

Martin Luther King Jr

Martin Luther King Jr. was an American Baptist minister and activist who became the most visible spokesperson and leader in the Civil Rights Movement from 1955 until his assassination in 1968.

King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest.

On January 16, we will be showing a biography of this man and how his work impacted people around the world. Join us in the Theatre at 2:30.

More January Events

January 23

3:00

**Welcome Reception for our
New Executive Director,
Kristen.**

B/L

January 25

7:00 -8:30

**Robbie Burns toast to the
Haggis**

January 29

2:30

**Monthly Birthday
Celebration**
B/L

Not sure where you are going?

Use this guide to find your way around.

Second Floor

AR—Activity Room

C/TH—Chapel/Theatre

B/L—Bar Lounge

BR—Billiards Room

GH—Greenhouse

Spa – Hair Salon, Nu-Life

Hearing

Main Floor

B—Bistro

L—Library

LB—Lobby

DR—Dining Room

P—Pool

General Store

We Fix You

Retirement Community * 1335 Benson Street* Oshawa ON * L1K 0W6 * 905-428-0555

Harmony Hill



January at a Glance

January 7

3:00

**Farewell Tea for
Andrea**
B/L

January 8

10:00 – 11:00

**Walker Clinic
Greenhouse**

January 9

7:30pm

**Elvis Tribute with
Bruce Stewart**

January 21

10:30

**Guest Speaker
Long Term Care and LHINS
Information**
C/TH

More events inside...

A New Year Message

At this time of year, some of us make resolutions that we think will change our lives. However, it is really difficult to keep these resolutions during these cold, dull winter months. Most of us give up within the first month.

Rather than making plans to change our lives, let's look at how lucky we are and the blessings that have been bestowed on us. Look at the simple things that we take for granted like a warm dry place to live, food on our table and friends to share our day. We may have aches and pains but we are still able to function. We have to endure the cold, snow and ice but we are not in danger of losing our life due to flooding, wild fires or tsunami.

We may want to make adjustments to our lives but the best gift we can give to ourselves is to take good care of ourselves. Make this your goal for the next month or so. It's really not so hard. You know what you have to do. You just have to make the time to do it. If it's been awhile since you were at the doctor, schedule a full physical appointment. Have you had lots of sweets over the holidays? Start saying no to some of the in between meal snacks. Wean yourself off the sweets. And lastly, get up off the couch or lazy boy chair and get some exercise. You will feel better for it.

Wishing you the happiest, healthiest year ahead.
Welcome 2020.

Tips for making the new year a "Healthy Year"

Get enough sleep.

How you sleep at night can affect your day. If you have trouble going to sleep, do not lie in bed for a long time trying to go to sleep. After 30 minutes of trying to sleep, get up and go to a different room. Do something quiet, such as reading or listening to music. Do not do anything that stimulates your brain. Then, go back to bed and try to fall asleep.

Eat healthy

Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, salt (sodium) and added sugars.

Exercise or keep active

Endurance or aerobic activities increase your breathing and heart rate. Brisk walking or jogging, dancing, swimming, and biking are examples. Strength exercises make your muscles stronger. Lifting weights or using a resistance band can build strength. Balance exercises helps prevent falls. Flexibility exercises stretch your muscles and can help your body stay limber.

Are you a Downton Abbey Fan?

For the month of January, we will be showing season 1 of this very popular TV series. It will be shown on Monday afternoons, beginning at 2:30.

Gina's Challenges

Gina has issued two challenges for the month of January. Come to the "snowball fight" on January 17 and to the Air Hockey Tournament on January 31. Who will emerge as the champ?!

Time Changes for Saturdays

Please note that due to some scheduling difficulties, the times for Saturday afternoon programs have changed. These are the new times.

Movie Matinee at 2:15

Bingo at 2:30

Card Games – your choice at 3:00

All other programs remain at the same times on Saturdays.

The Battle is ongoing!

Keep that Flu Bug off the Hill

You know the drill...

Wash your hands frequently; always after using the washroom. Use the hand towel to open the door into and out of the washrooms.

Sanitize before you go into and exit the dining room and Bistro.

If you use the handrails or touch many surfaces in high traffic areas, use hand sanitizer. An example of a high traffic area is the elevator buttons.

Sanitize when entering and exiting the building.

If you develop any illness please report it to the Wellness Centre. This includes unusual headache, chills, vomiting, diarrhea, fever, cold symptoms, and cough. If you don't say anything and continue to participate in programs, it puts everyone in jeopardy.

If a family member is sick, suggest they stay away until their symptoms are gone.



New Programs

Aerobics with Stephanie

This program replaces the standing fitness. In this program the structure will be the same but the level of cardio, standing, and endurance will be increased. The goal is to achieve health benefits and improve functional abilities.

Drumming

If you would like to learn some of the basics of drumming you will want to join this class. We will be using Djembe drums to create a variety of rhythms. Drummer Dan Reiff will lead the classes. There is a \$5.00 charge for each class. Please pay in advance of the class to reserve your spot.



Watch for Special Events throughout the year to

celebrate our 5 years on the hill.