

# THE Pecan Ridge Lifestyle



PECAN RIDGE  
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY

10025 Anderson Mill Road • Austin, TX 78750 • (512) 487-5243 • [www.pecanridgememorycare.com](http://www.pecanridgememorycare.com)

## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

**Spain.** At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

**Russia.** In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

**Germany.** Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

**Japan.** All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

**Colombia.** Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

**Greece.** Symbolizing renewal, onions are hung on doorways as a good luck token.

**Brazil.** To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

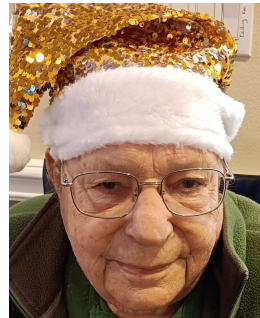
**Turkey.** At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

**Finland.** A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

**Romania.** For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

## JANUARY 2024

## Resident of the Month



Melvin is the funniest, most outspoken and compassionate individual this community has ever encountered! He finds light and humor in every situation! This wonderful man served for our country and was blessed with three wonderful children! Melvin and his beautiful wife Sue have been

married for over 60 years! We thank you for being a light for this community! Congratulations Melvin!

# JANUARY

## Sip Ginger Tea

Drinking ginger tea can warm you up on a chilly day, and nutrients in the spice have been shown to boost the immune system, helping to ward off cold and flu viruses.



JANUARY 2024

Change a  
Pet’s Life Day  
Is Jan. 24

When you change a pet’s life, they often end up changing yours—by leaving paw prints on your heart. Remember that the smallest act of kindness can have an overwhelmingly positive effect on an animal in need. Change a pet’s life with one or more of these ideas: *Pamper your pets.* Show your fluffy family members how much they mean to you by exercising them often, giving them treats and toys, and keeping them healthy with regular vet visits. *Volunteer and donate.* Give your time by visiting a shelter to walk the dogs or cuddle the cats. You can also donate funds or items such as food, treats and toys, and old towels or blankets. *Foster or adopt.* Help a pet find a fur-ever home by either fostering—which clears a space in shelters for the next animal—or adopting a new addition into your family.

“And now let us believe  
in a long year that is given  
to us, new, untouched,  
full of things that have  
never been.”  
—Rainer Maria Rilke

