

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!



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