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JANUARY 2024

The Words of MLK

In honor of Martin Luther King Jr. Day, reflect on some of his most enduring speeches.

Montgomery bus boycott speech. One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream." King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech. In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long." On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop." King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.



Memorable Melody: 'Lovely Day'

Exuding positivity and joy, this 1977 single by Bill Withers deserves a shining spot on a feel-good playlist. The soul singer's lyrics describe how life's setbacks disappear when he sees his loved one at his side—a timeless message of hope so powerful that "Lovely Day" was made into a children's picture book in 2023. At the end of the song, Withers holds a high E note for 18 seconds, setting the record for the longest sustained note in an American top 40 hit.

Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

JANUARY 2024

Wild World: Cockatiel

Gray, white and yellow feathers, orange cheeks and tall crests identify these parrots. In the wild, cockatiels are only found in Australia, where they lead a nomadic lifestyle. Preferring open areas near water, they go where the wind takes them and the weather is favorable. These birds are also common and loved pets; they create deep bonds with their owners and are very communicative and emotional birds, whistling at the things and people they like. The males are able to mimic speech and sounds and enjoy performing, while the females are gentle and cuddly.

First Winter Olympics

A century has passed since the first Winter Olympics—then called “Winter Sports Week”—were held in Chamonix, France, in January 1924. And the very first gold medal winner was an American, speedskater Charles Jewtraw. The 2026 Winter Games are set to take place in Italy.

**“And now let us believe
in a long year that is given
to us, new, untouched,
full of things that have
never been.”
—Rainer Maria Rilke**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|--|
| | New Year's Day 1 10:00 Chair Exercise 10:30 Morning Social | 2 10:00 Chair Exercise 10:30 Morning Social 11:00 Music Melodies! 2:00 Bingo! | 3 10:00 Chair Exercise 10:30 Morning Social 11:00 Hands massage/ Nails | 4 10:00 Chair Exercise 10:30 Morning Social 2:00 Bingo! | 5 10:00 Chair Exercise 10:30 Morning Social 11:00 Music Melodies! | 6 10:00 Morning Coffee 3:00 Football! |
| 7 10:00 Morning Coffee 11:00 Sunday Worship! 3:00 Football! | 8 10:00 Chair Exercise 10:30 Morning Social | 9 10:00 Chair Exercise 10:30 Morning Social 11:00 Music Melodies! 2:00 Bingo! | 10 10:00 Chair Exercise 10:30 Morning Social 11:00 Hands massage/ Nails | 11 10:00 Chair Exercise 10:30 Morning Social 2:00 Bingo! | 12 10:00 Chair Exercise 10:30 Morning Social 11:00 Music Melodies! | 13 10:00 Morning Coffee 3:00 Football! |
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Popcorn Pick: 'The Parent Trap'

What would you do if you went to summer camp and met a sibling you never knew you had? In "The Parent Trap," long-lost twin sisters develop a scheme to reunite their parents, revive an abandoned love story, join their families and live happily ever after. Full of laughs and hijinks, "The Parent Trap" is a classic, whether it's the 1961 version starring Hayley Mills or the 1998 remake featuring Lindsay Lohan.



Popcorn Pick: 'Frozen'

A worldwide phenomenon began with the release of this 2013 Disney blockbuster, now the biggest animated hit of all time. The musical adventure is based on Hans Christian Andersen's fairy tale "The Snow Queen." This retelling follows fearless Princess Anna, who teams up with a mountain man, his trusty reindeer and a wisecracking snowman to track down her sister, Snow Queen Elsa, whose supernatural powers to control snow and ice have accidentally put their kingdom in an eternal winter. The heartwarming story, visual effects and music earned "Frozen" the Oscar for best animated feature and best original song, "Let It Go."



Popular Pages: 'Pride and Prejudice'

Romance author extraordinaire Jane Austen is well known for her beautiful works of fiction. Her 1813 novel about Elizabeth Bennet and Mr. Fitzwilliam Darcy shows that you can't judge a person by a first impression. With a rocky start to their relationship, will Miss Bennet and Mr. Darcy let love slip through their fingers? Or can they overcome their own pride and prejudices to truly see one another? One of the most popular novels of all time, "Pride and Prejudice" has many modern adaptations in various media.



Reading Challenge: Genre Switch-Up

Start the new year with a goal to read more! With so many genres, you're sure to find a book to fall in love with. This month, challenge yourself to read two books from different genres. If you're a regular reader, this will change your routine, and if you're not a reader, you may find a new joy!

Brainteaser

Question: What is always in front of you but can't be seen?

Answer: The future.

