

Carma's

Commentary

Do you have a favorite song? If so, does it catch your attention every time you hear even a little piece of the melody? One of my favorites is *Unchained Melody* by the Righteous Brothers. I also enjoy a classical arrangement of it sung by a group of Italian tenors called *Il Divo*. I've probably played their song a hundred times and can't get through it without getting goose bumps

I feel the same way about the song *I Dreamed a Dream* by Susan Boyle. (She sang that song on TV as an unknown artist a few years ago and "wowed" the world.) In fact, I don't usually play her song when lots of people are around because I still get tears in my eyes every single time she hits that high note. People don't understand my sudden "sappiness".

What is it about music that has the power to change our mood? University of Montreal's Professor Valorie Salimpoor has shown that the pleasurable feelings associated with emotional music are the result of dopamine being released in the brain. It has the same effect as drugs that are designed to elevate our moods.

Music resonates deeply with people all over the world. The sounds may be different for each culture, but it appears to be almost as important as food and water when quality of life is evaluated. Its history goes back just about as far as mankind.

Music is even incorporated into teaching basic skills in schools these days. It seems to help with concentration, counting, listening, and cooperation while also promoting the understanding of language. In grade school my daughter was taught to use it to improve her ability to recall information.

By putting music to the words, the children could memorize the content much more quickly. I even remember learning how to type to music. Students started out slowly and gradually picked up the pace of the typing along with the song. In other words, music has an amazing effect on our brain.

In his book *My Song*, Harry Bellefonte talks about how he researched folk songs at the Library of Congress before coming up with his first album, *Calypso*. One of his songs was called the *Day O* song. To this day, 50 years later, audiences join in with him to sing the refrain. His album was the first to sell over a million copies because it appealed to so many people around the world. His voice singing folk songs from different cultures, combined with a calypso beat, seemed to resonate with the masses.

Music of all kinds was a big part of Mr. Bellefonte's life. When he came to the United States from Jamaica, he used his musical skills as a platform to get started in acting. It gave him opportunities that most people would only dream about. His (later) involvement in politics resulted in friendships with many top leaders of countries all over the world. Music was good to Mr. Bellefonte because he wasn't afraid to sing his song.

But what about those of us who can't sing? Are we stuck in a rut with no passion in our lives? Absolutely not! I saw a bumper sticker recently that can put those fears to rest. It stated: If you can't sing — be the song.

Every one of us has a life that is worthy of a song. Wouldn't it be liberating to share our stories and then see how they "harmonize" with those of others? Who knows — the story of our life might be someone's favorite song. — Carma Wall, CEO  
[cwall@thecedars.org](mailto:cwall@thecedars.org)

**THIS 'n THAT**  
from around The Village

**JANUARY LUNCHEON**

**When:** Tuesday, the 17<sup>th</sup>, 12:00 noon  
**Where:** Wellness Center Banquet Room  
**Hosts:** Kent and Elva Jean Naylor  
 Dean and Madonna Reynolds  
**Menu:** Chef carved prime rib of beef with  
 blackberry au jus, fresh vegetable medley,  
 whipped Yukon gold potatoes, Ceasar  
 salad, chocolate truffle cake and sugarfree  
 options, beverages.  
 Cost: \$9.50

**Please Note:** Phone reservations to Diane  
 at 241-0919 (ext 110) by Friday, the 13<sup>th</sup>,  
*You are invited to bring a donation of food  
 to the McPherson County Food Bank.*

**Thanks, Village Residents**

The number of families and individuals served by the County Food Bank set a new record in 2010 and another record will be established in 2011. Distributions in 2011 were up over 30% above 2010. The number of families served in 2010 was 1,969 and through November of 2011, 2,335 families have been helped. Recipients are restricted to six visits in six months. Your contributions of food and money have helped many county residents. Please continue to give at our monthly luncheons.

