4:15 Popcorn Craft
19 9:45 Sit-N-B Fit 1:30 Resident Led Coloring Club 3:30 Resident Led Skip-Bo	20 Martin Luther King Jr. Day 9:45 Select Rehab Exercise 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	21 9:45 Select Rehab Exercise 10:30 Broomski Ball Minute To Win It 1:15 Bingo 2:30 Paper Storage Bag Craft 3:30 Martin Luther King Fun Facts & Hydration Station 4:15 Crossword Puzzle Tournament	22 Nat'l Polka Dot Day/Dress in Dots 9:45 Sit-N-B Fit 10:15 Bible Study & Musical Flute By: Clay 11:00 Polka Dot Hydration 1:15 Bingo 2:30 Polka Dot Pencil Craft 3:30 Puzzle Club 4:15 Giant Checkers in the Bingo Room	23 Nat'l Handwriting Day 9:45 Select Rehab Exercise 10:30 Write a Letter Social in the Bingo Rm 1:15 Bingo 3:00 Paint-N-Sip 4:15 Guess the Recipe	24 Nat'l Peanut Butter Day 9:45 Sit-N-B Fit 10:30 Cooking Club- Peanut Butter Cookies 1:15 Bingo 2:30 Gold Treasure Hunt 4:00 Peanut Butter Ice Cream Social 4:15 Compliments or Insults Questionnaire	25 Nat'l Opposite Day 9:45 Sit-N-B Fit 10:30 Name the Music Genre in the Bistro 1:15 Bingo 3:00 Saturday Cinema (Secondhand Lions) 3:30 Express Popcorn Deliveries 4:15 Opposite Hand Pictionary Game
26 9:45 Sit-N-B Fit 1:30 Resident Led Coloring Club 3:30 Resident Led Skip-Bo	27 9:45 Select Rehab Exercise 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	28 Nat'l Blueberry Muffin Tasting 9:45 Select Rehab Exercise 10:30 Blueberry Muffin Cooking Class 1:15 BINGO 2:15 Blueberry Hydration Station 3:30 BINGO STORE-Families Invited	29 9:45 Sit-N-B Fit 10:30 50 States 50 Facts Trivia 1:15 Lunar New Year Bingo 2:30 Guess Which President 3:30 Karaoke Fun with Hydration Station in the Bingo Hall	30 9:45 Select Rehab Exercise 10:30 Medallion Snowflakes Craft in Bistro 1:15 Bingo 2:30 Craft Time -Bingo Room 3:30 Snow Pictionary 4:15 Book Folding Art in Bingo Room	31 Nat'l Hot Cocoa Day 9:45 Sit-N-B Fit 10:30 Toilet Paper Roll Cross Craft in Bistro 1:15 Bingo 3:00 Build a Hot Cocoa Cookie Cup in the Bistro 4:00 Hot Cocoa Craft in the Bingo Room	

'Souper' Good for You

It's soup season! This classic comfort food is brimming with more than just savory flavors and cozy vibes. Here are a few reasons why you should shift into soup mode this month.

More veggies. People of all ages may struggle to eat enough vegetables daily. But you'll usually find plenty of veggies in soup, where they provide rich flavor, color and nutrition.

Healthy hydration. Essential for good health, hydration doesn't just come from drinking water, but also from what we eat—and soup is high on the list of hydrating foods.

Symptom soother. Many people swear a bowl of chicken noodle soup can cure certain illnesses. At the very least, sipping on warm soup can soothe a sore throat, clear a stuffy nose and settle a troubled tummy.

Portion control. Because of the high water content, soup is very filling, and the hot temperature forces us to eat it slowly and mindfully. These factors can prevent overeating and be helpful for weight management.

Bone benefits. Soups made with bone broth contain calcium, magnesium and, most importantly, collagen—a protein that promotes strong bones, muscles and joints as well as healthy hair and skin.



Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

Be upfront with special requests. If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact. Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server's name. Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Keep the table clear. Placing your bag, wallet, phone and other personal belongings on the table takes up valuable space needed for plates and beverages.

Remember the golden rule. Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Tip with respect. A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.

Leave promptly. When a restaurant is busy, lingering at a table long after you're done eating prevents other diners from being seated and causes your server to miss out on valuable tips.



Classic TV Grouches

Comedian W.C. Fields once said, "Start every day off with a smile and get it over with." As a tribute to his cantankerous persona, National Curmudgeons Day is observed on Jan. 29, Fields' birthday. Mark the occasion with a look at some classic TV grumps.

Oscar the Grouch. This "Sesame Street" Muppet is so grouchy, it's in his name! Whether he's telling passersby to "Scram!" or singing about his love for trash, Oscar prides himself on his curmudgeonly qualities.

Archie Bunker. Stubborn and short-tempered, the "All in the Family" patriarch really is a good guy underneath his crusty exterior. Despite his knack for insults, Archie is so beloved that he was ranked No. 5 on TV Guide's list of the "50 Greatest TV Characters of All Time."

Fred Sanford. The "G" in Fred G. Sanford might as well stand for "Grumpy." The crabby namesake of the "Sanford and Son" junkyard spends much of his time trading barbs with son Lamont and sister-in-law Esther.

Sophia Petrillo. She's a sweet-looking senior with a taste for exaggeration and no filter for her wisecracking comments. Sophia guides her fellow roommates in "The Golden Girls," including daughter Dorothy, with tough love, advice and stories about growing up in Sicily.

Frank Barone. Ray's father in "Everybody Loves Raymond" is a classic grump who complains about everything. Although he'll rarely admit it, Frank has a soft side and is fiercely protective of his family.

