

Use the visual clues in the puzzles to figure out what it says.

Wacky Wordies

Concentration

go town town	FAMALLILY	SECO	LEARNING
1. _____	2. _____	3. _____	4. _____
pressure crumble	12:30	GOOD NO NO	i e c except
5. _____	6. _____	7. _____	8. _____
garden	dofooter	A B N R I	SNOW
9. _____	10. _____	11. _____	12. _____

Puzzle #1	Puzzle #2
Puzzle #3	Puzzle #4

1. Go to town 2. All in the family 3. Sleep tight 4. Learning curve
5. Crumble under pressure 6. Time is growing short
7. Good to know 8. I before E except after C 9. Garden variety
10. A foot in the door 11. Scatterbrain 12. Snow White

Puzzle #1 All that glitters is not gold.
Puzzle #2 Julie Andrews
Puzzle #3 Go break a leg.
Puzzle #4 Hey, hey, we're the Monkees.

Regular Events

Social Hour w/ Live Entertainment
Every Day at 4pm

Tai Chi with Rafael

Every Sunday at 10:30am

Sculpture Class with Norberto

Saturday: 6 & 20 at 10:30am

Art and You (Art Class)

Tuesdays & Saturdays at 1:30pm

Hot Topics with FAYANNE

Every Thursday at 2pm

Grupo Latino

Every Thursday at 3pm

Errands: Friday 2pm

Chair Yoga with Janet

Every Saturday at 10am

This Month Outings Wednesdays

1/3 Flea Market & Coconut Creek Casino

1/10 Lunch at Eddie Hills

1/17 Fairchild Botanic Garden \$18

1/24 Lunch at Hollywood Boardwalk

1/31 Out to Lunch at Tap 42



Upcoming Events

FIU Lifelong Learning Institute

Threads of History; The Resilient Spirit of a Jewish Family

Monday, Jan. 8-2pm

Coffee & Tea With Mimi Israel E.D.

Wednesday, Jan 10 –2pm

Short Story Circle with Marilyn & Glenda

Monday, Jan. 15—2pm

Series: Museums You Thought You Knew:

with Professor Alan Garfield

Tuesday, Jan. 16—11am

FIU Lifelong Learning Institute

Bethoven: The Man Behind the Music

Monday, Jan 22-2pm

Newcomers' Lunch

Tuesday, Jan. 24 –12pm

Resident Council Meeting

Monday, Nov.27—2pm

Activities Professional Spirit Week

Jan. 22-Jan 26



January is the first month of the year in the Julian and Gregorian calendars. It was added to the original Roman calendar along with February in 713 BC. It is named after Janus, the god of gateways and beginnings, depicted as a two-headed man looking forward and backward at the same time. The image is a fitting one for the new year, as we look back on the year that has just passed while also looking forward to the coming year.

Your Community Staff

Mimi Israel
Executive Director

Jodi-Ann Coombs
Director of Administration

Barry Ger
Director of Sales & Marketing

Joan Pena
Director of Resident Care

Ahmed Labib
Director of Food Service

Brenda Siino
Director of Activities

Rita Collazo
Director of Resident Relations

Milourine Orange
Dining Room Manager

Michael Pena
Director of Maintenance



From the Executive Director



Dear Residents and Family Members,

As we start a new year we think about our New Years's resolutions. Some may want to lose weight; some may want to stop eating sweets! Whatever your resolution may be, just remember to make your goals attainable.

At the Plaza, we will be ready to make this year spectacular for all our wonderful residents. Great activities, great care, and great dining experiences!

We also will be welcoming many more residents to our beautiful community making the Plaza at Parksquare a vibrant and active community.

I would like to wish everyone much health, wealth and happiness!

Love,

Mimi Israel

From the Director of Activities



Happy New Year! The 20's keep on rolling. We had a blast at the Great Gatsby social on New Year's Eve. I wish you all a happy, healthy new year.

As we start a new year, I welcome any new suggestions for outings, clubs, and activities. This month we have some great outings: Coconut Creek Casino, Fairchild Tropical Gardens, as well some lunch outings. As always, please sign up if you are interested in participating.

National Activity Professionals Week starts on January 21st. Let's make it a spirit week! Each day will be a different theme to dress up in. Have fun with your spirit outfits!

Also, with the upcoming primary elections it is important to confirm your voter's registration. If you are not registered, please come see me so we can arrange your registration.

I look forward to a new month and a whole new year to make memories and have fun!

Brenda Siino



Global Belly Laugh Day

Global Belly Laugh Day is a day for having a good, deep chuckle at anything at all! Whether it's reading from a joke of the day calendar or seeing something funny on the internet, getting in a good laugh each day is an excellent practice. But there is one day out of the year that it's extra important to practice that type of laughing that comes from deep down. It's Global Belly Laugh Day!

