

THE Courtyards *Lifestyle*

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

JANUARY 2024

A BIG, BIG THANK-YOU

PSALMS 112:5

Good will come to those who are generous and lend freely,
who conduct their affairs with justice.

We have many families and organizations that we are very grateful for, but one family stands out! The Cogdell and Cannon family have went above and beyond and we would like them to know they are very much appreciated not just by staff, but by our AL and Memory Care residents. This family did not only supply our Thanksgiving feast, but also spent their family time cooking and serving our Courtyard family. It doesn't stop there, they donated their time to help our AL family to enjoy Bingo and other activities. They also have donated items to make our Memory Care family happy. The list goes on and on. So to the COGDELL AND CANNON FAMILY, THANK YOU FROM THE BOTTOM OF EACH OF OUR HEARTS!!!



Thank
You!



A VERY MERRY MC CHRISTMAS

December was a very busy month for our family in Memory Care. Staff and residents alike were busy making sure the unit was merry and bright for everyone.

Residents not only made several different decorations, but also helped staff to decorate our many trees. Everyone enjoyed rolling the dough and cutting out ornaments. Thanks goes out to our kitchen staff for baking the ornaments for us.

Trees and ornaments weren't the only thing making our season bright. We had wonderful people making the season joyous. From the Tammy Locklar's Dance Studio's young dancers, Christmas carolers, Christmas light drive and a Christmas party, everyone was able to find some joy and love.

So to all who made our Christmas special, we say thank-you from the top of our heads to the tip of our toes. Whether you were family, staff or volunteers, THANK YOU!!!!



COURTYARDS OF ODESSA

JANUARY 2024

HISTORIC EVENTS IN JANUARY

January 1st, 1776 - George Washington unveils the first national flag in America

January 1st, 1863 - The Emancipation Proclamation by President Abraham Lincoln freed the slaves in the states rebelling against the Union

January 27th 1880 - Thomas Edison files a patent for the Light bulb

IMPORTANT JANUARY BIRTHDAYS

January 8th, 1935 - Elvis Presley

January 15th, 1929 - Martin Luther King Jr

January 17th, 1942- Muhammad Ali

January 30th, 1882 - Franklin D. Roosevelt

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”
—Rainer Maria Rilke

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	2 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner 5:00 Root Beer Floats	3 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 10:30 Start A Book Club 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Beach Volleyball 4:30 Dinner	4 National Spaghetti Day 7:00 Breakfast 9:00 Morning Exercise 9:30 Coffee & Donuts 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Movie In The Theater 4:30 Dinner	5 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Spa Session- Manicures 1:30 \$\$\$BINGO\$\$\$ 3:00 Happy Hour- Music/Drinks 4:30 Dinner	6 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 3:00 Craft-- Canvas Painting 4:30 Dinner
7 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	8 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	9 7:00 Breakfast 9:00 Morning Exercise 10:00 Book Club Discussion 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Crafting- DIY Stress ball 4:30 Dinner	10 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Game-Cup Curling 4:30 Dinner 5:30 Ice Cream Social	11 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Movie In The Theater 4:30 Dinner	12 National Hot Tea Day 7:00 Breakfast 9:00 Morning Exercise 9:30 Hospice- Men's Group 10:00 Take A Trip- Dollar Tree 11:00 Lunch 12:00 Spa Session- Manicures 1:30 \$\$\$BINGO\$\$\$ 3:00 Happy Hour- Music/Drinks 4:30 Dinner	13 7:00 Breakfast 9:00 Morning Exercise 9:30 Craft- Diamond Painting 10:00 Online Worship 11:00 Lunch 11:30 Dance Team- Performing 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner
14 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	15 Martin Luther King Jr. Day/ Hat Day 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner 6:00 Vision Volleyball Team- Game Night	16 7:00 Breakfast 9:00 Morning Exercise 10:00 Book Club Discussion 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	17 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Card Game- UNO 4:30 Dinner	18 7:00 Breakfast 9:00 Morning Exercise 9:30 Craft- Interim (Taylor) 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Movie In The Theater 4:30 Dinner	19 National Popcorn Day 7:00 Breakfast 9:00 Morning Exercise 9:30 Take A Trip- Walmart 11:00 Lunch 12:00 Spa Session- Manicures 1:30 \$\$\$BINGO\$\$\$ 3:00 Happy Hour- Music/Drinks 4:30 Dinner	20 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 3:00 Beach Volleyball 4:30 Dinner
21 National Huge Day 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	22 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner	23 7:00 Breakfast 9:00 Morning Exercise 10:00 Book Club Discussion 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner 5:00 Root Beer Floats	24 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ (GENTIVA) 3:00 Bowling 4:30 Dinner	25 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Movie In The Theater 4:30 Dinner	26 7:00 Breakfast 9:00 Morning Exercise 9:30 Take A Trip- United Supermarket 11:00 Lunch 12:00 Spa Session- Manicures 1:30 \$\$\$BINGO\$\$\$ 3:00 Happy Hour- Music/Drinks 4:30 Dinner	27 National Chocolate Cake Day 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 1:00 Bake a Chocolate Cake 4:30 Dinner
28 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 4:30 Dinner	29 National Puzzle Day 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 10:00 Spa Session- Manicures 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Build A Puzzle 4:30 Dinner	30 National Hot Chocolate Day 7:00 Breakfast 9:00 Morning Exercise 10:00 Book Club Discussion 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 3:00 Hot Chocolate and a Movie 4:30 Dinner	31 7:00 Breakfast 9:00 Morning Exercise 10:00 Online Worship 11:00 Lunch 12:00 Skip-Bo With Friends 1:30 \$\$\$BINGO\$\$\$ 4:30 Dinner			



CHEERS TO THE NEW YEAR

Our prayer for the New Year is that our world and each family find Peace, Love and Joy!!!! Happy New Year's from all of us at the Courtyard!



AL'S CHRISTMAS CHEER

Our assisted living family had quite the Christmas Party! The community was decorated to the hilt. Trees throughout the community were all beautifully decorated. Residents' doors were decorated beyond belief. They were all amazing. But the best part for all was the snacks and silent auction. They had some really nice items to bid on. Certainly a great party for all!



New Year's Eve Traditions

Many people have their own personal traditions of what to do each Dec. 31 at midnight. However, Americans have a few shared customs, some of which date back hundreds of years. "Auld Lang Syne." Some call it "the most famous song no one knows the words to," but most people can belt out a line or two. The tradition of singing this song started with Guy Lombardo when he and his band performed it on New Year's Eve in 1929 in New York City. *Ball drop.* The ball drop in New York City, which started in 1907, draws throngs of viewers to Times Square. Millions more around the world watch the event live on TV. In recent years, the ball has become more eco-friendly—it's now illuminated by energy-efficient LED lights.

Resolutions. Making New Year's resolutions is a practice reaching back to ancient Babylon. For centuries, people have seen the new year as a good time for a new beginning or goal. *Foods.* Some people consider collard greens and black-eyed peas lucky New Year's Eve choices, because they resemble paper money and coins. Noodles and grains symbolize long life and abundance. Ring-shaped cakes are reminders of life coming full circle.

