

January 2026



A Fresh Start

Rather than make a new year's resolution this year, how about simply making a fresh start in some area of your life? Maybe pass along the idea to your residents and see if there is an area of their life they wish to have a new start.

Moving more or drinking more water; getting out of their rooms and interacting socially; more puzzles and crosswords, using creativity through crafts, music, reading books can all help your residents give a fresh start for the new year.

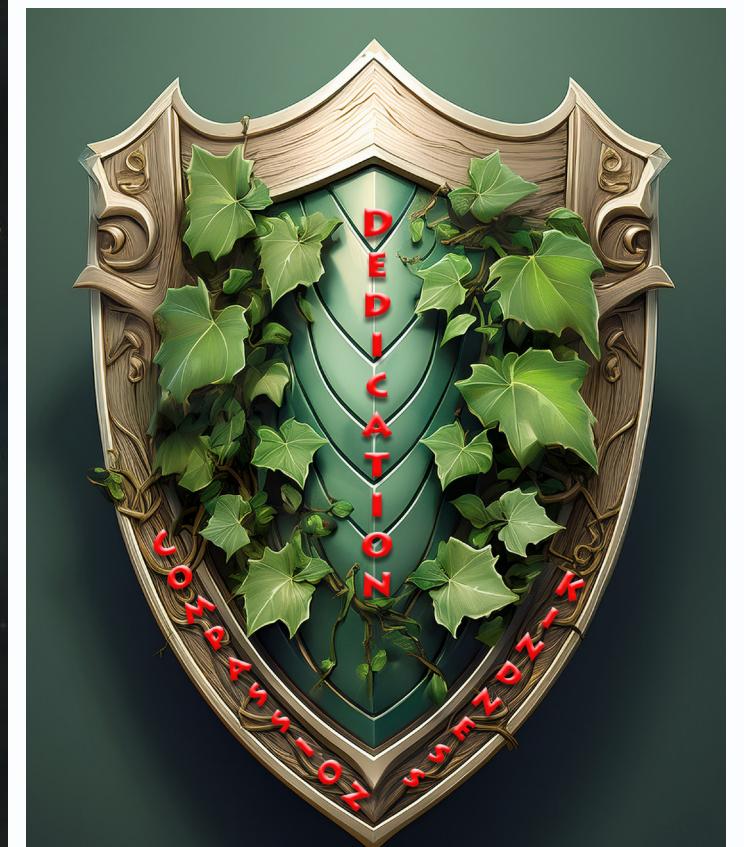
How might you create a new year's challenge for a fresh start for your residents and yourself?



January Days to Remember

1st-New Year's Day & Polar Bear Plunge Day; 4th-National Spaghetti Day; 5th-National Bird Day; 12th-National Hot Tea Day; 16th-Martin Luther King Jr Day; 18th-National Winnie the Pooh Day; 19th-National Popcorn Day; 27th-National Chocolate Cake Day; 29th-National Puzzle Day; 31st-National Hot Chocolate Day. Have a wonderful start to 2026!

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Immeasurable Worth

You plan and give each day,
Some fun, some joy and play,
To all those in your care.
Your skills and gifts are rare!

A hero's shield bestowed,
A part of what you're owed.

We send our thanks to you,
For everything you do!

Happy New Year, Heroes!

If we can assist you with Bingocize NC, please let us know! We are here for you! Call Simone at 828-227-2893 or email at SLipscomb@wcu.edu