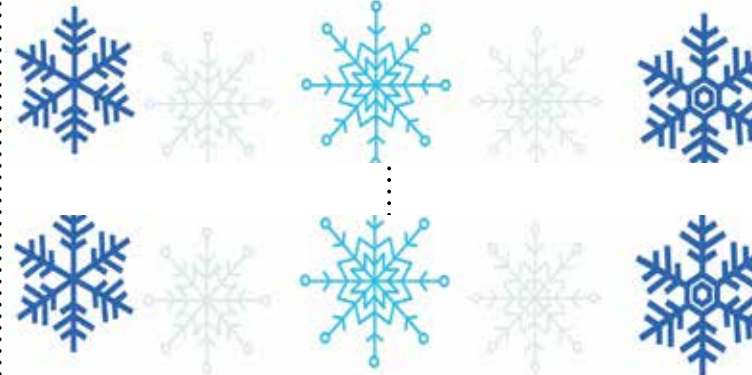


Champagne Music Man

What:
 “The Lawrence Welk Show”
 Start:
 July 2, 1955 End: April 17, 1982 (It now airs in syndication)
 Noteworthy:
 ABC, seeking a summer replacement series, tapped bandleader Lawrence Welk to fill in.
 But his old fashioned, wholesome show, loaded with dancers, singers and a bubble machine, resulted in a smash hit.
 Oh, Really?
 * Welk, a son of German immigrants, spoke with an accent. His “a one and a two. . .” when striking up the band was famous. His California license plate reflected it: A1ANA2
 * The most-performed song on Welk’s show? “Tea for Two” was performed 67 times on the show.
 * “Champagne Lady” Alice Lon, a show regular, was fired by Welk after she showed too much knee during a show skit. Fans voiced their disapproval, and Welk asked Lon back, but she refused to return.

January



HAPPY NEW YEAR!
 8:00 Breakfast
 12:00 Lunch
 3:00 B-I-N-G-O (Jeane will be calling)
 5:00 Dinner

8:00 Breakfast
 12:00 Lunch
 3:00 B-I-N-G-O (Jeane will be calling)
 5:00 Dinner

3
 ENJOY YOUR SUNDAY!
 8:00 Breakfast
 9:30 Music and the Spoken Word (TV Channel 5)
 12:00 Lunch
 5:00 Dinner

4
 9:30 Let’s Move!
 10:15 Bocce Ball
 11:15 Everybody Knows! With teams
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

5
 9:30 Let’s Move!
 10:15 January in History
 10:30 Fill-in-the-Blanks
 11:00 Marvelous Manicures
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

6
 9:30 Let’s Move!
 10:15 Clever Crossword Puzzle
 11:15 Concentration
 12:00 Lunch
 2:30 *Afternoon Matinee* “Seven Brides for Seven Brothers”
 5:00 Dinner

7
 9:30 Let’s Move!
 10:15 Balloon Badminton
 11:00 Cranium Crunches
 12:00 Lunch
 3:30 B-I-N-G-O
 5:00 Dinner

8
9:30 Outing – Scenic Drive
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

9
 8:00 Breakfast
 12:00 Lunch
 3:00 B-I-N-G-O (Jeane will be calling)
 5:00 Dinner

10
 ENJOY YOUR SUNDAY!
 8:00 Breakfast
 9:30 Music and the Spoken Word (TV Channel 5)
 12:00 Lunch
 5:00 Dinner

11
 9:30 Let’s Move!
 10:15 We throw horseshoes!
 11:00 Sort It Out
 12:00 Lunch
 3:00 **Ice Cream Sundaes and a sing-a-long**
 5:00 Dinner

12
 9:30 Let’s Move!
 10:15 January in History
 10:30 Fill-in-the-Blanks
 11:00 Marvelous Manicures
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

13
 9:30 Let’s Move!
 10:15 Clever Crossword Puzzle
 11:15 Kerplunk!
 12:00 Lunch
 2:30 *Afternoon Matinee* “Third Man on the Mountain”
 5:00 Dinner

14
 9:30 Let’s Move!
 10:15 Balloon Badminton
 11:00 Cranium Crunches
 12:00 Lunch
 3:30 B-I-N-G-O
 5:00 Dinner

15
9:30 Outing – Scenic Drive
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

16
 8:00 Breakfast
 12:00 Lunch
 3:00 B-I-N-G-O (Jeane will be calling)
 5:00 Dinner