-- John Ward, Food Bank Volunteer

**Breakfast schedule**

Breakfast will be served in *January and following months on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays*. The January dates are the 10<sup>th</sup> and 24<sup>th</sup>. The menu for both mornings is made-to-order omelets.

**Delivery of The Village Voice**

It's been ten years since we divided The Village into eleven blocks for the purpose of eliminating the need for one or two people to deliver our monthly newsletter to the entire campus. It's time to ask those dependable "regulars" if they'd like a replacement.

At present, **block 1 & 2** are both delivered by the **Cooneys**. (This is 15 units, the largest block, and can be divided into two.) It is the entire west of Cedars Drive.

**Dean and Madonna Reynolds** deliver **block 3**: Darlow 901 and Cedars 902 through 922. (12)

**Charles and Belle Whitacre**, **block 4**: Cedars 1000 through 1020. (11)

**Ruby Smith** delivers **block 5**, the south side of Darlow. (8)

**Wes DeCoursey** has **block 6**: Darlow 907 through 925. (10)

**Eloise Lichty** delivers **block 7**: Darlow 1001 through 1017. (9)

On the north side of the Village, **block 8** is Darlow Court, even house numbers 1100 through 1118 and Darlow Dr., 1238 & 1240; delivered by **Ed Switzer**. (10)

**Lucille Hand** delivers **block 9**: Darlow even numbers 1200 thru 1220 and Darlow Court odd numbers 1109 thru 1117. (11)

**Mary Wagoner (Mary Ann Walter, sub.)** delivers to **block 10**: Darlow 1101, 1103, 1107, 1109, 1131, 1133, 1132, 1134, 1138 and 1140. (10)

**Jody Miller** has **block 11**, odd numbers: Darlow 1201 through 1251. (12)

(With the exception of block 10, all routes are set up so that no streets are crossed.)

**A heart-felt thanks to these Villagers.** Please let me know (241-3676) if you would like me to find a replacement for you.

(This 'n That, "Village Voice Delivery," continued on p. 3)

Serving as subs at various times: Arlene Kough, Don Henry, Nancy Lengel, Barbara and Silver Stoffel, and Doris Tyler.

Others over the years who have delivered the newsletter are Wilma and Charlie Sutton, Eugene Lichty, Ben Clark; moved to Courts or HCC: Lois Hayes, Marge Stauffer, Irv Hodgson; deceased: George Thye, Raymond Smith, Gail Stauffer, Dollie Clark, Ralph Hand, Helen Hodgson.

### **From our library**

A routine holiday pleasure is the re-reading of Henry Van Dyke's "The Other Wiseman". The little book is in the Cedars Library. Look for it among the novels. It is a heartwarming story that bears rereading year after year.

The Library has a new addition many of you will enjoy. The Sunday Valley Writers from McPherson County has published *Stories from World War II* and has given us a volume for our library. You will find it on the bottom shelf of the History section. In it you will find stories from World War II veterans of this county. I am sure that you will find familiar stories and faces. One of our residents Marvin Lundquist is featured in the book. He tells his story of naval service in Northern Ireland. There are also pictures with each of these stories. You will find stories by Jeanne Ahlers, Angel Andrewson, Glen Funk, Don Heline and many others.

I know that some of you are Michael Connelly fans just as I am. The newest Harry Bosch mystery is in the Cedars Library. It doesn't disappoint. Harry is on the verge of retirement and I keep hoping that Connelly will get a few more stories out of him before he turns in his badge at the LAPD. Look for *The Drop* on the mystery shelves.

Many of you share your reading experiences with me. This week, I have had questions about Robin Pilcher (kin to Rosamond), a book titled *1105 Yakima Street* by Debbie MacComber, and a question about a book I had long since forgotten. If you have not read *Five Smooth Stones* by Ann Fairbairn, resolve to read it this year. It is not currently in the Cedars Library, but I will find us a copy and put it in the Novels section. It is about race in America. It is well written and moving. Continue to bring me your suggestions and requests. I make a trip to Wichita now and then, and I am a regular shopper at the Used Bookstore there.

