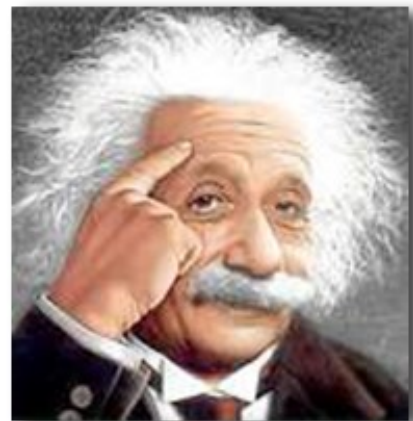




The name "Cassia" was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

Celebrate the Unusual

January 10 is the day to hug the nonconformist in your life—it's Peculiar People Day. The word *peculiar* is not an insult. Some of the most creative scientists and artists were known for their eccentricities. Albert Einstein picked up cigarette butts off the street to collect tobacco for his pipe. Salvador Dalí gave lectures in a deep-sea diving suit to represent being submerged in the subconscious mind and walked an ant eater on a leash through the streets of Paris. Ben Franklin began his days with an "air bath," standing in front of an open window to catch a breeze in his birthday suit. All of these people may have shared a trait that psychologists call "cognitive disinhibition," a failure to ignore irrelevant information. While many filter out unhelpful information, creative types make offbeat connections all day long, leading to peculiarity, yes, but also wonderful innovations.



Rails of Adventure

On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco's iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Mount Corcovado. The valley of Gulmarg—the Himalayan "meadow of flowers" in India's Jammu and Kashmir regions—boasts the second-highest cable car ride at 13,500 feet. One of the longest cable car rides is in Switzerland's Alps. The 19-minute journey from the village of Grindelwald to Männlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots!



Down the Rabbit Hole In January

January is a significant month for *Alice in Wonderland* enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898. His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the "nonsense poem," one of the best examples of which is "Jabberwocky," which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting Wonderland to marvel at the unique genius of Carroll and his enduring creation.



Resident Reflections-2
A Note Of Thanks-2
December Birthdays-3
Activity Calendar-4, 5

Remembering the
Departed-6
The Language of Touch-6
January Puzzle-7

Spirit of Care-7
Celebrate the Unusual-8
Rails of Adventure-8

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CassiaLife.org

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

NEW BEGINNING

“Remember not the former things, nor consider the things of the old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert” (Isaiah 43:18-19)

As we enter the New Year, seven days after the celebration of the birth of Jesus on Christmas Day. We close the door on the past and step into the unknown. How do we begin the New Year? Many of us make resolutions as usual despite knowing full well they will be forgotten before the end of January. So what else we can do to make the New Year productive?

Let us make the New Year a time of **reflecting**. Honest reflection leads to regretting - regretting the times when we failed to say the right thing, or failed to do the right thing, or failed to respond to people or situations in the right way.

After some time spent reflecting, it is time make the New Year a time for **resolving** to be more faithful people. This is a time to press the reset button and to look to make a fresh start in all aspects of life.

Finally, let us make the New Year a time of **resting** in Jesus who is our hope. We may be anxious about the future for it is filled with unknowns. We need to find peace knowing that God knows the future and all we have to do is rest in His promises and hold on to Him trusting that He will take care of us.

Let’s go forward after reflection. Let’s resolve to be better. Let’s ensure we are resting in Jesus who is our creator, sustainer and above all our savior.

May God the Holy Spirit guide us and lead us throughout this New Year!

