



*Age Magnificently*



## Fairway Pines Senior Living

*January 2026 Newsletter*

# Welcome Home !

Rosemary & Dale Lewis

- Rm 215

# Happy Birthday!

Darlene Dols - 1/4

Dorothy Trisko - 1/7

# Major Activities!

Steve & His Guitar - 1/7

Left, Right, Center With Gradatim  
Club - 1/14

Birthday Bash With Mitchell Gene

# THE MONTHLY GAZETTE

*“Winter came down to our home one night,  
Quietly pirouetting in on silvery-toed slippers of snow,  
and we, we were children once again.”*

~ Bill Morgan Jr.



## Animal of the Month – Gray Wolf

The gray wolf (*Canis lupus*) is the most common type of wolf. They play a key role in ecosystem management by keeping the populations of various other mammals in check. Gray wolves eat a variety of prey, such as deer, moose, foxes, beaver, elk, hares, and rodents. These apex predators typically stand around 2.5 feet high at the shoulder, weigh up to 140 pounds for males and up to 120 pounds for females, and can run as fast as 37 miles per hour. Gray wolves are social animals that mate for life and live in tight-knit family groups, or packs. They



can be found throughout the world, including in North America, Europe, and Asia. The arctic wolf, Great Plains wolf, Northwestern wolf, and Mexican wolf are all subspecies of gray wolves. It's a myth that wolves howl at the moon—they howl to communicate with their fellow pack members. Additionally, each wolf's howl is unique—like a fingerprint!

## Special Days

**New Year's Day**  
January 1

**Trivia Day**  
January 4

**Orthodox Christmas**  
January 7

**World Religion Day**  
January 18

**Martin Luther King Jr. Day**  
January 19

**Opposite Day**  
January 25

**International Zebra Day**  
January 31

## Flower – Carnation



The carnation's history dates back to ancient Greek and Roman times, when it was used in art and decor. Christian lore says that the first carnation bloomed when Mary wept for Jesus as he carried his cross. Carnations in these early times were mostly found in shades of pale pink and peach, but over the years, the color palette has grown to include many more hues. Each color expresses a different sentiment. For example, light red conveys admiration, while dark red signifies deep love.

## Birthstone – Garnet



The birthstone of January is the garnet. The name comes from the Latin word *granatus*, which means “seed-like.” In the Middle Ages, garnets were carried by travelers to protect them against accidents far from home. In ancient Asia and the American Southwest, legend has it that garnets were used as bullets because the glowing red color was said to increase the ferocity of a wound. Although garnets are usually thought of as being dark red, they are found in various other colors, including pink, green, and orange.



**A Morning Prayer from Mechthild of  
Magdeburg (c.1207-1290)**

**O sweet and loving God,  
when I stay asleep too long,  
oblivious to all your many blessings,**

**Then, please, wake me up,  
and sing to me your joyful song.**

**It is a song without noise or notes.**

**It is a song of love beyond words,  
of faith beyond the power of human telling.**

**I can hear it in my soul,  
when you awaken me to your presence.**

**Amen.**





# **New Year: New Activity Staff**

## **Miranda : Community Life Director**



**Hi Ya'll, names Miranda. I recently traded in eastern Wisconsin snow for central Minnesota snow. Always a packer fan but I'll likely cheer for the vikings with you. I have two amazing boys, a puppy dog, & one genuine boyfriend. My personal fuel is coffee {& lots of it!} When I get a moment to myself, you can bet I'm out kayaking or dancing like a fool to 90's country music. I'm looking forward to meeting you all, lets make some great memories this 2026!!**

**Hi, I'm Heidi. I moved to the lovely town of Sauk Centre a little over a year ago and have happily made it home. I'm a very proud mom of a married daughter, and a grandma to eight four-legged furry grandkids. I love reading, writing short stories, watching movies, taking walks with my grandpup, spending time with my family, and enjoying peaceful moments at the farm. I believe in kindness, creativity, and finding a little bit of hope in everyday life.**



## **Heidi : Community Life Aide**

Name: \_\_\_\_\_

# WINTER Wonderland



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

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



mittens

scarf

sledding

frosty

fireplace

icy

blanket

January

snowman

snowball

cozy

fun

skiing

gingerbread

coat





## Take A Look At Some Of The Fun Things We Have Done Recently





## **January Zodiacs:**

**Capricorn (The Sea Goat)**

**January 1–19**

**Aquarius (The Water Bearer) January 20–31**



*Capricorn*



*Aquarius*

## **DID YOU KNOW!?**

**On January 1, 1863, President Lincoln issued the Emancipation Proclamation, declaring enslaved people in Confederate states to be free. It took until June 19, 1865, for Union troops to reach each Southern state to enforce the law.**

## **What's Lucky in January?**

**Lucky Color: Turquoise**

**Lucky Animal: Fox**

**Lucky Letter: L**

**Lucky Day: Wednesday**

**Lucky Plant: Orchid**



# **L**



**January's name is derived from the ancient Roman god Janus, who is thought to have presided over the dawning of each new year. He was often referred to as the “god of gateways” or “god of doorways.” Janus is the original “two-face,” as his image is often symbolized by a face that looks both backward and forward at the same time—a reminder that the first month of the year is a good time to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.**



**Many of us set New Year's resolutions, and year after year, most of those yearly goals end up unfulfilled. In fact, research shows that 20% of us abandon our resolutions after just one week, and fewer than 10% of us achieve our aims. To increase the likelihood of success, set specific and realistic goals. For example, instead of vowing to write a book, promise to produce at least one page of writing each day.**

## **Here is your management teams New Years resolutions:**

**Tami {Buisness Office} - Take more time to read**

**Gerty {Director of Nursing} - Not to be late picking my son up from daycare**

**Trish {Executive Director} - Don't sweat the small stuff**

**Alyssa {Marketing Director} - All in all just be a better person**

**Miranda {Community Life Director} - A new healthy & happy home life here in Minnesota**

**Michelle {Culinary Director} - Just to survive each day**

**Mike {Maintenance} - Would like to tour more interesting places/states on the motorcycle**

**Bryon {Maintenance} - Be more patient & take more time with people**