By the way, I also appreciate your telling me when you find a book in the Cedars Library that you feel is not appropriate. I do not have time to read them all, and I rely on your careful judgment. It is your library. I hope you had a Happy Christmas. Let's resolve to make it a Fun Reading New Year!

--Betty Stanley



### **A Message from the Development Office** **Eric Litwiller, Director**

One of the many reasons that I enjoy my job so much is because over the course of the last year, I've gotten to know many of you so well. And I feel as though you've become my friends. When I consider how important it is to me to ensure that my friends have the best possible quality of life while living at The Cedars, it simply isn't an option for me to fail to raise the money that we need to provide facilities, upgrade infrastructure, and ensure care.

On my one year anniversary in December, I found myself thinking a lot about how  
(This 'n That, "Development Office," continued on p. 4)

(This 'n That, "Development Office," continued from p. 3)

things have changed since I started working at The Cedars. I had no experience in asking for donations. The concept of sitting down with a person and asking for money was as foreign as if someone had suggested strapping a pressurized fire extinguisher to my back to see if I could make it to the moon. But what I've found is that the things for which we need money are crucial to the services that we provide every day. When talking about trading in a van that gets nine miles to the gallon and spends all its time in the shop, and getting a new one that gets nearly 30 miles to the gallon, some only wring their hands about the dollar signs. I see my friends in their wheel chairs being pushed up the ramp and secured in the van for a trip into town. When we talked about expanding the library, some wondered where the money would come from. But I've been in your homes, and I know how many of you appreciate the books and puzzles that are available, and enjoy these cold winter evenings reading in your favorite chairs. So donations to build the additional shelves simply had to happen. The new sound and video system in the banquet rooms; the endowed scholarship fund to ensure staff training; the new couches and chairs for The Courts; the thank-you gifts for employee service anniversaries that directly affect staff morale; the tractor that clears our roadways; money to remodel the main dining room... All of these things can, have, or will affect the lives of my friends on any given day.

An acquaintance of mine who is also in Development once defined his job as assisting people in determining how best to

use their money to help those organizations about which they care. Colleges are important. They gave us the education, and often the friends, we've enjoyed throughout our lives. Churches are also important. Denominational loyalties can be a huge part of what define us as individuals. **And The Cedars is important.** You'll never live at The Cedars for as many years as you've used your college education or for as long as you've been affiliated with the church in which you grew up. But our staff and this community exist to ensure that your retirement years are as enjoyable and carefree as possible. It is my most sincere hope that you are reading this message today because you recognize and want to support our mission, and have enjoyed the friends you've made and the home that has been created for and with you right here at the corner of Darlow and Cedars Drive.

In Memoriam

Julia A "Judy" Larsen  
1935-2011

William "Bill" Nelsen \*  
1916-2011

\* The *In Memoriam* for Bill Nelsen should have been included in the December newsletter, as he passed away in November. I regret the oversight. Bill was a regular contributor to *The Village Voice*, with interviews of people who lived in The Village. We miss those articles. - cd.



## **JANUARY EVENTS**

**Bob Baldwin, contact person,  
unless otherwise indicated**

### **Swim and Pool Activities**

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

### **Van to Wal-Mart**

We take a van to Wal-Mart on Thursday afternoons leaving at 1:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday so he can know the number of people going and reserve a van.**

### **Using the Wii**

Every Friday afternoon from 1:00 to 3:00 pm, Bob will have the Wii game ready to go, in the W/CC fitness room.

### **Pool**

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

### **Tai Chi classes – twice weekly**

With the YMCA we are offering introductory Tai Chi classes **each Monday (2, 9, 16, 23, and 30) and each Thursday (5, 12, 19, and 26) in January at 11:15 am in the W/CC.**

### **See you at Village Breakfast**

**Breakfast will be served regularly only on the 2<sup>nd</sup> & 4th Thursday of each month.**

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**In Jan. this is the 10<sup>th</sup> and 24<sup>th</sup>.** The menu will be made-to-order omelets. Join your friends in the large dining room of the HCC for breakfast at **8:15 am**; the charge is \$4.

