"Approach the New Year with resolve to find the opportunities hidden in each new day.”
~Michael Josephson

Watermark University

What is Watermark University Kick Off Party!
Join us as we start the new year with new classes! Come see what is going on for this semester in our community. Learn about the classes, give ideas and lean how you can become a professor too! This kick off will happen Tuesday, January 3rd at 2:15 p.m., during our Tea at Two social in the library!

Special Events & Outings

Sunday, Jan. 1st.
Happy New Year!

Sunday, Jan. 8th
Lunch Out to Mimi’s Cafe

Monday, Jan. 16th
Martin Luther King Jr. Day

Thursday, Jan. 19th
Outing to Sonoran Glass School

Saturday, Jan. 21st
New Year Celebrations Family Brunch

Sunday, Jan. 22nd
Lunch Out to El Molinito

Wednesday, Jan. 25th
Resident Choice Meal:
Chinese New Year Dinner

Saturday, Jan. 28th
Chinese New Year: Year of the Rooster

Sunday, Jan. 29th
Lunch Out to Taste of Texas
with The Gardens

2017 Year of the Rooster

The Chinese New Year, or Spring Festival, remains the most important social and economic holiday in China. Originally tied to the lunar-solar Chinese calendar, the holiday was a time to honor household and heavenly deities as well as ancestors. It was also a time to bring family together for feasting! This year it is the year of the rooster. The rooster is the 10th Chinese zodiac animal. Each year is represent by an animal and is on a 12 year cycle. People born in the year of the rooster are very observant, hardworking, resourceful, courageous and talented. Roosters are very confident about themselves. There are plenty of activities this month that will show case your talents, rooster or not! Make sure to attend our Watermark University Kick off party to see what classes we have coming up and how you can be a Watermark professor too!

Path to Well-Being

New Year, New You!

Doesn’t mean the old you isn’t a good you! It is a time to reflect on all the positives that make you extraordinary while keeping the aspect of renewal in mind. We all, theoretically, are receiving a clean slate and should not take that for granted. Let’s shift our perspective as we approach our 2017 resolutions. Give the Old You and New You their marching orders, and narrow your focus to Present You. Don’t resolve to become “the kind of person” who runs, meditates, or eats healthy every day. Instead, just do that thing, once and do it today! Today is the first day of the rest of your week, so live your best you and live it well!

Thriving

Ben’s Bell Outing

Last month residents from The Inn & Gardens went on an outing that was all about giving back. Once we got there we learned the amazing history behind the Ben’s Bell organization. We also learned how Ben’s Bells kindness mission has gone world wide. We helped by painting kindness coins that are used in schools to help promote kindness. They can also be kept in your pocket, as a physical reminder to be kind and find kindness everyday. We had so much fun painting different designs of colorful polka-dots and zany zigzags! We can’t wait to get back to the work shop to help spread kindness! George Elliston said it best, “How beautiful a day can be, when kindness touches it!”
**January 2017**  
The Inn

### Activities in This Section Are Regularly Scheduled

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8:45 Walking Club - L 9:00 Coloring Therapy - LR 10:00 Bible Study - CR</td>
<td>5:30 Musical Movie Social - TV</td>
<td>3:00 Carol’s Therapy Dog Visit - L</td>
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<tr>
<td>Tuesday</td>
<td>8:45 Walking Club - L 9:00 Senior Balance Tai Chi - TC</td>
<td>Flowing Wells Student Visit</td>
<td>5:30 Featured Star of the Month: Jim Carrey - TV</td>
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<tr>
<td>Wednesday</td>
<td>8:45 Walking Club - L 9:00 Matinee Movie Social - TV 10:40 Stretch &amp; Massage with Dennis</td>
<td>5:30 Story Time at Nanini Library - L 1:00 Special Events Committee Meeting - LR</td>
<td>10:00 Tea at Two - LR</td>
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<tr>
<td>Thursday</td>
<td>8:45 Walking Club - L 9:00 Senior Balance Tai Chi</td>
<td>5:30 CNN Weeknight News - LR</td>
<td>10:30 Alzheimer’s Support Group - CR</td>
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<td>Friday</td>
<td>8:45 Walking Club - L 9:00 Valentine’s Day with Dennis 1:00 Prize Bingo - CR 2:00 Sing Along - LR</td>
<td>3:00 Chair Yoga with Dennis - L</td>
<td>1:00 Prize Bingo - CR 2:00 Tea at Two - LR</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:45 Walking Club - L</td>
<td>9:00 Bible Study - CR 10:40 Chair Exercise with Dennis - L</td>
<td>1:00 Prize Bingo - CR 2:00 Happy Hour - LR</td>
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</tbody>
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### Meal Times
- Breakfast: 7:30 a.m. – 9:00 a.m.
- Dinner: 5:00 p.m. – 5:30 p.m.