

January 2019 holds many titles of honor. One of our favorites is "National Soup Month." For your tasting pleasure, please try:

Olive Garden Zuppa Toscana Copycat Recipe

~ adapted from "The Recipe Critic"



Interesting Dates to Remember:

- Jan.1st – New Years Day
- Jan.4th – National Trivia Day
- Jan.5th – National Bird Day
- Jan. 6th – Epiphany/Feast of 3 Kings
- Jan.7th – National Bobblehead Day
- Jan.9th – Law Enforcement Appreciation
- Jan. 11th - National Milk Day
- Jan.12th – Kiss A Ginger Day
- Jan.16th - Museum Selfie Day
- Religious Freedom Day
- Jan.17th - Benjamin Franklin's Birthday
- Jan.19th - National Popcorn Day
- Jan 21st - Martin Luther King Jr. Day
- National Hug Day
- Jan.24th – National Peanut Butter Day
- Jan. 26th – National Spouses Day
- Jan.27th - International Day of Commemoration: Victims of Holocaust
- Jan.28th - National Croissant Day

Fun Fact: January is named for the Roman God Janus. He was often depicted with two heads; one looking forward, the other looking back.

Mark Sroczynski	Administrator
Tammy Berens	Clinical Transitions Coordinator
Ivy Bryant	Director of Case Management
Heather Hazen	Director of Senior Living
Susie Horner	Director of Culinary Services
Micha Ives	HR Coordinator
Kim Jardine	Admissions Coordinator
Stacy Quakenbush	Director Nursing
Kay Rakes	Director of Resident Accounts
Gene Steppat	Director of Environmental Services
Rebecca Bowen	Clinical Education Coordinator
Sara Spencer	Director of Therapy
Constance Howard	Director of Life Enrichment

Happy Times

January 2019 - Senior Living



"Nothing is predestined. The obstacles of your past can become the gateways that lead to new beginnings." ~ Ralph Blum

Hoorah for 2019! Another year has officially been ushered in. Let's make the most of it!

January, although sometimes bleak depending on what part of the country you live, is often seen as a time for new beginnings. It's a time to start fresh. A time to make new plans. And a time for those dreaded New Year's Resolutions.

While most of us completely agree with the reasoning and the motivation behind resolutions – following through with continuing results is a lot more difficult.

So, why not start out small. Make a promise to yourself to be kinder; to others and to you. Try smiling more for no particular reason. Take walks. Call your friends. Be adventuresome and make new friends! Positivity is a great way to support the changes we wish in our lives.

Make obtainable, realistic goals when first starting with change. Dreams are great and can be made real. However, you have to walk before you can run; no matter how quickly you would like to win the race.

Please take time to find things that you are passionate about and do them; whether it be a new skill or an old one.

Let's start the New Year out the right way. Remember that goodwill and caring is an all year round goal no matter where you live.

May this New Year be filled with love, happiness, good health and fortune!


Here's to new beginnings everyone! May you be blessed in all your endeavors!

