



LEGACY HOUSE

Avondale

2635 N Dysart Road • Avondale, AZ 85392

January 2019

Meet Your Management Team

Executive Director- Carol Mazza
 Wellness Nurse- Athena Anderson
 Wellness Nurse - Mariah Crawford
 Marketing Director- Jennifer Eldredge
 Maintenance Director- Isidor Grant
 Food Service Director- William Torres
 Activities Director- Amy Heusted

Welcome New Residents

Margaret W.	Becky G.
Nan R.	Beverly B.
Maxine C.	Shirley B.
Mansfield F.	Julie V.
Armando H.	Geri B.
"Jim" S.	Joy S.

Happy Birthday !

4	Mansfield F.
20	Carol U.
26	Joy S.
29	Genie M.



Perk Up With a Cup

An estimated 1.6 billion cups of coffee are consumed worldwide each day. Along with the taste, a cup of joe is a favorite for the caffeine buzz it produces. This natural stimulant gets the body's central nervous system percolating within about 15 minutes, and the effects can last up to six hours. Coffee has also been shown to boost mood and memory.

Make a Difference on MLK Jr. Day

Martin Luther King Jr. Day, Jan. 21, is a federal holiday and also a national day of service. Consider spending some time volunteering and helping out in your community.

Birthday Rewards

Many national chain restaurants will treat you to a free food item or beverage on your birthday if you're a member of their rewards program. Check their websites in advance for offers.

A New Start

"A new year ... a fresh, clean start! It's like having a big white sheet of paper to draw on!" —Bill Watterson





January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1 6:00 Movie -T	2 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	3 10:00 Coffee & Crochet - ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo -ACR 6:00 Movie -T	4 8:00 Outing to Casino * 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/ Matt Dillon - MPR 6:00 Movie -T	5 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
6 1:00 Movie Matinee -T 6:00 Movie -T	7 10:00 Chef's Chat 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	8 10:30 Coffee Connection - B 12:00 Romeo Lunch 2:00 Creativity Hour- ACR 6:00 Movie -T	9 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	10 10:00 Coffee & Crochet - ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo -ACR 6:00 Movie -T	11 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/ Sam Stefanski 6:00 Movie -T	12 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
13 1:00 Movie Matinee -T 6:00 Movie -T	14 10:00 Resident Townhall - T 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	15 10:30 Coffee Connection - B 2:00 Creativity Hour- ACR 6:00 Movie -T	16 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	17 10:00 Coffee & Crochet - ACR 10:30 Outing to Movies * 12:00 Wheel of Fortune - ACR 2:00 Bingo -ACR 6:00 Movie -T	18 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour- Family Feud 6:00 Movie -T	19 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
20 1:00 Movie Matinee -T 6:00 Movie -T	21 Martin Luther King Jr. Day 10:00 Activities Meeting- T 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	22 10:30 Coffee Connection - B 12:00 Juliet Lunch 2:00 Creativity Hour- ACR 6:00 Movie -T	23 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 1:00 Dementia Support Group -T 2:00 Documentary -T 6:00 Movie -T	24 10:00 Coffee & Crochet - ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo -ACR 6:00 Movie -T	25 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/Jerry Breeden 5:00 Dinner in White 6:00 Movie -T	26 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
27 1:00 Movie Matinee -T 6:00 Movie -T	28 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	29 10:30 Coffee Connection - B 2:00 Creativity Hour- ACR 4:30 Dinner Out - Rio Mirage Cafe * 6:00 Movie -T	30 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	31 10:00 Coffee & Crochet - ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo -ACR 6:00 Movie -T		



Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

Decade	Words
1940s	country music, TV, jeep, cook-off, jet stream
1950s	action figure, bumper sticker, videotape, TV dinner
1960s	junk food, fender bender, vibe, carpool, ZIP code
1970s	retro, ATM, shopaholic, comfort food, gas-guzzler
1980s	photo op, couch potato, mouse pad, cardio, email
1990s	World Wide Web, brain freeze, spoiler alert, bestie
2000s	bucket list, podcast, cornhole, sudoku, selfie

"This Month In History"

JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.