



## Welcome Kim Kessler: Activities Director



Kim, 38, grew up in Edmond, Oklahoma and graduated from Edmond Memorial High School. She has attended classes at OSU and is currently working on her bachelors degree in sociology through Southern New Hampshire University Online. Kim enjoys music, singing on the worship team at Victory Church Edmond, reading fantasy and memoir books, watching her favorite shows, and loves spending time with her husband of 4 years, Shane, her 7 month old son, Isaac, and her closest friends who are more like sisters

to her than friends. Kim also 3 siblings who she spends time with as often as possible. Along with 6 years of experience with Activities, she has worked in the geriatric field for 21 years and started out as a CNA but has also worked as Social Services, HR, Rehab Tech, AUA, Medical Assistant, and Director of "At Your Service" with Villagio Corporate office. Geriatrics are Kim's passion and she credits her love of the elderly to being raised by her Grandmother who took her in and legally adopted her when she was 18 months old. She is excited to be here at Villagio and is looking forward to building relationships, and planning quality programming for our residents.

## New Years History and Traditions



photo caption

The Earliest recorded festivities in honor of a New Year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox-the day in late March with an equal amount of sunlight and darkness-heralded the start

of a new year. They marked the occasion with a massive religious festival. Another early New Year's celebration is thought to be in Mesopotamia around 2000 B.C. The ancient Roman Calendar used to follow the lunar cycle and had the new year beginning in March. Julius Caesar was convinced to follow the solar year instead. From 46 B.C. on, the new year began in January.

New Year's Eve is celebrated differently all around the world. Traditions range from eating 12 grapes on or before midnight to black-eyes peas for good luck. Many sing "Auld Lang Syne" at midnight while others make resolutions- a tradition that may also date all the way back to the Mesopotamia who promised the gods they would do better in the coming year. Fireworks are a common way to celebrate amongst many cultures. Since 1907 many Americans and millions all over the world watch the ball drop in Time Square, a tradition that came about as an alternative to the hazardous fireworks that were previously used. Over time, the ball itself has ballooned from a 700 pound Iron and wood orb to a brightly patterned sphere, 12 feet in diameter and weighing in at nearly 12,000 pounds

## Did You Know?

January is the first month of the year in the Julian and Gregorian Calendars. The month did not exist until around 713 BC when it was added to the original Roman Calendar along with February. Janus is names after Janus, the god of gateways and beginnings, who is typically depicted as a two headed man looking forward and backwards simultaneously. This is a fitting image for the first month of the year- remembering the past while also looking to the future.

## Happy Birthday

### JANUARY BIRTHDAY LIST

- Lavonna Jolliff- 5th
- Johnnie Burden-8th
- James Spadaccini-12th
- Robert Griffin-23rd
- Lana Tyree-29th
- Myrna Watkins-29th

## Villagio Team

- Paula Brooks  
*Executive Director*
- Nashika Corley  
*Director of Nursing*
- Tara Banks  
*Resident Care Coordinator*
- Rashid Birdsong  
*Kitchen Director*
- Alex Flores  
*Maintenance Director*
- Bridget Bothroyd  
*Concierge*
- Kimberly Kessler  
*Activities Director*