Try eating at noon in The Cedars Café or The Courts. By phoning the Cedars (241-0919, ext 300) after 2:00 pm you will learn the menu being served the following noon.

### **Friday morning coffees**

**Take a coffee break and come to The Courts on Fri. mornings at 9:30am – Jan. 6, 13, 20, and 27.** Enjoy the fellowship.

### **2<sup>nd</sup> Tuesday Coffees – January 10**

**Men's and Women's groups – 10:00am**

**Men:** at the Health Care Chapel for visiting, coffee, and occasional speaker.

**Women:** at W/CC Coffee Shop. Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the Coffee Shop.

### **Game night, January 10th at 6:30 p.m.**

**June and Ed Switzer**

January is a good time to have some fun playing games. Let's do just that on **Tues. evening, Jan. 10 at 6:30 pm at the W/CC.**

The MACPAC students from McPherson College will join us. It should be a fun time for us...and for them, and another opportunity to let these young people know that we are interested in learning to know them.

We will have some snacks to energize us!

### **Red Hatters to January 11**

**(Corky Flood)**

**The January Red Hat meeting will be Wednesday, the 11<sup>th</sup> at 11:30 am at Perkins Restaurant.** If you need transportation, let Corky know (241-4005).

(January Activities, continued on p. 6)

(January Activities, continued from p. 5)

### **Afternoon Movie, January 13 at 2:30 p.m.**

**June and Ed Switzer**

Our afternoon movie in December was well attended, so we plan to show another one this month. On Friday, Jan. 13th at 2:30 p.m., we will be showing *Courage*. This is an inspiring adventure story about courage, love, and the power of family. In an attempt to bring the family into a better relationship, this father plans a quick get-away vacation on their boat. However a powerful storm hits and the family find they must rely on their faith and each other to survive.

We hope you will want to come watch this movie with friends. This one keeps you sitting on the edge of your chair at times!

We will have popcorn!

### **Book Club, Monday, January 23, 3:00**

**Bonnie Fruth**

Did you make a resolution to read more books in 2012? Great! We want to know what you've been reading. Come share. We will meet on the fourth Monday of each month at 3:00 and in January that falls on the 23rd. We'll be meeting in the Board Room at the Wellness Center. Ask Diane or someone in the coffee shop for directions if you don't know where that is.

The sharing is very informal and you are invited to just come listen if you'd like to check us out. If you're new to the Village, please know you are always welcome.

### **Documents to be shredded—January 25**

If you have documents that need to be shredded, you can bring them to the main Cedars office of Assisted Living on the **fourth Wednesday, January 25.**

### **Recycling—January 25**

**Ed Switzer**

**Wednesday, Jan. 25, from 8:00a.m. to noon in the W/CC parking lot** is recycling time in The Village. Help to unload you recyclables will be available. Bad weather?? --the next day will be the date to recycle.

### **“File of Life Program – January 25**

**Bonnie and Dave Fruth**

Living in The Cedars, we see the ambulance come and go often. What if YOU are the one in need of emergency help? In addition to having your own Elcomb button to push in case you need help, the “File of Life” is an additional step so you know you will have prompt and quality care.

Come to the **Wellness Center on Wed., Jan. 25, at 3:00 for a program by the McPherson EMT group.** They are trained professionals and they will help us understand the benefits of having a “File of Life.” They will talk about the benefits to police officers, emergency rescue teams, hospital emergency staff and to each individual having the information readily available.

If you have family close enough to come for this program, you're welcome to invite them. It would probably give them peace of mind knowing you've taken another step for your own safety.