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div><div>★</div><div>★</div><div>★</div><div>★</div><div>★</div></div><div><div>BLACK</div><div>FREEDOM</div><div>HOPE</div><div>LOVE</div><div>JUSTICE</div><div>EMPATHY</div><div>STRONG</div><div>WISDOM</div><div>CHANGE</div><div>UNITY</div><div>RESPECT</div><div>PEACE</div><div>FAITH</div><div>DREAM</div><div>BLINDNESS</div><div>PROUD</div><div>BEHAVE</div><div>HOPE</div><div>RESPECT</div><div>BLACK</div><div>GOODNESS</div></div><div><div>MARTIN LUTHER KING DAY</div><div>I HAVE A DREAM</div></div></div></div></div>	<div><div>New Year’s Day</div><div>1</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:00 Pecan Ridge Music Club🎵</div><div>11:00 New Year’s BBQ♥</div><div>1:30 Bingo♥</div><div>2:30 Lifelong Learning♥</div><div>3:00 Movie And Popcorn♥</div><div>3:30 Manicure Monday (All Day)</div></div>	<div><div>Energize Your Morning Day</div><div>2</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>9:30 Therapy Pet Pals</div><div>10:30 Pastor Bob Sermon</div><div>11:00 Daily Chronicle📰</div><div>1:30 Afternoon Trivia🧠</div><div>2:30 Ice Cream Social♥</div><div>3:30 Sing Along/ Finish That lyric🎵</div></div>	<div><div>Wiser Now Wednesday</div><div>3</div><div>9:30 Chair Dance Exercise!🧘🏻‍♀️</div><div>10:00 Liz And Children🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Lifelong Learning📖</div><div>2:30 Gentlemen’s Club🎲</div><div>2:30 Tea Party☕</div><div>3:30 Acting Club🎭</div><div>4:00 Pool Noodle Balloon Toss♥</div></div>	<div><div>Free Flower Basket Day</div><div>4</div><div>9:30 Morning Stretch🧘🏻‍♀️</div><div>10:00 Devotions📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Arts And Crafts🎨</div><div>2:30 Wheel Of Fortune!🎲</div><div>3:30 Bowling🎳</div><div>4:00 Poem Club!♥</div></div>	<div><div>Futuristic Friday</div><div>5</div><div>9:30 Zumba🧘🏻‍♀️</div><div>10:15 Chronicles📰</div><div>11:00 Nail And Spa Day♥</div><div>1:30 Dance Club🧘🏻‍♀️</div><div>2:30 Chef’s Cooking Show🍳</div><div>3:30 Karaoke Happy Hour🎵</div></div>	<div><div>Epiphany</div><div>6</div><div>9:30 Walking Club!🧘🏻‍♀️</div><div>10:00 Coffee Social☕</div><div>10:30 Indoor Gardening♥</div><div>11:00 Daily Chronicle📰</div><div>1:30 Aroma Therapy📖</div><div>2:30 Pecan Ridge Music Club🎵</div><div>3:30 Bingo♥</div></div>
<div><div>Old Rock Day</div><div>7</div><div>9:30 Sunday Worship Music🎵</div><div>10:00 Church Service📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Board Game Workshops🎲</div><div>2:30 Balloon Toss</div><div>3:30 Indoor Soccer🧘🏻‍♀️</div></div>	<div><div>Elvis Lives Day</div><div>8</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:00 Pecan Ridge Music Club🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Bingo♥</div><div>2:30 Lifelong Learning♥</div><div>3:00 Movie And Popcorn♥</div><div>3:30 Manicure Monday (All Day)</div></div>	<div><div>Word Nerd Day</div><div>9</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:30 Pastor Bob Sermon</div><div>11:00 Daily Chronicle📰</div><div>1:30 Afternoon Trivia🧠</div><div>2:30 Ice Cream Social♥</div><div>3:30 Sing Along/ Finish That lyric🎵</div></div>	<div><div>Bittersweet Chocolate Day</div><div>10</div><div>9:30 Chair Dance Exercise!🧘🏻‍♀️</div><div>10:00 Bowling🧘🏻‍♀️</div><div>10:00 Liz And Children🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Lifelong Learning📖</div><div>2:30 Story Time♥</div><div>3:30 Acting Club🎭</div><div>4:00 Pool Noodle Balloon Toss♥</div></div>	<div><div>Hot Toddy Day</div><div>11</div><div>9:30 Morning Stretch🧘🏻‍♀️</div><div>10:00 Devotions📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Arts And Crafts🎨</div><div>2:30 Wheel Of Fortune!🎲</div><div>3:30 Ring Toss🧘🏻‍♀️</div><div>4:00 Poem Club!♥</div></div>	<div><div>Super Hero Day</div><div>12</div><div>9:30 Zumba🧘🏻‍♀️</div><div>10:15 Chronicles📰</div><div>11:00 Nail And Spa Day♥</div><div>1:30 Dance Club🧘🏻‍♀️</div><div>2:30 Arts And Crafts🎨</div><div>3:30 Karaoke Happy Hour🎵</div></div>	<div><div>Surprise Saturday</div><div>13</div><div>9:30 Walking Club!🧘🏻‍♀️</div><div>10:00 Coffee Social☕</div><div>10:30 Indoor Gardening♥</div><div>11:00 Daily Chronicle📰</div><div>1:30 Aroma Therapy📖</div><div>2:30 Pecan Ridge Music Club🎵</div><div>3:30 Bingo♥</div></div>
