



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

- January Birthdays
- Monthly Activity Calendar
- Photos

Serenity Snippets

January 2024

New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

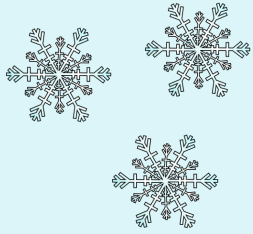
Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.



Snapshots



Snapshots



Help Raise
Money for a Cause!

CHARITY CHALLENGE



**GIVING
HEARTS
DAY**

Non-profits:

- UC Hope
- Furniture Mission
- Hope Blooms
- HERO

CHARITY CHALLENGE

DETAILS

DATE/S: Monday (5th) - Thursday (8th)

TIME/S: 8 am—4 pm

WHAT: Ride the exercise bike or walk on the treadmill for 15 minutes one time during the dates and times above.

Once done, you can pick one of the five charities and Serenity will make a donation to that charity (one donation per person/day).



**GIVING
HEARTS
DAY**

Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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



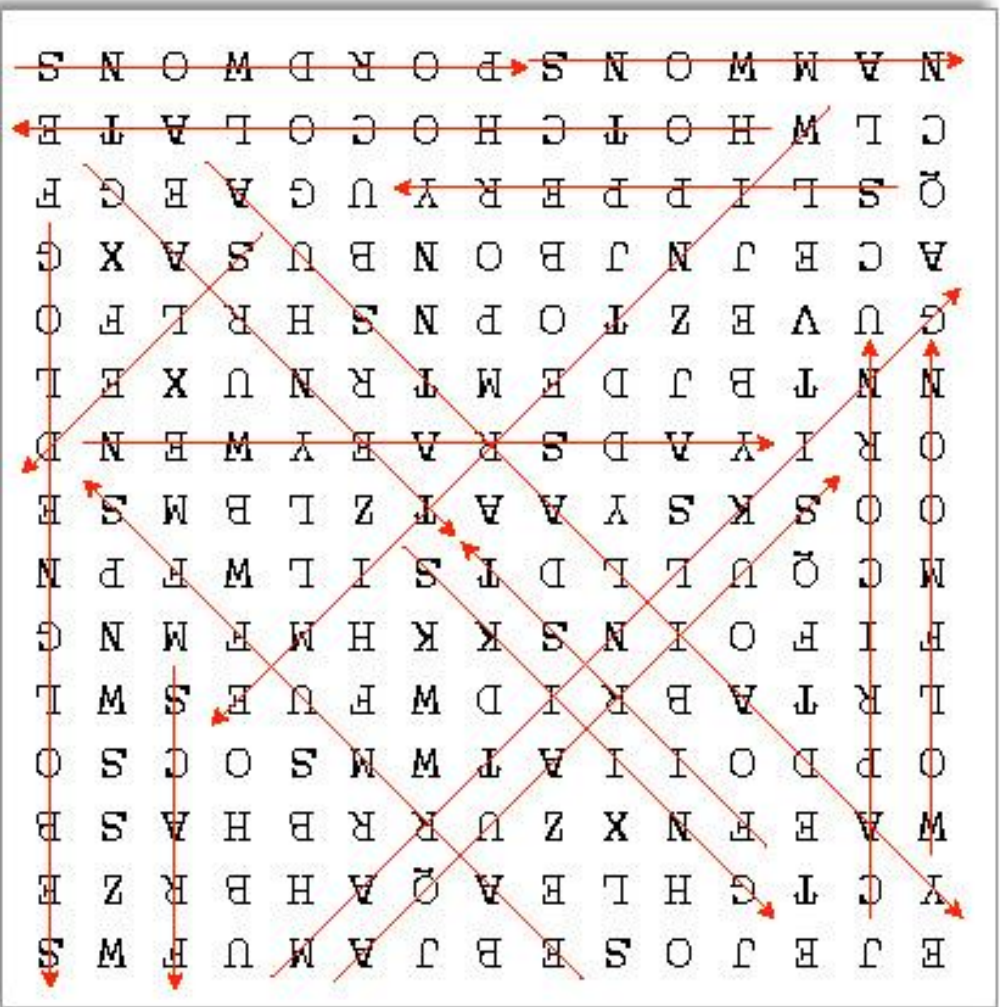
AQUARIUS
AUSTRALIA DAY
CAPRICORN
EARMUFFS
FIRST
GARNET

GOLDEN GLOBES
HOT CHOCOLATE
MARTIN L. KING
NEW YEAR'S DAY
SCARF
SKIING

SLED
SLIPPERY
SNOWDROP
SNOWMAN
WINTERTIME
WOLF MOON

Searching for January

(solution)