### **Movie Night, Friday, January 27**

**Bonnie and Dave Fruth**

**Come to Wellness Center on Friday, January 27 at 7:00 for the documentary movie “Paper Clips.”** Here's a little clip to whet your appetite:

Whitwell Middle School in rural Tennessee if the setting for this documentary about  
(January Activities, “Movie Night,” continued on p. 7)

(January Activities, "Movie Night," continued from p. 6)  
 an extraordinary experiment in Holocaust education. Struggling to grasp the concept of six million Holocaust victims, the students decide to collect six million paper clips to better understand the extent of this crime against humanity. The film details how the students met Holocaust survivors from around the world and how the experience transformed them and them and their community.

We'll have popcorn and other snacks.  
 (Donations)

**STEPMC Program, Tues., Jan. 31, 2:30**

**Bonnie and Dave Fruth**

We appreciate folks here in our community who make a difference in the lives of others. Come learn about the STEPMC group of volunteers committed to ending poverty one family at a time right here in McPherson County through the Circles Initiative. There are probably people from your own church working in this group. Come hear the story of trying to help get families out of the cycle of poverty.

Circles Initiative is a very intentional strategy that helps families living with limited resources to become self-sufficient members of the community by building new relationships, resources, and meaning.

Associate pastor of the First United Methodist Church, **Karen Rice-Ratzlaff** will tell us about the STEPMC program on Tues., Jan. 31 at 2:30 in W/CC. Come with your questions. Karen will help us understand how families can change with the support and friendship of others.

Refreshments. (Donations)



Thank you to those hosting our *Christmas Open House Celebrations* in early December: Marie Twitchell and son, Doug; Lois and Gerald Neher; Mary and Paul Wagoner and others who baked goodies and helped serve. The weather cooperated and it was a fun afternoon of fellowship.

-- The Activities Committee

Thank you very much to all the cookie bakers, all the helpers and all the music people who were a part of the *Christmas Cheer and Wassail Bowl Party*. It was very much appreciated.

- Elva Jean Naylor

**January – New Beginnings**

In ancient Roman religion and mythology, **Janus** is the god of beginnings and transitions, thus also of gates, doors, doorways, endings and time. He is usually a two-faced god since he looks to the future and to the past. The concepts of January and janitor are both based on aspects of Janus, - "janitor" being the idea that the new year is a time for us all to "clean up" our lives a bit – both materially and mentally.



A statue representing *Janus Bifrons* in the Vatican Museums

## JANUARY

Director of Independent Living & Wellness/Conference Center

Bob Baldwin

### **New Village Residents**

Vera Ellwood will be moving into the new duplex this winter  
Gerald & Barbara Leaf will be moving into the new duplex this winter  
Shirley Gans will be moving into 1002 Cedars about the first of Feb.  
Tom & Joyce Siniard will be moving into 1207 Darlow this winter or spring

### **Village Directory**


The Village Directory should be out soon. The cost will be \$10.00 for a color photo of most of the residents. We hope to be able to add to this with inserts as we go. In a couple of years, we will do it again. Hope you enjoy this directory and being able to put a name to a face. I'm real happy with the way it has turned out.

### **Village openings**

I have a number of Village openings and could use your help in getting them filled back up. You are my best advertisers and contacts. Your church groups, civic organizations and friends are who we need to talk to. If a friend asks about your life here, give them my name or give me theirs and I will be glad to contact them. I am also always ready to talk at civic groups or church groups, to tell our story and how they might be a good fit to move in with us. All I ask is for an introduction, and I will take it from there. Keeping the units full is a priority. Thanks for your help.