History of Global Belly Laugh Day

The discipline of science that studies laughter is called gelotology. While scientists can't be exactly sure about the history of laughter, laughter has presumably been around since the very first human beings were on the earth!

Laughter can be a response to either external or internal stimuli, whether a child is being tickled by a parent or a person simply thinks of something inside their head that is really funny. More than simply a response to something funny, however, scientists have also found that laughter is an important part of human communication and relationships.

A belly laugh is something beyond a mere giggle or chuckle as it is considered to be a loud, hearty laugh that is sometimes uncontrollable. And the best way to celebrate Global Belly Laugh Day is to get out there and experience one!

How to Celebrate Global Belly Laugh Day

People laugh for different reasons and find different things funny. So Global Belly Laugh Day is about finding what is funny for each person, and also trying to share in the joy. Get started with these ideas:

Read or Watch Something Funny

Comedy isn't always easy to manufacture, and belly laughs seem to be especially rare. But popping on a video of a comedian is a good way to start. Check out a funny movie or a sitcom. Or grab the comics (also called funny papers!) or a silly joke book and get those laughs flowing.

Learn the Health Benefits of Laughter

Many people don't know that laughter has been known to offer a variety of health benefits that can counteract disease and health problems. Here are some of the reasons laughter is so good for you: Laughter is known to stimulate the body to produce its own painkillers. It has an analgesic effect on the body when endorphins are released, increasing the pain threshold.

Laughter reduces stress, creating a feeling of relaxation and soothing out tension. This, in turn, improves the mood and creates a general sense of well-being and happiness.

Laughter improves the immune system. While negative thoughts have a tendency to manifest into chemicals that work against the body, laughter and positive thoughts increase the neuropeptides that protect the body from illness and disease.

Laughter can cause the tissue lining in the blood vessels to expand and therefore increase blood flow, which makes a person healthier. In fact, even just looking forward to something funny in advance or thinking back on something funny that happened in the past may have similar positive effects as the act itself.

2023 in Review



FIU– Osher Lifelong Learning Institute



Threads of History: The Resilient Spirit of a Jewish Family

By John Ury and Dr. Desiree Rosenthal.
Join them for a captivating journey through the vibrant tapestry of a Jewish Family in Berlin from 1770 to 1943. This uplifting tale chronicles the lives of five generations of an assimilated German Jewish family, offering a unique perspective on their experiences.
Monday, January 8, 2024-2pm

Beethoven: The Man Behind the Music

To this day, German born Ludwig Van Beethoven is the most listened to creator of classical music. Join German historian and OLLI Director Anette Isaacs for an intimate look at the life and times of this tragic genius.
Monday, January 22, 2024-2pm

January Happenings

January Zodiacs

Capricorn (Sea Goat)
January 1–19
They are often polite, but have strong opinions, direct, and rarely smile easily.

Aquarius (Water Bearer)
January 20–31
An Aquarian is very much a communicator but also likes to be alone. According to the Zodiac Society, Aquarians want to follow their own path and are truth seekers.

What’s Lucky

- Lucky Color:** Purple
- Lucky Animal:** Tiger
- Lucky Letters:** B and G
- Lucky Day:** Sunday
- Lucky Plant:** Amaryllis

Birthstone – Garnet
Flower – Carnation

Special Days

- New Year’s Day**
January 1
- Epiphany**
January 6
- Orthodox New Year**
January 14
- Martin Luther King Day**
January 15
- Makar Sankranti**
January 15
- National Puzzle Day**
January 29
- Hot Chocolate Day**
January 31

January Birthdays

- Morris F.** January 14
- Eliezra K.** January 14
- Arlene G.** January 15
- Richard Y.** January 15
- Janet B.** January 21
- Bruce B.** January 30
- Ronald B.** January 31



Special Firsts That Happened in January

- 1496** – Leonardo da Vinci successfully tests a flying machine.
- 1880** – Thomas Edison files a patent for the lightbulb.
- 1902** – The first Rose Bowl game is played in Pasadena, California.
- 1930** – The Mickey Mouse comic strip is released.
- 1957** – The Hamilton Watch Company introduces the first electric watch.
- 1959** – The movie *Sleeping Beauty* is released.
- 1961** – Ham the Chimp travels
- 1967** – The first Super Bowl is played.
- 1984** – The first Apple Macintosh goes on sale.
- 1999** – The euro currency is introduced.
- 2005** – Eris, the second-largest known dwarf planet in the solar system, is identified.
- 2013** – Calcium deposits are discovered on Mars by NASA’s Curiosity rover.

Welcome to The Plaza



- Alfred M.**
- Sheldon P.**
- Edward P.**
- Helen P.**
- Morris F.**
- Erich B.**