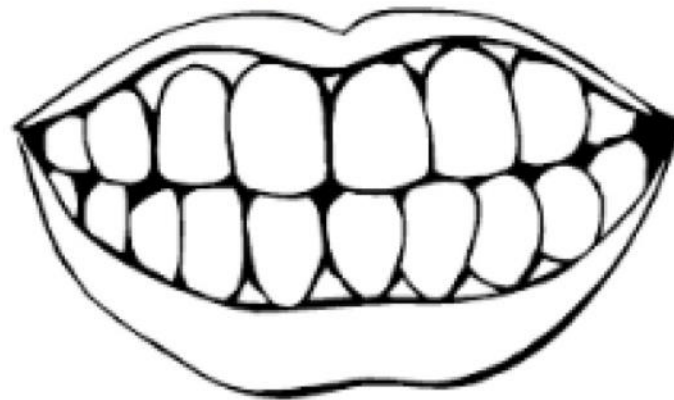


Salon at Serenity

CALL TAMMY
218-790-4326

****PRIMARY TAKES APPOINTMENTS AT THE
EAST & SOUTH CAMPUS.**

Are you Needing a Discounted Dental Cleaning?



WHO: CHILDREN OR ADULTS NEEDING X-RAYS OR
DENTAL CLEANINGS

WHEN: MONDAY 1-4, TUESDAY 1-4, WEDNESDAY 9-12
WEDNESDAY 1-4

WHERE: MSTATE DENTAL HYGIENE CLINIC IN
MOORHEAD- 1900 28TH AVE S, MOORHEAD, MN

HOW: STOP IN OR CALL 218-299-6560 TO SET UP YOUR
APPOINTMENT

PRICE: \$25 WITH STUDENT I.D., \$45 ADULT PROPHY,
\$30 CHILDREN PROPHY

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2  Steve Worner @ 2 pm (West)	3 Shopping *Please sign up. 	4 Beer & Wine Night	5	6 Nail Day!  Ice Cream SUNDAES
7	8 Rosary & Catholic Communion @ 10 am	9  Memory Care Support Group	10 Shopping *Please sign up. 	11 Wellness Finishers Celebration 11:30 am (Dine Out) 	12	13 Nail Day!  Ice Cream SUNDAES
14	15 Rosary @ 10 am	16	17 Shopping *Please sign up. 	18 Mass w/ Fr. Auggie  Girlfriends Gathering @ 2pm Beer & Wine Night	19	20 Nail Day!  Ice Cream SUNDAES
21	22 Rosary & Catholic Communion @ 10 am	23  @ 10 am	24 Shopping *Please sign up. 	25 Dilworth Lutheran  2:00 (East) & 2:30 (West) Beer & Wine Night	26	27 Nail Day!  Ice Cream SUNDAES
28	29 Rosary & Catholic Communion @ 10 am	30  Lunch at Silver Spike	31 Shopping *Please sign up. 	Events are subject to change!		

Mark Your Calendar!

FEBRUARY

FEBRUARY 2nd = Shadow Guessing Game

FEBRUARY 4th = Dilworth Lutheran Youth

FEBRUARY 8th = Giving Hearts Days

FEBRUARY 13th = Mardi Gras

FEBRUARY 14th = Valentines Day & Ash Wednesday

TBD = Super Bowl

TBD = Party in Plaid?

TBD = Winter Olympics

MARCH

March 10th = Daylights Savings

March 17th = St. Patrick's Day

March 19th = March Madness Basketball
Tournament Game Starts

March 31st = Easter

TBD = Lenten Fish Frys?

TBD = Rent Rebate Appointments with CPALP

APRIL

April 1st = April Fools Day

December 3rd
Staff Ellenora

December 8th
Staff Lawrence

December 11th
Staff Nyibol

December 16th
Staff Sammy

December 19th
Gloria Henriksen

December 20th
**Staff Holly &
Staff John**

December 24th
Merlyn Rausch

A VERY HAPPY BIRTHDAY TO...

The logo is a large orange hexagon with rounded corners, outlined in white. Inside the hexagon, the word "Serenity" is written in a large, white, cursive script. Below it, the words "Family Owned & Operated" are written in a smaller, white, sans-serif font. Two white wheat stalks are positioned on either side of the text, crossing at the bottom. The background of the entire image is a soft-focus photograph of a field of golden wheat under a blue sky with light clouds.

Serenity

Family Owned
& Operated

218-477-7254



Please contact us for further information
or to schedule a tour.

sofia@serenityassistedliving.com