**WELLNESS / CONF. CTR. - DEVOTIONAL EVENTS - JAN 2012**

**Mondays - 10:15 AM - Meditation Chapel**  **- Ready Writers** *Not 1/2*  
**Wednesdays - 10:15 AM - Meditation Chapel** **- Village Study**  
**Thursdays - 1:00 PM - Meditation Chapel** **- Bereavement Group**  
**Fridays - 10:15 AM - Meditation Chapel** **- Just for Laughs**

**MAXWELL / CEDAR HOUSES - DEVOTIONAL EVENTS**

**Mondays - 9:30 AM - 803 - Inspirational Music - Lucille Hand**  
**Wednesday - 9:30 AM - 805 - Insp. Music (not 1/25) - Rosalie Black**  
**Wed 1/25 - 9:30 AM - 805 - COMMUNION - Chas. & Belle Whitacre**  
**- Music by Joyce Hall**  
**Wed 1/25 - 10:00AM - 807 - COMMUNION - Charles, Belle, & Joyce**  
**Wednesday - 10:00AM - 807 - Music 12/4 - Joanna Hoffman**  
**12/11 - Emma Ruth Schmidt. 12/18 - Noleen Binder**  
**Thursdays - Chaplain Chris visits in houses.**  
**Fridays - 9:30 AM - 801 - Inspirational Music - Joe Shook**

**ASSISTED LIVING - DEVOTIONAL EVENTS AT THE COURTS**

**Thursdays - 4 PM - 2<sup>nd</sup> floor - Bible Study - Susan Ballou**  
**Fridays - 9:30 AM - Dining Room - Piano - Royal Eickstadt**

**SUNDAY WORSHIP**

**TV - 10:15 AM - Ch 13 - Worship - Church of the Brethren**  
**-Can be viewed on giant screen - Courts, 2<sup>nd</sup> floor, Activities Room**  
**Radio - 10:30 AM - FM 96.7 - Worship - Free Methodist**  
**Courts - 6:00 PM - 2<sup>nd</sup> floor - Worship - Susan Ballou, Leader**  
**Assisted by Emma Ruth Schmidt, Tom Griffith, Dean Smidderks,**  
**and Merrill McHenry**  
**- communion served on 2nd Sunday,**  
**- hymn sing on fifth Sundays**

**OTHER**

**COMMUNION provided for Catholic residents on a weekly basis**  
**- usually on a Thursday - St. Joseph's Catholic Church**

## A Great American of Our Time

**Martin Luther King, Jr.** was born Michael Luther King, Jr. but later had his name changed to Martin. His grandfather began the family's long tenure as pastors of the Ebenezer Baptist Church in Atlanta, serving from 1914 to 1931. King, Jr.'s father served from then until his death in 1984. From 1960 until his assassination in 1968 King, Jr. acted as co-pastor.

He attended segregated public schools in Georgia, graduating from high school at the age of 15, and received a BA degree in 1948 from Morehouse College, a distinguished Negro institution of Atlanta from which both his father and grandfather had graduated.

After three years of theological study at Crozer Theological Seminary in Pennsylvania, where he was elected president of a predominantly white senior class, he was awarded the B.D. in 1951. With a fellowship won at Crozer, he enrolled in graduate studies at Boston University, completing his residence for the doctorate in 1953 and receiving the degree in 1955. In Boston he met and married Coretta Scott, a young woman of uncommon intellectual and artistic attainments.

At 33 he was pressing the case of civil rights with President John Kennedy. At 34, he galvanized the nation with his "I Have a Dream" speech. At 35, he won the Nobel Peace Prize. At 39, he was assassinated, but he left a legacy of hope and inspiration that continued today. The nation celebrates his special day on January 15, date of his birth.

*Martin Luther King, Jr. has now been dead longer than he lived. But what an extraordinary life it was.*

(exerpted from the internet)

