

Do you Know?

To keep the winter blues at bay, spend at least five to 10 minutes outside



even when it is overcast. When people see natural light, it increases levels of serotonin which keeps mood on an even keel.

**ELVIS PRESLEY'S BIRTHDAY
JANUARY 8TH**

WE WILL BE HAVING PEANUT BUTTER AND BANANA SANDWICHES IN THE COMMUNITY ROOM AT 12:00. WE WILL ALSO BE LISTENING TO HIS SONGS.

COME ON DOWN AND BRING SOMETHING TO GO WITH THE SANDWICHES. IF YOU DON'T LIKE PEANUT BUTTER AND BANANA SANDWICHES, THERE WILL BE JELLY TO GO ON YOUR PEANUT BUTTER SANDWICH!

**CALLING ALL PUZZLE
ENTHUSIASTS!**

ON JANUARY 29TH WE WILL BE HAVING A PUZZLE COMPETITION IN THE COMMUNITY ROOM. WE WILL SPLIT ALL PARTICIPANTS INTO 5 GROUPS. EACH GROUP WILL HAVE THE SAME KIND OF PUZZLE. FIRST GROUP TO HAVE THEIR PUZZLE

**FINISHED WILL GET A PRIZE!
COMED DOWN AND JOIN THE FUN!**

**CANNED FOOD SCULPTURE
COMPETITION!**

It's that time of the year! Bring down all you canned food donations to the Community Room!

We are also looking for Great ideas for sculpture to make with the cans. Calamar has a contest with winner to be announced February 28th. Winning Property gets a Pizza Party! Please share some winning ideas for the sculpture with the office! Like for instance a vintage truck or a whale. Also the requirement is to include either the Calamar logo or the #30 because of Calamar celebrating 30 years in 2020. Remember this is a Community project! **We will have a meeting regarding our sculpture Jan. 6th!**

SOUP OR CHILI COOKOFF!

ON JANUARY 10TH WE WILL BE HAVING A SOUP OR CHILI COOKOFF! EACH FLOOR IS RESPONSIBLE FOR TWO CROCKPOTS FULL OF EITHER YOUR FAVORITE CHILI OR SOUP. BRING THEM DOWN AT 12:00 TO THE COMMUNITY ROOM AND THERE WILL BE JUDGES TO PICK THEIR FAVORITE!

ONCE THE JUDGING IS DONE, EVERYONE IS INVITED TO COME DOWN AND ENJOY! SO MAKE SURE YOU MAKE A GOOD SIZED POT OF SOUP OR CHILI TO ENJOY!

New Year's Superstitions: Don't sweep the floor during the first day of the new year. You may sweep out the good fortune.



Woodbridge Senior Village

Woodbridge News

JANUARY

2020

"Come as strangers, live as friends"

JANUARY TRIVIA

January is one of the newer months to the calendar we know today, named for the god of beginnings and transitions, Janus. In Latin, Januarius means month of Janus. It was added to the calendar with 29 days around 713 BC when King Numa Pompilius to conform with the lunar calendar. Julius Caesar gave it the 31 days it still has in the modern Gregorian calendar.

Quote of the Month: "Hate cannot drive out hate. Only love can do that." - Martin Luther King, Jr.

**COMMUNITY
INFORMATION**

**COMMUNITY
MANAGER:**
MARCY MOCTEZUMA

MAINTENANCE TECH:
BO JENNINGS

**OFFICE PHONE #
& AFTER HOURS
EMERGENCY SERVICE
#:402-573-5555**








MANAGER EMAIL:

MANAGERWOOD-
BRIDGE@CALAMAR.COM

**RENT IS DUE TO THE
OFFICE ON THE 1ST OF
EVERY MONTH. RENT
CHECKS CAN BE MADE
OUT TO RM6A HOLD-
INGS,, LLC**

**PLEASE BE SURE TO
WRITE YOUR APARTMENT
IN THE MEMO LINE OF
YOUR CHECK.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day Coffee 9:00 OFFICE CLOSED White Elephant Bingo Mystery Caller 2:00 	2 Coffee 9:00 Bring down canned food for Donation all Month –Can Sculpture Planning Meeting Games 2:00 Bible Study 6:00	3 Coffee & Donuts 9:00 Take Down Christmas Decorations 10:30 Bunco 1:00 Three or More Dice Game 2:30	4 Coffee 9:00 Spaghetti Dinner 5:00 Cards 6:00
5 Worship Service 9:30 Yatzee 3:00	6 Coffee 9:00 Balloon Exercise 10:30 Wii 1:00 CAN SCULPTURE RESULT MEETING 2:30 Corn Hole toss 2:30	7 Coffee 9:00 Exercise 10:15  Vital signs/Blood pressure 10:45 Games 2:00 Golf Card Game 7:00	8 Elvis Presley's Birthday Coffee 9:00 Church 10:30 Peanut Butter & Banana Sandwiches 12:00 Bingo 2:00 Rosary 7:00	9 Coffee 9:00 Activity Meeting 11:30 Games 2:00  Bible Study 6:00	10 Full Moon/Winter Moon National Volunteer Fireman's Day Coffee & Donuts 9:00 Right at Home Chili/Soup Cook Off (2 per floor) 12:00 Bunco 2:00	11 Coffee 9:00 Social Hour 5:00 Cards 6:00
12 Worship Service 9:30	13 Coffee 9:00 Corn Hole Toss 10:30 Wii 1:00 Movie 6:00	14 Coffee 9:00 Exercise 10:15 Vital signs/Blood pressure 10:45 Games 2:00 Golf Card Game 7:00	15 Natn'l Strawberry Ice Cream Day Coffee 9:00  Church 10:30 Village Inn Carpool 11:00 Bingo 2:00 Strawberry Ice Cream 3:00 Rosary 7:00	16 Coffee 9:00 Corn Hole Toss 10:30 Games 2:00 Bible Study 6:00	17 Coffee & Breakfast 9:00 Bring down your fav breakfast item to share Bunco 1:00 Crafts 2:00	18 Coffee 9:00 Social Hour 5:00 Cards 6:00
19 Worship Service 9:30 Yatzee 3:00	20 Martin Luther King, Jr. Day Coffee 9:00 Balloon Exercise 10:30 Wii 1:00  Corn Hole Toss 2:30	21 National Hugging Day Coffee 9:00 Exercise 10:15 Vital signs/Blood pressure 10:45 Games 2:00 Golf Card Game 7:00	22 Coffee 9:00 Church 10:30 Bingo 2:00 Rosary 7:00	23 Coffee 9:00 Corn Hole Toss 10:30 Games 2:00 Bible Study 6:00	24 National Compliment Day Coffee & Donuts 9:00 Comper Care Bunco 1:00 Pig Dice Game 2:30	25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss Coffee 9:00 Social Hour 5:00 Cards 6:00
26 Worship Service 9:30 Pizza Party 5:00	27 Coffee 9:00 Corn Hole Toss 10:30 Wii 1:00 January Birthday Cake 2:30	28 Coffee 9:00 Exercise 10:15 Vital signs/Blood pressure 10:45 Games 2:00 Golf Card Game 7:00	29 National Puzzle Day Coffee 9:00 Church 10:30 Fajitas Carpool 11:00 Puzzle Competition 2:00 Rosary 7:00	30 Coffee 9:00 Corn Hole Toss 10:30 Games 2:00 Bible Study 6:00	31 Coffee & Donuts 9:00 VNA  Bunco 1:00 Three or More Dice Game 2:30	