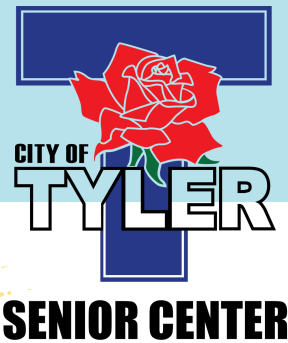


Garden Valley Happenings

January 2023

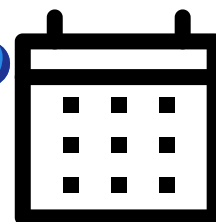


MEMBER OF THE MONTH CURLIE JOHNIGAN



CURLIE HAS BEEN A MEMBER AT THE CENTER FOR 15 YEARS. CURLIE ATTENDS EVERYDAY AND PARTICIPATES IN ALL DAILY ACTIVITIES AND LOVES TO DANCE. WE LOOK FORWARD TO SEEING HER DANCING SOUL AS SHE WALKS IN THE DOOR.

*Save
THE
Date*



**JAN. 12 & 26- LINE DANCE CLASSES
JAN. 16- CLOSED FOR MLK DAY
JAN. 20- FRIDAY NIGHT DANCE**

**HAPPY BIRTHDAY
TO ALL THOSE
BORN IN
JANUARY!**





IN DECEMBER, MEMBERS BROUGHT OUT THEIR UGLY SWEATERS FOR THE CHRISTMAS HOLIDAYS.



- 1. START YOUR DAY WITH A GLASS OF WATER. YOUR BODY GOES QUITE A FEW HOURS WITHOUT HYDRATION AS YOU SLEEP.**
- 2. BEGIN WITH SOMETHING POSITIVE.**
- 3. GET PLENTY OF SLEEP.**
- 4. GET SOME FRESH AIR.**
- 5. GET MOVING THROUGHOUT THE DAY.**
- 6. TRACK YOUR STEPS.**
- 7. GIVE YOUR EYES A REST.**
- 8. EAT REAL FOOD.**



MEMBERS AT THE HOLIDAY BALL.



Winter Fun



M	I	T	S	H	O	V	E	L	C	O	M
F	R	E	E	Z	E	B	O	O	S	K	I
L	C	S	K	A	T	E	P	H	L	S	T
A	I	C	E	P	L	C	L	A	K	N	T
K	T	A	X	B	B	O	O	T	S	O	E
E	Q	R	S	L	D	L	W	B	X	W	N
H	A	F	S	L	E	D	C	O	D	L	S

Find these words in the puzzle. Words are hidden → and ↓.

BOOTS

COLD

FLAKE

FREEZE

HAT

ICE

MITTENS

FLOW

SCARF

SHOVEL

SKATE

SKI

SLED

SNOW