## Facts about Kansas –

*some significant and some not so significant*

- \* The first woman mayor in the U.C. was Susan Madora Salter, elected in Argonia in 1887.
- \* Kansas inventors include Almon Stowger of El Dorado who invented the dial telephone in 1889, and William Purvis and Charles Wilson of Goodland who invented the helicopter in 1909.
- \* Silent comedian Buster Keaton of early film success was from Piqua, Kansas.
- \* The first black woman to win an Oscar was Kansan Hattie McDaniel, for her role in "Gone with the Wind."
- \* A ball of twine in Cawker City measures over 38 ft. in circumference and weighs more than 16,750 lbs. and is still growing.
- \* The public swimming pool at the Lee Richardson Zoo in Garden City occupies half a city block and holds 2 1/2 million gallons of water.
- \* Cedar Crest is the name of the governor's mansion in Topeka.
- \* Handel's Messiah has been presented in Lindsborg each Eastertime since 1889.
- \* A monument to the first Christian martyr on US Territory stands along Hiway 56 near Lyons; Father Juan de Padilla came to the region with explorer Coronado in 1541.
- \* The Kansas Speleological Society has catalogued at least 528 caves in 37 Kansas counties. Commanche County has at least 128 caves; Barber County has at least 117.
- \* Fire Station No. 4 in Lawrence, originally a stone barn built in 1858, was a station site on the Underground Railroad. (–copied)

*Celebrate Kansas Day, January 29!*

JANUARY

<u>DATE</u>	<u>EVENT</u>
<u>January 1-6</u>	
<i>Sunday Jan. 1 – New Year’s Day</i>	
M 2	9:00am Exercise group, fitness ctr. 10:15am No Ready Writers meeting 11:15am Tai Chi, W/CC
W 4	9:00am Exercise group, fitness ctr. 10-11:30; 2-4pm Sew&Tie quilts, S-DUR 10:15am Village Study Grp, Med. Chp
Th 5	9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart
F 6	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm.; W/CC
<u>January 9-13</u>	
M 9	9:00am Exercise group, fitness, ctr 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC
T 10	10:00am Men’s Coffee, HCC 10:00am Women’s Coffee, Coffee Shop 6:30pm Game Night, W/CC; see p. 5
W 11	9:00am Exercise group, fitness ctr. 10-11:30;2-4pm Sew&Tie quilts, S-DUR 10:15am Village Study Grp, Med. Chp 11:30am Red Hats, Perkins Res’t; (p. 6)
Th 12	8:15am Village Breakfast, HCC; (p.2) 9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart
F 13	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1:30pm Wii Games, Exercise Rm., W/CC 2:30pm Movie “Courage,” W/CC; p. 6
<u>January 16-20</u>	
M 16	<i>Martin Luther King, Jr. Day</i> 9:00am Exercise group, fitness ctr 10:15am Ready Weriters, Med. chp. 11:15am Tai Chi, W/CC 1:30pm Village Council, W/CC Bd Rm
T 17	12:00 noon Village Luncheon (See column 2)

CALENDAR

<u>DATE</u>	<u>EVENT</u>
<i>(continued from column 1)</i>	
W 18	9:00am Exercise group, fitness ctr 10-11:30am;2-4pm Sew&Tie quilts; S-DUR 10:15am Village Study Grp; Med. Ch
Th 19	9:00am China painting, S-DUR 11:15am Tai Chi. W/CC 1:00pm Cedars van to Wal-Mart
F 20	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm; W/CC
<u>January 23-27</u>	
M 23	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp 11:15am Tai Chi, W/CC 3:00pm Book Club, W/CC Bd.Rm; p. 7
W 25	Document shredding; see p. 7 8:00am-noon Recycling, WCC pkg lot; p. 7 9:00am Exercise group, fitness ctr 10-11:30am;2-4pm Sew&tie quilts; S-DUR 10:15am Village Study, Med. Chp. 3:00pm “File of Life;” W/CC; p. 7
Th 26	8:15am Village Breakfast, HCC; p.2 9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart
F 27	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC 7:00pm Movie, “Paper Clips”, W/CC; p. 7
<u>January 29-31</u>	
<i>Sunday 29 Kansas Day</i>	
M 30	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. chp 11:15am Tai Chi, W/CC
T 31	2:30pm STEP MC program, W/CC; p. 7
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<u>Deadline for February newsletter- the 26<sup>th</sup>.</u>	