Gateway Vista
a Nye Health Services campus

225 North 56th Street
Lincoln, Nebraska 68504
402.464.6371
gatewayvista.com

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January 2019 - Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To attend an activity that is not on your floor, please press your call light at least 15 minutes prior to the activity start time. Thank you!</p>	<p>Activities and times are subject to change. For a daily list of events: tune in to channel 901 or Call 4228</p> <p>Daily Movies can be found on channel 902 at 10am, 2pm, and 7pm.</p>		<p>9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 2:00 Triominos - PUB</p>	<p>9:00 Balance Class - AUD 9:00 Sing-A-Long - 3rd FL 10:00 Shopping Trip - LOBBY 1:00 Resident Council - PH</p>	<p>9:00 Exercise (Strengthening/Flexibility) - AUD 9:30 Catholic Rosary - MC 3:00 Beer and Bingo - PUB</p>	<p>9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL</p>
6 2:00 Hymn Sing-a Long - 3rd FL	7 9:00 Exercise (Varied) - AUD 1:30 Art & History Series - PH 3:00 Quarter Bingo - PUB	8 9:00 Hamming It Up - PH 10:00 Wii Bowling - PUB Afternoon Popcorn - PUB 7:00 Travel Movie - PH	9 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 10:45 Catholic Mass - PUB 1:30pm Book Club - PDR 2:00 Triominos - PUB	10 9:00 Balance Class - AUD 9:00 Sing-A-Long - 3rd FL 10:00 Shopping Trip - LOBBY 3:00 Giant Crossword - PUB 7:00 Music with Justin - AUD	11 9:00 Exercise (Strengthening/Flexibility) - AUD 9:30 Catholic Rosary - MC 1:30 Baking Buddies - PH 3:00 Beer and Bingo - PUB	12 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL 2pm Performance: Justin Brookens - AUD
13 2:00 Hymn Sing-a-Long -3rd FL	14 9:00 Exercise (Varied) - AUD 1:30 Art & History Series - PH 3:00 Quarter Bingo - PUB	15 10:00 Healthy Minds - AUD Afternoon Popcorn - PUB 7:00 Travel Movie - PH	16 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 2:00 Triominos - PUB 5:00 Birthday Dinner - ALF DIN	17 9:00 Balance Class - AUD 10:00 Shopping Trip - LOBBY 2:00 Carnival Crafts - AUD	18 9:00 Exercise (Strengthening/Flexibility) - AUD 9:30 Catholic Rosary - MC 3:00 Beer & Bingo - PUB	19 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL
20 2:00 Hymn Sing-a-Long - 3rd FL 4:00 Indian Hills Church - AUD	21 9:00 Exercise (Varied) - AUD 1:30 Art & History Series - PH 3:00 Quarter Bingo - PUB	22 9:00 Hamming It Up - PH 10:00 Healthy Minds - AUD 10:00 Custom Hearing Solutions - PUB Afternoon Popcorn - PUB 7:00 Travel Movie - PH	23 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 10:45 Catholic Mass - PUB 2:00 Triominos - PUB	24 9:00 Balance Class - AUD 10:00 Shopping Trip - LOBBY 3:00 Giant Crossword - PH	25 9:00 Exercise (Strengthening/Flexibility) - AUD 9:30 Catholic Rosary - MC 11:00 Lunch Bunch: 3:00 Beer & Bingo - PUB	26 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL
27 2:00 Hymn Sing-a-Long - 3rd FL	28 9:00 Exercise (Varied) - AUD 2:00 Quarters Bingo - PUB	29 10:00 Healthy Minds - AUD 1:00 Culinary Corner - PH Afternoon Popcorn - PUB 2:00 Block Party (1st FL) - PUB 7:00 Travel Movie - PH	30 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 2:00 Triominos - PUB 3:00 Family Feud - PUB	31 9:00 Balance Class - AUD 10:00 Shopping Trip - LOBBY 2:00 Sisterhood of Gateway Vista - PUB	<p>Outings: Red Special Events: Blue Religious Activities: Purple EnerG/Wellness: Brown EnerG/Activities: Black</p>	

Location

3rd FL - 3rd Floor Living Room
4th FL - 4th Floor Living Room
3rd DIN - 3rd Floor Dining Room
4th DIN - 4th Floor Dining Room
AUD - Auditorium Garden Level
MC - Meditation Chapel 1st Floor
PH - Penthouse - 6th Floor
PDR - Private Dining Room
PUB - Grill & Pub

Birthdays

Robert Campbell: 1/10
Renee Lehr: 1/16
Lowell Wurdeman: 1/16
Wallace Gake: 1/17
Wilma Chesnut: 1/26
Elmer Reichwalt: 1/29

Barber & Beauty

Shop

Tuesdays with Connie
1:00 p.m. - 5:00 p.m.
Wednesdays with Connie
9:00 a.m. - 5:00 p.m.
Thursdays & Fridays with Linda
9:00 a.m. - 5:00 p.m.
**Call 5020 (as a courtesy, please call ahead to make an appointment)