

# PARK MANOR QUAIL VALLEY



## NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

**Stay Connected:** Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

**Daily Physical Activity:**

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

**Learn Something New:**

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

**Healthy Eating Habits:**

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

**Read More:**

Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

**Maintain a Positive Outlook:**

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

*Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.*





# ACTIVITY PHOTO HIGHLIGHTS





# PHOTO HIGHLIGHTS CONT...







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# Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up

with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

H	P	A	W	Z	O	E	Y	M	O	K	J	R	G	H
C	O	C	O	A	U	N	B	F	A	E	Y	E	S	E
B	S	B	D	Q	G	B	L	J	C	Y	Y	S	F	P
M	I	O	B	G	Y	F	J	N	T	C	C	O	D	U
P	T	S	J	Y	K	D	Z	E	I	F	T	L	R	Z
P	I	K	V	Z	D	E	G	W	V	X	H	U	E	Z
Y	V	Z	K	C	O	Q	O	Y	I	A	T	T	A	L
M	E	Z	S	O	N	W	A	E	T	M	Z	I	M	E
F	B	W	Y	N	O	X	L	A	I	P	S	O	E	G
E	C	U	C	N	R	J	K	R	E	C	D	N	P	B
S	X	O	A	E	O	R	H	L	S	A	L	A	X	Q
U	Z	Z	A	C	H	O	C	O	L	A	T	E	R	H
N	E	H	G	T	T	I	S	I	G	H	T	P	L	G
I	E	V	K	E	Q	U	A	L	I	T	Y	O	I	I
T	N	Z	F	D	G	Z	S	V	O	Q	Z	P	L	T

## WORD LIST

- ACTIVITIES
- CHOCOLATE
- COCOA
- CONNECTED
- DONOR
- DREAM
- EQUALITY
- EYES
- GOAL
- HOBBY
- NEW YEAR
- POSITIVE
- PUZZLE
- RESOLUTION
- SIGHT