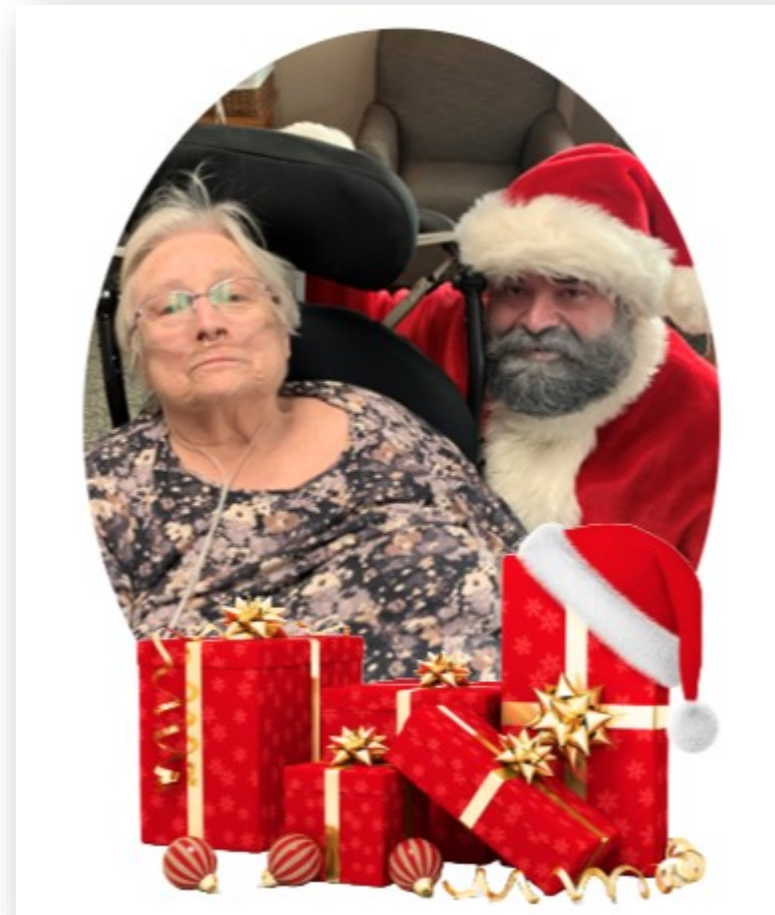
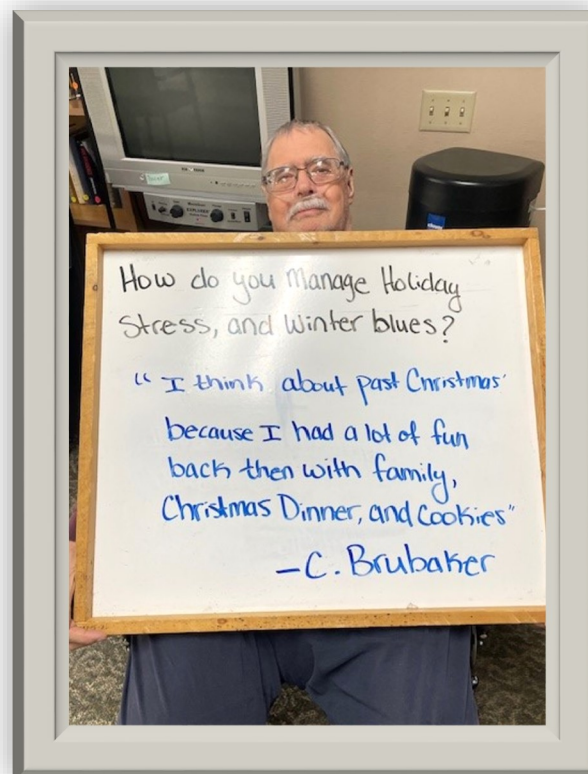
Have a Blessed New Year!



- | | | |
|-----------------|----------------------|-------------------|
| AQUARIUS | GARNET | PARKA |
| AUSTRALIA (Day) | HAT | POLAR BEAR PLUNGE |
| BLIZZARD | INAUGURATION | SKIING |
| CAPRICORN | MARTIN L. KING (Day) | SNOWDROP |
| FIREPLACE | MITTENS | SNOWFLAKE |
| FROZEN | NEW YEAR'S DAY | SWEATER |

Resident Reflections

A Note Of Thanks



Apple Valley Village Healthcare Center would like to extend a heartfelt *Thank You* to all the generous donors of gifts for our residents this Christmas. The gifts poured in from our Caring Tree Gift Drive from volunteers, staff members, family members, churches and community members resulting in gifts for each and every one of our residents. Residents enjoyed opening their gifts the Friday before Christmas while staff members distributed them, assisted them with their packages, and sang Christmas carols together.

Thank you for your help making this a joyous occasion!

Remembering The Departed...

Our Deepest Sympathy to the Family & Friends of Those Who Have Departed...