<div><div>Wintertime Memories Day</div><div>14</div><div>9:30 Sunday Worship Music🎵</div><div>10:00 Church Service📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Board Game Workshops🎲</div><div>2:30 Balloon Toss</div><div>3:30 Truth Or Dare♥</div></div>	<div><div>Martin Luther King Jr. Day</div><div>15</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:00 Pecan Ridge Music Club🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Bingo♥</div><div>2:30 Lifelong Learning♥</div><div>3:00 Movie And Popcorn♥</div><div>3:30 Manicure Monday (All Day)</div></div>	<div><div>Fig Newton Day</div><div>16</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>9:30 Therapy Pet Pals</div><div>10:30 Pastor Bob Sermon</div><div>11:00 Daily Chronicle📰</div><div>1:30 Afternoon Trivia🧠</div><div>2:30 Ice Cream Social♥</div><div>3:30 Sing Along/ Finish That lyric🎵</div></div>	<div><div>Snowflake Day</div><div>17</div><div>9:30 Chair Dance Exercise!🧘🏻‍♀️</div><div>10:00 Indoor Mini Golfing🧘🏻‍♀️</div><div>10:00 Liz And Children🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Lifelong Learning📖</div><div>2:30 Story Time♥</div><div>3:30 Acting Club🎭</div><div>4:00 Pool Noodle Balloon Toss♥</div></div>	<div><div>Thesaurus Day</div><div>18</div><div>9:30 Morning Stretch🧘🏻‍♀️</div><div>10:00 Devotions📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Arts And Crafts🎨</div><div>2:30 Wheel Of Fortune!🎲</div><div>3:30 Volleyball🧘🏻‍♀️</div><div>4:00 Poem Club!♥</div></div>	<div><div>Coffee Around the World Day</div><div>19</div><div>9:30 Zumba🧘🏻‍♀️</div><div>10:15 Chronicles📰</div><div>11:00 Nail And Spa Day♥</div><div>1:30 Dance Club🧘🏻‍♀️</div><div>2:00 Men’s Wood Workshop♥</div><div>2:30 Arts And Crafts🎨</div><div>3:30 Karaoke Happy Hour🎵</div></div>	<div><div>Secret Pen Pal Day</div><div>20</div><div>9:30 Walking Club!🧘🏻‍♀️</div><div>10:00 Coffee Social☕</div><div>10:30 Indoor Gardening♥</div><div>11:00 Daily Chronicle📰</div><div>1:30 Aroma Therapy📖</div><div>2:30 Pecan Ridge Music Club🎵</div><div>3:30 Bingo♥</div></div>
<div><div>International Sweatpants Day</div><div>21</div><div>9:30 Sunday Worship Music🎵</div><div>10:00 Church Service📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Board Game Workshops🎲</div><div>2:30 Balloon Toss</div><div>3:30 Stand Up Comedy♥</div></div>	<div><div>The Eyes Have It Day</div><div>22</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:00 Pecan Ridge Music Club🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Bingo♥</div><div>2:30 Lifelong Learning♥</div><div>3:00 Movie And Popcorn♥</div><div>3:30 Manicure Monday (All Day)</div></div>	<div><div>National Pie Day</div><div>23</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:30 Pastor Bob Sermon</div><div>11:00 Daily Chronicle📰</div><div>1:30 Afternoon Trivia🧠</div><div>2:30 Ice Cream Social♥</div><div>3:30 Sing Along/ Finish That lyric🎵</div></div>	<div><div>Cowboy Poetry Week</div><div>24</div><div>9:30 Chair Dance Exercise!🧘🏻‍♀️</div><div>10:00 Liz And Children🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Lifelong Learning📖</div><div>2:30 Story Time♥</div><div>3:30 Acting Club🎭</div><div>4:00 Pool Noodle Balloon Toss♥</div></div>	<div><div>Wolf Moon</div><div>25</div><div>9:30 Morning Stretch🧘🏻‍♀️</div><div>10:00 Devotions📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Arts And Crafts🎨</div><div>2:30 Wheel Of Fortune!🎲</div><div>3:30 Indoor Mini Golfing🧘🏻‍♀️</div><div>4:00 Poem Club!♥</div></div>	<div><div>Fun at Work Day</div><div>26</div><div>9:30 Zumba🧘🏻‍♀️</div><div>10:15 Chronicles📰</div><div>11:00 Nail And Spa Day♥</div><div>1:30 Dance Club🧘🏻‍♀️</div><div>2:30 Arts And Crafts🎨</div><div>3:30 Karaoke Happy Hour🎵</div></div>	<div><div>Chocolate Cake Day</div><div>27</div><div>9:30 Walking Club!🧘🏻‍♀️</div><div>10:00 Coffee Social☕</div><div>10:30 Indoor Gardening♥</div><div>11:00 Daily Chronicle📰</div><div>1:30 Aroma Therapy📖</div><div>2:30 Pecan Ridge Music Club🎵</div><div>3:30 Bingo♥</div></div>
<div><div>Blueberry Pancake Day</div><div>28</div><div>9:30 Sunday Worship Music🎵</div><div>10:00 Church Service📖</div><div>11:00 Daily Chronicle📰</div><div>1:30 Board Game Workshops🎲</div><div>2:30 Balloon Toss</div><div>3:30 21 Questions♥</div></div>	<div><div>National Puzzle Day</div><div>29</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>10:00 Pecan Ridge Music Club🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Bingo♥</div><div>2:30 Lifelong Learning♥</div><div>3:00 Movie And Popcorn♥</div><div>3:30 Manicure Monday (All Day)</div></div>	<div><div>Croissant Day</div><div>30</div><div>9:30 Morning Yoga🧘🏻‍♀️</div><div>9:30 Therapy Pet Pals</div><div>10:30 Pastor Bob Sermon</div><div>11:00 Daily Chronicle📰</div><div>1:30 Afternoon Trivia🧠</div><div>2:30 Ice Cream Social♥</div><div>3:30 Sing Along/ Finish That lyric🎵</div></div>	<div><div>Soap Day</div><div>31</div><div>9:30 Chair Dance Exercise!🧘🏻‍♀️</div><div>10:00 Liz And Children🎵</div><div>11:00 Daily Chronicle📰</div><div>1:30 Lifelong Learning📖</div><div>2:30 Story Time♥</div><div>3:30 Acting Club🎭</div><div>4:00 Pool Noodle Balloon Toss♥</div></div>	<div><div>happy New Year</div></div>	<div><div>hello WINTER</div></div>	<div><div>2024</div></div>