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <ul style="list-style-type: none"> <li>Sunday Devotional HB</li> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Church Online/TV</li> <li>Leisure Coffee &amp; Chat</li> <li>In Room Exercises</li> <li>11:00 Gathan Graham Music CA</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Be Fit (Exercise) CA</li> <li>1:30 Manicures CA</li> <li>3:00 Georgia Peach Parfait HB</li> <li>3:30 PEACH Categories HB</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Coffee Bar HB</li> <li>1:30 BINGO CA</li> <li>3:00 History of the Piano CA</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Movement to Music CA</li> <li>2:00 Green house GH</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Bird Craft</li> <li>11:00 Birds of a Feather</li> <li>2:00 Peggy Jacobson Sings</li> <li>PD</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Creative Movement CA</li> <li>2:30 Coke Floats CA</li> <li>3:00 Wheel of Fortune CA</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Leisure Coffe and Chat</li> <li>In Room Exercises</li> </ul>	
<p>8</p> <ul style="list-style-type: none"> <li>Sunday Devotional HB</li> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Church Online/TV</li> <li>Leisure Coffee &amp; Chat</li> <li>In Room Exercises</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Be Fit (Exercise) CA</li> <li>1:30 Flex Your Brain CA</li> <li>3:00 Service Project: Law Enforcement Appreciation CA</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Smoothies CA</li> <li>1:30 Bible Study with Steven CA</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Movement to Music CA</li> <li>2:00 Green House GH</li> <li>3:00 HAPPY HOUR HB</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Tea Tasting</li> <li>11:00 Tea for Two Trivia</li> <li>2:00 Cooking Club Soup du Jour</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Creative Movement CA</li> <li>2:00 Town Hall (Resident's Council) PD</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Leisure Coffee and Chat</li> <li>In Room Exercise</li> </ul>	
<p>15</p> <ul style="list-style-type: none"> <li>Sunday Devotional HB</li> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Church Online/TV</li> <li>Leisure Coffee &amp; Chat</li> <li>In Room Exercises</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Be Fit (Exercise) CA</li> <li>1:30 Manicures CA</li> <li>3:00 "I Have a Dream" CA</li> <li>3:30 Marshmallow World</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Coffee Bar HB</li> <li>1:30 BINGO CA</li> <li>3:00 Who Was Betty White? CA</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Movement to Music CA</li> <li>2:00 Green House GH</li> <li>3:00 Who am I? CA</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 June Carter Music</li> <li>2:00 Popcorn &amp; a Movie LR "Where the Crawdads Sing"</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Creative Movement CA</li> <li>2:00 Pet Therapy CA</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Leisure Coffee and Chat</li> <li>In Room Exercise</li> </ul>	
<p>22</p> <ul style="list-style-type: none"> <li>Sunday Devotional HB</li> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Church Online/TV</li> <li>Leisure Coffee &amp; Chat</li> <li>In Room Exercises</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Be Fit (Exercise) CA</li> <li>1:30 Flex Your Brain CA</li> <li>3:00 Paint Your Art Out</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Smoothies</li> <li>1:30 BINGO CA</li> <li>3:00 Laughter is Medicine</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Movement to Music CA</li> <li>2:00 Green House GH</li> <li>AFTERNOON BOWLING OUTING</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Australian snacks and Facts CA</li> <li>2:00 Gary Johnson Piano Man</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Creative Movement CA</li> <li>2:00 JANUARY BIRTHDAY PARTY CA</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Leisure Coffee and Chat</li> <li>In Room Exercise</li> </ul>	
<p>29</p> <ul style="list-style-type: none"> <li>Sunday Devotional HB</li> <li>Crossword Puzzles HB</li> <li>Word Searches HB</li> <li>Church Online/TV</li> <li>Leisure Coffee &amp; Chat</li> <li>In Room Exercises</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>11:00 Be Fit (Exercise) CA</li> <li>1:30 Manicures</li> <li>3:00 Bowling &amp; Trivia</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>8:30 Daily Chronicle</li> <li>10:30 Cofee Bar HB</li> <li>1:30 BINGO CA</li> <li>3:00 Art with Heart</li> </ul>	<p>Everyday Experiences</p> <p>6:45am Rise &amp; Shine</p> <hr/> <hr/> <hr/> <hr/> <hr/>			<p>LOCATION KEY</p> <p>*** - Subject to change...</p> <p>PD - Private Dining</p> <p>HB - Hydration Bar</p> <p>CA - Common Area</p> <p>LR - Living Room</p> <p>FL - Front Lobby</p> <p>AR - Activity Room</p> <p>GH - Greenhouse</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>	