

Let's celebrate *FAMILY* in February
TOGETHER WE CAN MAKE THIS CELEBRATION A SUCCESS.

HOST A FAMILY HEIRLOOMS SHOWCASE.
Look around your place to discover what you would like to display. You may display up to 5 heirlooms. If you have furniture pieces let me know because I can take a photo for the display.

Have a FAMILY FAVORITE RECIPE POTLUCK for a luncheon on a Saturday where residents who participate bring a family favorite dish to share with others. If you would like to share the recipe, give me a copy to type out to put on display with your dish.

Have residents contribute FAMILY STORIES & PHOTOS (if possible) to me in January to share in the February newsletter. If I receive at least three stories I will be in smiles. I will need these no later than January 17th.

If I can find a map I will put it up to pin places are families have originated from. I will just need your name and the country to make a map legend.

A TALENT SHOW of family members (and residents) who sing, dance, tell stories, play an instrument, paint, take photos, etc. I know talented residents and those who have talented family members. I would love to showcase them (and residents if possible) on a special evening the last week of the month. As soon as possible I would need to know who would like to participate.

An activity related to GENEALOGY will be offered.

So, I am requesting wonderful input and participation from you to make February a bit brighter and interesting. Let me know after reading this article if you would like to participate in any of the activities and THANKS.

- Linda



ROCKWOOD LANE

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JANUARY 2020 issue

The Chinese calendar shows this is the year of the Rat beginning on Saturday, January 25, 2020.

The Rat is the first of the 12-year cycle of animals with the Ox following. Birth years for the Rat are; 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020, 2032...



FAMOUS RAT PEOPLE:
Scarlett Johansson
John F. Kennedy
William Shakespeare
Prince Harry
Cameron Diaz
George Washington
Mozart
Charles (Prince of Wales)
Charlotte Bronte
...to name a few. Are you a Rat?

ABOUT RAT PEOPLE:

People born in the year of the Rat are outgoing, optimistic and highly adaptable in any environment. They are people who do not haggle over every ounce but stay at ease under all circumstances. This makes Rat people easy to be liked and helped by others.

Rat people are endowed with the power of acute observation, anticipation, and visionary power. You can get a validation from an old saying among boatmen, "Rats desert a sinking ship", which means rats can be aware if a ship will be wrecked or sunk and run or swim away in advance. For a factory, if rats run out one after another, it predicts a building hazard is coming soon. So, if you see rats running, join them. Because of this ability, rat people are usually good at some type of creativity works. They can be artistic creators, inventors, innovators, etc. Rat people should think hard and remember to ask for opinions from others.

RAT PEOPLE'S PERSONALITY BY FIVE ELEMENTS

WOOD RAT 1924 and 1984	FIRE RAT 1936 and 1996	EARTH RAT 1948 and 2008	METAL RAT 1960 and 2020	WATER RAT 1972
Orderly, Meticulous, Subjective to Accept Criticism	Smart, Capable, Generous, Social, Enjoy Activities	Industrious, Trustworthy, Rooted in Common Sense	Sensitive to Others' Views, Positive, Easy Going	Intelligent, Active, Kind, Social, Adaptable



M U S T A R D S E E D

Make sure to sign up for the Lunch Outing to
Mustard Seed to celebrate Chinese New Year.



ROSAUERS
SUPERMARKETS

THURSDAY, JANUARY 2ND, 10:30 AM

Fred Meyer

TUESDAY, JANUARY 7TH, 11:30 AM

ROSAUERS
SUPERMARKETS

THURSDAY, JANUARY 9TH, 10:30 AM

ERRAND DAY



WEDNESDAY, JANUARY 15TH, 10:30 AM

ROSAUERS
SUPERMARKETS

THURSDAY, JANUARY 16TH, 10:30 AM

SUPER
FOODS

TUESDAY, JANUARY 21ST, 11:30 AM

ROSAUERS
SUPERMARKETS

THURSDAY, JANUARY 23RD, 10:30 AM

TRADER JOE'S

TUESDAY, JANUARY 28TH, 11:30 AM

Walmart  **COSTCO**
WHOLESALE

TUESDAY, JANUARY 30TH, 10:30 AM

Sorry
OFFICE
CLOSED
JANUARY 1

Sorry
OFFICE
CLOSED
MONDAY, JANUARY 20

2nd Winter Movie Series

THURSDAY
JANUARY

9

2:00 pm
Family Room



Treats Served

WEDNESDAY
JANUARY

15

10:00 am
Craft/
Community Room

Chair Massage



FRIDAY
JANUARY

17

3:00 pm
Family Room

Kay Lester
Historical
Presentation
on the
Life of
Mrs. Hutton

3rd Winter Movie Series

THURSDAY
JANUARY

23

2:00 pm
Family Room



Treats Served

1st Winter Movie Series

THURSDAY
JANUARY

2

2:00 pm
Family Room



Treats Served

Read & Share Group

will host their 'Raffle' Kickoff
sometime this month so make sure
to keep posted for more information
to follow. Proceeds from this year
will go to the Salvation Army for
Evangeline's House.

4:00 pm
Craft/Community Room



HOT COCOA
BAR SOCIAL

4:00 pm
Lounge Area

BRING YOUR OWN MUG

TUESDAY
JANUARY

21

2:00 pm
Lounge Area



RESIDENT
COUNCIL
MEETING

WEDNESDAY
JANUARY

8

10:00 am
Craft/
Community Room



Foot Care Clinic
\$15 FEE

Sign-up Sheet on
Bulletin Board

MONDAY
JANUARY

13



Audiology Northwest
Hearing Clinic
10:00 am
Craft/Community Room



Peanut Butter Falcon Movie
2:00 pm Family Room

THURSDAY
JANUARY

16

12:30 pm
Lounge Area



PICNIC
LUNCH
SOCIAL

OUTREACH LIBRARY
2:30 PM FAMILY ROOM

WEDNESDAY
JANUARY

22

2:00 pm
Craft/
Community Room

Meal in a Cup
Demo



THIS
MONTH'S
OUTINGS

Tuesday, January 14 11:30 am **R.O.M.E.O. Lunch Outing**
Friday, January 17 10:30 am **Shopping Outing Valley Mall**
Friday, January 24 11:00 am **Lunch Outing Mustard Seed**
To Celebrate the Chinese New Year beginning on Saturday the 25th
Friday, January 31 8:30 am **Breakfast Outing Jenny's**

THURSDAY
JANUARY

30

2:00 pm
Craft/
Community Room

Color and Chat
Group



Life Hacking Tips
Presentation

LIFE HACKS: ANY
PROCEDURES OR
ACTIONS THAT SOLVE
A PROBLEM, SIMPLIFY
A TASK, REDUCE
FRUSTRATION, ETC. IN
ONE'S EVERYDAY LIFE
COME BE PART OF
THE FUN.

MONDAY
JANUARY

27

2:00 pm
Craft/
Community Room