Margie loves her Sock Snowman!

## Sock Snowman

This soft snowman will look cute sitting on a shelf or table.

### Materials:

- Measuring cup
- Two socks, one white and one any color (ankle or crew-type socks)
- Dry rice or beans
- Rubber bands
- Scissors
- Hot glue gun and glue
- Buttons and/or pompoms, various colors
- Black marker
- Ribbon

### Directions:

Use the measuring cup to fill the white sock with dry rice or beans to create your desired size of snowman. Wind a rubber band around the top of the sock to close the opening, then trim any excess fabric. Take another rubber band and place it around the sock, about a third of the way down, to form the snowman's head and body.

Glue several buttons or pompoms down the front of the snowman's body, and dot on eyes and a mouth with the black marker. For the nose, glue on a small orange pompom or button. Wrap a length of ribbon around the snowman's neck to resemble a scarf, and secure with glue.

To make a hat, cut the colored sock just below the heel. With the toe section as the top of the hat, place the sock on the snowman's head and roll up the cut end to form the hat's brim.



### Meet our Awesome Staff!

**Domingo Medina**

**Executive Director**

**LVN Nariyah Israel**

**Director of Assisted Living**

**Annel Quesada**

**Sales Director**

**Bennie Dewberry Jr., CEC**

**Dining Director**

**Faridhai Villanueva**

**Human Resources Assistant**

**Kevin Farr**

**Maintenance Director**

**Aneva McDaniel**

**Activity Director**

## Sunny or Snowy

Although vastly different from each other, two popular places to visit in January are the Maldives and Switzerland. The Maldives is your destination for fun in the sun! Located in the Indian Ocean, this island chain experiences their dry season in January, resulting in picture-perfect conditions of low humidity and calm, clear water that's ideal for diving and snorkeling. To experience a winter wonderland, make Switzerland your pick. In January, the days are short and the temperatures low, but the snow is thick, making it peak season for skiing or hiking in the beautiful Alps. Fondue fans can also visit the capital of the cheesy concoction, Gruyères.

