



1130 N Allumbaugh Street  
Boise, ID 83704  
(208) 322-0311  
Fax: (208) 854-8653

*A Tradition of  
Excellence in Boise*

Find us on

### Garden Plaza of Valley View

#### “Continuum of Care Campus”

Enjoy Independent Living, Assisted Living, Skilled Nursing and Rehabilitation at its best at Garden Plaza of Valley View, The Bridge at Valley View and Valley View Nursing and Rehabilitation. Our community encourages seniors to live their retirement years actively and independently. Retirement Living at Garden Plaza allows seniors to live carefree lifestyles—because we take care of the details! We are committed to creating a place you will love to call home!

#### Management Team

Eddie Johnson ..... General Mgr  
Jaimie Cox ..... Business Office  
Jennifer Kavulich ..... Dining Svs  
Frank Dowd ..... Maintenance  
Sherrie Hix ..... Recreation  
Melanie Eames ..... Sales  
Pam Dillman ..... Sales



#### Important Numbers

Front Desk ..... 208-322-0311  
Beauty Shop ..... 208-327-1178  
Business Office ..... 208-327-1023  
Dining Room ..... 208-327-1054  
Emergency ..... 911  
Physical Therapy ..... 208-854-8502  
Recreation ..... 208-327-1025

#### Office Hours

Monday-Friday ..... 8 am - 4:30 pm  
Front Desk Available 24/7



### Happy New Year

Dear Residents:

With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come.

Keep an eye on this newsletter as we bring you notice of familiar events and important news, and let us know if you have an idea for something new and exciting we can plan together. As always, give me a call, or stop by my office, to discuss activities that might benefit all residents of our community. We wish you a safe, healthy and happy new year!  
~Sherrie Hix, Recreation Director

### Spread the Good News

Do you love calling our community home? Don't keep it to yourself! When you refer a friend, and they sign a lease and move in, you'll receive a great referral reward! What could be better than that?

### Do Something New

As a new year approaches, vow to try something out of the ordinary every week. Whether it's a new activity, friend, food or simply learning a new word, bringing something different into your world can enhance brain health and enrich your life.

### Come Play With Us!

Join us each week for our weekly game session. Whether you're a beginner or have been playing for years, you are welcome to a seat at the table. From pinochle to bridge to blackjack ... we've got it all. Don't just sit at home—come out and play!




### Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

### 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
7	8	9	10	11	12	13
<p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Service</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Kings in the Corner</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Movie &amp; Popcorn</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Quiddler</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Bible Study</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:15 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Rosary</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> In the Mix ... Baking- fm\$100</p> <p>2:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Sorting Jewelry ... Youth Ranch</p> <p>3:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> L-C-R Dice Game- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Activity Planning Meeting</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Bookmobile</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Walking Club</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Target Toss- fm\$100</p> <p>3:15 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Quarter Bingo- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:45 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Worship Service</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span style="background-color: #800000; color: white; padding: 2px;">L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Team Jeopardy- fm\$100</p> <p>5:00 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Meet &amp; Greet the Artist</p>	<p><b>9:30 Banking &amp; Fred Meyer</b></p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <b>Shop Fred Meyer</b> 🗺️</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town 🗺️</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Gospel Singers</p>	<p>9:30 Walk the Mall- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <b>Shop ... Albertsons</b> 🗺️</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>1:30 <b>Shop ... Winco</b> 🗺️</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Discussion Group- fm\$100</p> <p>3:15 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Quarter Bingo- fm\$100</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Sing-Along With Barb</p>	<p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> L-C-R Dice Game</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Game Board Night</p>
14	15	16	17	18	19	20
<p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Service</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Kings in the Corner</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Movie &amp; Popcorn</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Quiddler</p>	<p><b>Martin Luther King Jr. Day</b></p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Bible Study</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:15 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Rosary</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> In the Mix ... Baking- fm\$100</p> <p>2:30 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Understanding Great Music</p> <p>3:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> L-C-R Dice Game- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <span style="background-color: #800000; color: white; padding: 2px;">L</span> Book Club</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Walking Club</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Target Toss- fm\$100</p> <p>3:15 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Quarter Bingo- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:45 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Worship Service</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span style="background-color: #800000; color: white; padding: 2px;">L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Ceramic Class- fm\$100</p>	<p><b>9:30 Banking &amp; Fred Meyer</b></p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <b>Shop Fred Meyer</b> 🗺️</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town 🗺️</p> <p>3:30 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Meet &amp; Greet New Residents</p>	<p>9:30 Walk the Mall- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <b>Shop ... Albertsons</b> 🗺️</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> BVA Meeting</p> <p>1:30 <b>Shop ... Dollar Store</b> 🗺️</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Discussion Group- fm\$100</p> <p>3:15 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Quarter Bingo- fm\$100</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Sing-Along With Barb</p>	<p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> L-C-R Dice Game</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Game Board Night</p>
21	22	23	24	25	26	27
<p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Service</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Kings in the Corner</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Movie &amp; Popcorn</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Quiddler</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Bible Study</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:15 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Rosary</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> In the Mix ... Baking- fm\$100</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Mass</p> <p>2:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Sorting Jewelry ... Youth Ranch</p> <p>3:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> L-C-R Dice Game- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Walking Club</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Target Toss- fm\$100</p> <p>3:15 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Quarter Bingo- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:45 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Worship Service</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span style="background-color: #800000; color: white; padding: 2px;">L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Team Jeopardy- fm\$100</p>	<p><b>9:30 Banking &amp; Fred Meyer</b></p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <b>Shop Fred Meyer</b> 🗺️</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town 🗺️</p> <p>3:30 <b>Happy Hour... Music &amp; Cocktails</b></p>	<p>9:30 Walk the Mall- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <b>Shop ... Albertsons</b> 🗺️</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>1:30 <b>Shop ... Thrift Store</b> 🗺️</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Discussion Group- fm\$100</p> <p>3:00 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Resident Birthday Bash ♥</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Sing-Along With Barb</p>	<p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> L-C-R Dice Game</p> <p>6:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Game Board Night</p>
28	29	30	31			
<p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Service</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Kings in the Corner</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Movie &amp; Popcorn</p> <p>2:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Quiddler</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Bible Study</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:15 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Catholic Rosary</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> In the Mix ... Baking- fm\$100</p> <p>3:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> L-C-R Dice Game- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>11:00 <span style="background-color: #000080; color: white; padding: 2px;">RR</span> Food Committee- fm\$500</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Pinochle\$</p> <p>1:00 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Walking Club</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">L</span> Target Toss- fm\$100</p> <p>3:15 <span style="background-color: #000080; color: white; padding: 2px;">BA</span> Quarter Bingo- fm\$100</p>	<p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Stretch Class- fm\$100</p> <p>10:45 <span style="background-color: #000080; color: white; padding: 2px;">FA</span> Worship Service</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> VV Bridge Group</p> <p>1:30 <span style="background-color: #000080; color: white; padding: 2px;">MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span style="background-color: #800000; color: white; padding: 2px;">L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span style="background-color: #000080; color: white; padding: 2px;">CL</span> Trivia Challenge- fm\$100</p>			





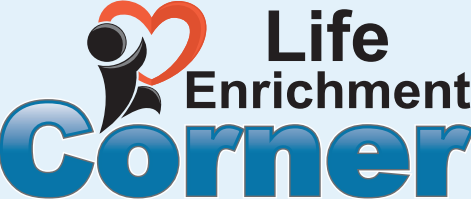
# Happy Birthday

1st	Dave Browne
5th	Alice Jerome
9th	James Knuckles
11th	Donna Zimmerman
15th	Harlene Blair
22nd	Marlene Moore
24th	Helen Baker
25th	Gary Worcester
29th	Christy Anadama



# Welcome New Residents

Laura MacGregor  
Betty Mancuso  
Carol Miller  
Elaine Miller  
Evie Smith



# Life Enrichment Corner

## Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, take your pick and solve one on National Puzzle Day, Jan. 29.

## Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!

## Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

*Schedule checkups and screenings.* Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

*Set a fitness goal.* If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

*Improve your diet.* Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

*Take care of your brain.* A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.

## Beat the Winter Blues

The winter blues have a way of getting us down, but that doesn't mean we have to stay there. The next time you're feeling in a funk, try one of these methods to boost your mood:

*Pull out the photo album.* A U.K. study found that looking at personal photos lifted people's spirits by 11 percent. Pick pictures with fond memories, such as those from a fun vacation or family gathering.

*Spread the warmth.* There's a reason we turn to steaming mugs of hot tea or cocoa for comfort—a Yale study shows that warm liquids can make us feel happier. Taking a warm bath or shower will have the same effect.

*Lighten up.* Sunlight is a natural mood booster, and studies show that increased light exposure contributes to happiness and better sleep. Open your shades and have a meal by the window to soak up as much daylight as you can.

*Put on a happy face.* A simple smile is sometimes all it takes to raise your spirits. According to experts, our emotions respond to our physical actions, so appearing happy will make us feel happy, too. A cheerful demeanor will also invite others to strike up a conversation with you—another instant mood booster.



happy new year