- James Sullivan December 17
- Dennis Hawley..... December 26
- Constance Milner December 27



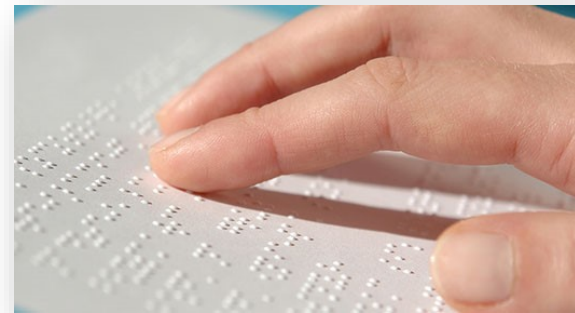
Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday.
- Worship & Communion with Chaplain Nirmala Sunday, January 5th at 3 pm.
- Wednesday services include Service of Praise, Service of Healing, Worship/Communion, and Memorial Service. These services are at 3pm in the second floor dining room. Check the activity calendar on pages 4 & 5 for specific dates.
- Catholic Mass is shown weekly on channel six, Thursdays at 10:30 am. Live Communion services on the first and Third Thursdays of the month at 10:30 in the second floor dining room. This is subject to change, so please check the daily posted schedule on Channel 6.
- Weekly Bible Study group with Chaplain Nirmala Thursdays at 11:00 am in the second floor sun room. (Not meeting on January 2nd.)

The Language of Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napoleon’s French army. This code of dots, known as *écriture nocturne*, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier’s system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army captain was incredulous and offended. History, however, has proven Braille’s contribution to be as important as Gutenberg’s printing press.



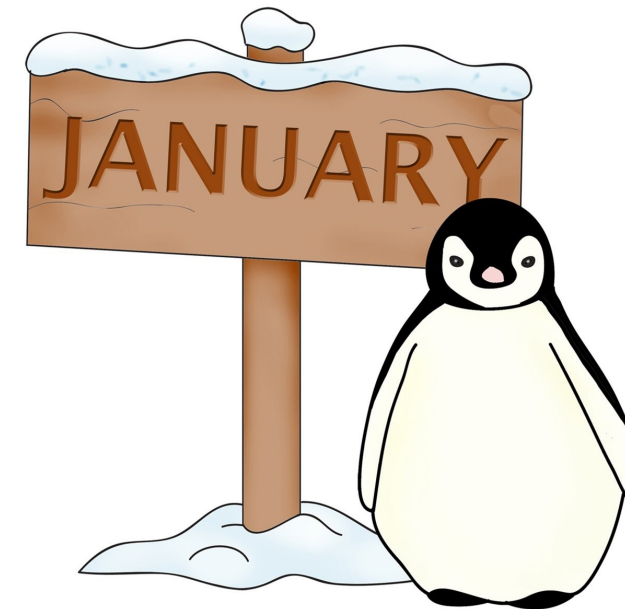
January Birthdays

Residents

- Khay R January 1
- Syamala P..... January 5
- Grayce T..... January 7
- Diane D January 9
- Ann M January 12
- Bart M January 13
- Carole P..... January 17
- Marion G..... January 25
- Clarence K..... January 26

Staff

- Amran M January 1
- Yasmin M..... January 1
- Shukri D January 1
- Sedo D..... January 1
- Jamilo J..... January 1
- Nimcorise H January 1
- Hanna H..... January 1
- Rahma A..... January 1
- Israa M..... January 1
- Janet M..... January 3
- Sarah R..... January 4
- Gadisse G January 4
- Bisharo E..... January 5
- Melissa S January 5
- Tara C..... January 6
- Colmann B..... January 8
- Rael O..... January 8
- Alejah F January 13
- Askale B..... January 14
- Shewit M January 14
- Debra J..... January 15
- Miranda B..... January 15
- Moreen M..... January 18
- Cyrus M..... January 22
- Nirmala R..... January 24
- Estifanos A January 25
- Sisay C..... January 26
- Chitrekha H January 29



Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

January 2025

Recreation Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Word Games.....2SR 11:00 Round Robin.....3SR 2:00 Wii Bowling.....2SR New Year's Day	2 9:30 Fitness Boxing.....2SR 9:30 Music & Motion.....3SR 10:30 Trivia with Kristine...3SR 10:30 Catholic Service.....2DR 10:30 Catholic Mass.....TV6 11:30 Active Rounds.....3rd 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Chime Practice.....2DR	3 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Chain Game.....2SR 2:30 Movie Matinee.....2DR	4 3:00 Bingo With River Valley Church.....2DR
5 10:00 Stories & Memories..2SR 3:00 Worship & Communion.....2DR 3:00 Worship Broadcast..TV6	6 9:30 Magic Table Adventure-2 9:45 Mind/Body Exercise...3SR 10:00 Music Exploration.....2SR 11:00 Wii Bowling.....1DR 11:15 Songs & Discussion..2SR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Jug Band.....2DR	7 9:30 Musical Minds.....3SR 9:30 Nail Polishing...2SR/3SR 10:30 Musical Minds.....2SR 11:30 Tabletop Bocce.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR	8 9:45 Family Feud.....2SR 9:45 Mind/Body Exercise...3SR 10:30 Resident Council...2DR 11:00 Coffee & Coloring...1DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Stories & Memories...3SR 2:00 Games in Motion.....2SR 3:00 Service of Praise.....2DR	9 9:30 Sunrise Stretches.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2SR 12:30 Lunch Music.....1DR 3:00 Chime Practice.....2DR 7:15 Wheel Of Fortune.....2SR	10 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 10:00 Shopping at Target 1:30 Pictionary.....2SR 3:00 Happy Hour.....3DR	11 10:00 Sunrise Stretches...2SR 12:30 Lunch Music.....1DR 2:00 Jeopardy.....2SR
12 3:00 Worship Broadcast...TV6	13 9:30 Magic Table.....2SR 9:45 Mind/Body Exercise...3SR 10:00 Music Games.....2SR 11:00 Name That Tune.....1DR 11:15 Songs & Discussion..2SR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Boom-Whacked.....2DR 6:00 Pizza Night.....Lower Lvl	14 9:30 Musical Minds.....3SR 9:30 Nail Polishing...2SR/3SR 10:30 Musical Minds.....2SR 11:30 Watercolor Painting...2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge..3SR 3:00 Bingo.....2DR	15 9:15 Ker-Plunk!.....2SR 9:45 Mind/Body Exercise...3SR 10:30 Choir Rehearsal...2DR 11:00 Dominoes.....1DR 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Horticulture Club...2DR 3:00 Service of Healing...2DR	16 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Service.....2DR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2SR 11:30 Active Rounds.....3rd F1 12:30 Lunch Music.....1DR 1:45 Connect with Crafts...3SR 3:00 Chime Practice.....2DR	17 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Brain Games.....2SR 3:00 Hockey Skills Challenge.....3DR	18 10:00 Sunrise Stretches...2SR 12:30 Lunch Music.....2DR 2:00 Jeopardy.....2SR
19 10:00 Stories & Memories..3SR 3:00 Hymns & Spiritual Songs With Mark.....2DR 3:00 Worship Broadcast..TV6 Activity Professionals Week	20 10:00 Move with Jeff.....2SR 11:00 Hi-Low Game.....2SR 2:00 Computer Games.....3SR Martin Luther King Jr. Day	21 9:30 Musical Minds.....3SR 9:30 Nail Polishing...2SR/3SR 10:30 Musical Minds.....2SR 11:30 Tabletop Target Roll..2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR	22 9:45 Morning Blackjack...2SR 9:45 Mind/Body Exercises...3SR 10:30 Choir Rehearsal...2DR 11:00 Make'nTake Craft...1DR 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 2:00 Games In Motion.....2SR 3:00 Worship/Communion..2DR	23 9:30 Balloon Volleyball...2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 10:30 Lunch Out To Applebees 11:00 Bible Study.....2SR 11:30 Active Rounds.....3rd F1 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Chime Practice.....2DR	24 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Pictionary.....2SR 3:00 Music With Chad.....2DR	25 10:00 Sunrise Stretches...2SR 12:30 Lunch Music.....3DR 2:00 Jeopardy.....2SR
26 3:00 Worship Broadcast...TV6 Australia Day (Observed)	27 9:30 Magic Table Adventure..2 9:45 Mind/Body Exercise...3SR 10:00 Music & Memories..2SR 11:00 Word Game.....1DR 11:15 Songs & Discussion..2SR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Drum Circle.....3DR	28 9:30 Musical Minds.....3SR 9:30 Nail Polishing...2SR/3SR 10:30 Musical Minds.....2SR 11:30 Tabletop Bocce.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....2DR	29 9:45 Family Feud.....2SR 9:45 Mind/Body Exercises...3SR 10:30 Choir Rehearsal...2DR 11:00 Wii Bowling.....1DR 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 2:00 Games In Motion.....2SR 3:00 Memorial Service.....2DR Chinese New Year (Year of the Snake)	30 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2SR 11:30 Active Rounds.....3rd F1 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Chime Practice.....2DR	31 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 National Days Trivia..2SR 3:00 Birthday Party.....2DR	 apple valley village health care center a ministry of  CASSIA

Apple Valley Village Health Care Center, Apple Valley, Minnesota-Activities Subject to Change. Check out our in-house channel (6) for daily schedules.