17
 ENJOY YOUR SUNDAY!
 8:00 Breakfast
 9:30 Music and the Spoken Word (TV Channel 5)
 12:00 Lunch
 5:00 Dinner

18
 9:30 Let’s Move!
 10:15 **Resident Council Meeting – All Residents are Encouraged to Attend**
 11:00 State Trivia B-I-N-G-O
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

19
 9:30 Let’s Move!
 10:15 January in History
 10:30 Fill-in-the-Blanks
 11:00 Marvelous Manicures
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

20
 9:30 Let’s Move!
 10:15 Clever Crossword Puzzle
 11:15 Concentration
 12:00 Lunch
 2:30 *Afternoon Matinee* “The Fighting Preacher”
 5:00 Dinner

21
 9:30 Let’s Move!
 10:15 Balloon Badminton
 11:00 Cranium Crunches
 12:00 Lunch
 3:30 B-I-N-G-O
 5:00 Dinner

22
9:30 Outing – Scenic Drive
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

23
 8:00 Breakfast
 12:00 Lunch
 3:00 B-I-N-G-O (Jeane will be calling)
 5:00 Dinner

24/31
 ENJOY YOUR SUNDAY!
 8:00 Breakfast
 9:30 Music and the Spoken Word (TV Channel 5)
 12:00 Lunch
 5:00 Dinner

25
 9:30 Let’s Move!
 10:15 Parachute Crazyness
 11:00 American Trivia with teams
 12:00 Lunch
 3:00 Enjoy Coloring and listening to great music
 5:00 Dinner

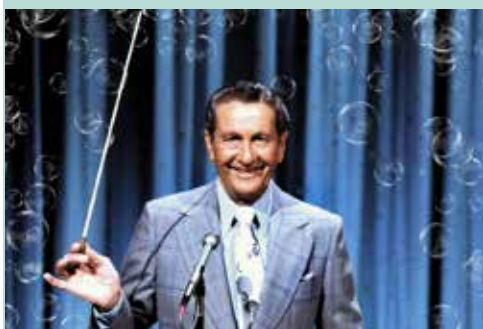
26
 9:30 Let’s Move!
 10:15 January in History
 10:30 Fill-in-the-Blanks
 11:00 Marvelous Manicures
 12:00 Lunch
 2:30 B-I-N-G-O
 3:00 Dinner

27
 9:30 Let’s Move!
 10:15 Clever Crossword Puzzle
 11:15 Concentration
 12:00 Lunch
 2:30 *Afternoon Matinee* “Mother is a Freshman”
 5:00 Dinner

28
 9:30 Let’s Move!
 10:15 Balloon Badminton
 11:00 Cranium Crunches
 12:00 Lunch
 3:30 B-I-N-G-O
 5:00 Dinner

29
9:30 Outing – Scenic Drive
 12:00 Lunch
 3:00 B-I-N-G-O
 5:00 Dinner

30
 8:00 Breakfast
 12:00 Lunch
 3:00 B-I-N-G-O (Jeane will be calling)
 5:00 Dinner



MEMORIES IN THE ATTIC

Memories in the attic,
So gently tucked away,
Are all antiques framed
In yesterdays.

Fascinating shadows
Lingeringly cast;
Silhouettes of charm
Painted in the past.

Oh, how wondrous it is
To sit here alone,
And make my acquaintance
With day's unknown.

Each remembrance is a
story
So warmly unlaced;
Tis an echo of history
Being retraced.

And as I fondly touch
them,
Careful not to mar.
I truly realize how
Priceless memories are.

Written By: Marilyn Fox,
1969



January 2021

SPREAD GOOD WILL AND
CHEER IN 2021!!



Let's all say cheers to each other and Happy New Year "2021"! The last year has been very trying on everyone at Carrington Court, but we have persevered with smiling faces. The Covid-19 virus has changed many things, but day after day we move forward and work together to turn lemons into lemonade.

Happy Birthday!

- Scott C. - 3rd
- Lynn H. - 5th
- Myrna O. - 11th
- Lois C. - 20th



When you are sitting in your apartment and wishing to be in a warm, sunny place try some visualizing exercises. Close your eyes and imagine yourself standing in a sunlit place. Take an imagined walk, exploring every part of the landscape, and gaze up at the sun as it fills the environment with golden light. Image how warm you would feel in this place, and picture your skin glowing in the light of the sun. Slowly open your eyes and return to the room. You may be surprised to see how much contentment visualizing exercises bring you, give it a try!