

# JANUARY

**Tuesday, January 8th**  
1:30pm - Community Room  
Resident Council Meeting



**Thursday, January 17th**  
2:00pm - Community Room  
Social Hour & Music with High Hats



**Saturday, January 19th**  
10:30am - Community Room  
Bingo with Todd



**Friday, January 25th**  
2:00pm - Community Room  
Birthday Party



**Sunday, January 27th**  
6:45pm - Community Room  
River Valley Dance



**Thursday, January 31st**  
2:00pm - Community Room  
Bloomington Bloomingtones



## Recurring Events

### Wellness Clinic

- ▶ Thursday, January 17th  
10:30am-12:00pm (Atrium)

Blood pressure, oxygen saturation and weight are checked as well as pendant batteries. No need to sign up. Free service.



### On-Site Podiatry

- ▶ Monday, January 7th
- ▶ Friday, January 11th

\*Location: 1st Floor Atrium  
\*Please see Concierge to register.



# THE COLONY™



## 365 New Days, 365 New Chances

As we move into the new year, we all tend to look for an area of renewal within our own lives. I, for one, am going to re-focus on fitness and wellness in my life by starting a clean eating and fitness challenge. What choices will you make to bring a sense of renewal to your life? Here are some fantastic (and achievable) ideas for you in the new year!

- |                                   |  |
|-----------------------------------|--|
| 1. Start a Meditation Practice    | 6. Read more books!                      |
| 2. Learn something new every day! | 7. Be grateful – for every tiny miracle! |
| 3. Play more!                     | 8. Spend time appreciating nature        |
| 4. Eat healthier food             | 9. Find joy more often                   |
| 5. Move more                      | 10. Keep a journal!                      |

No matter what you decide, know that your Colony family is here to help you live your best life. Let us help you with any of your re-focus or renewal plans!



- Ericka Heid,

I am sending thoughts of PEACE, JOY, and HAPPINESS to you always. Executive Director

## Welcome to Our Family

Dotty B. #305   Jan E. #155   Donald F. #307  
Thomas G. #186   Mikelynn N. #203  
Joan S. #185   Dominic S. #328

*We're glad you are here!*

## Happy 2019!

I gave up making New Year's resolutions years ago. These days I like to focus more on bringing deeper meaning into my life rather than the things I used to focus on like losing twenty pounds.

Each day I look for a "thought for the day" for our Colony exercise class. I came across this particular thought and wanted to share it with you. I'm thinking of making a copy and taping it to my bathroom mirror so that I read it every day. I am hoping that by reading it often enough, it might remind me to think before I speak. I will let you know how that works out. Maybe you can also let me know if you try it and how it works for you.

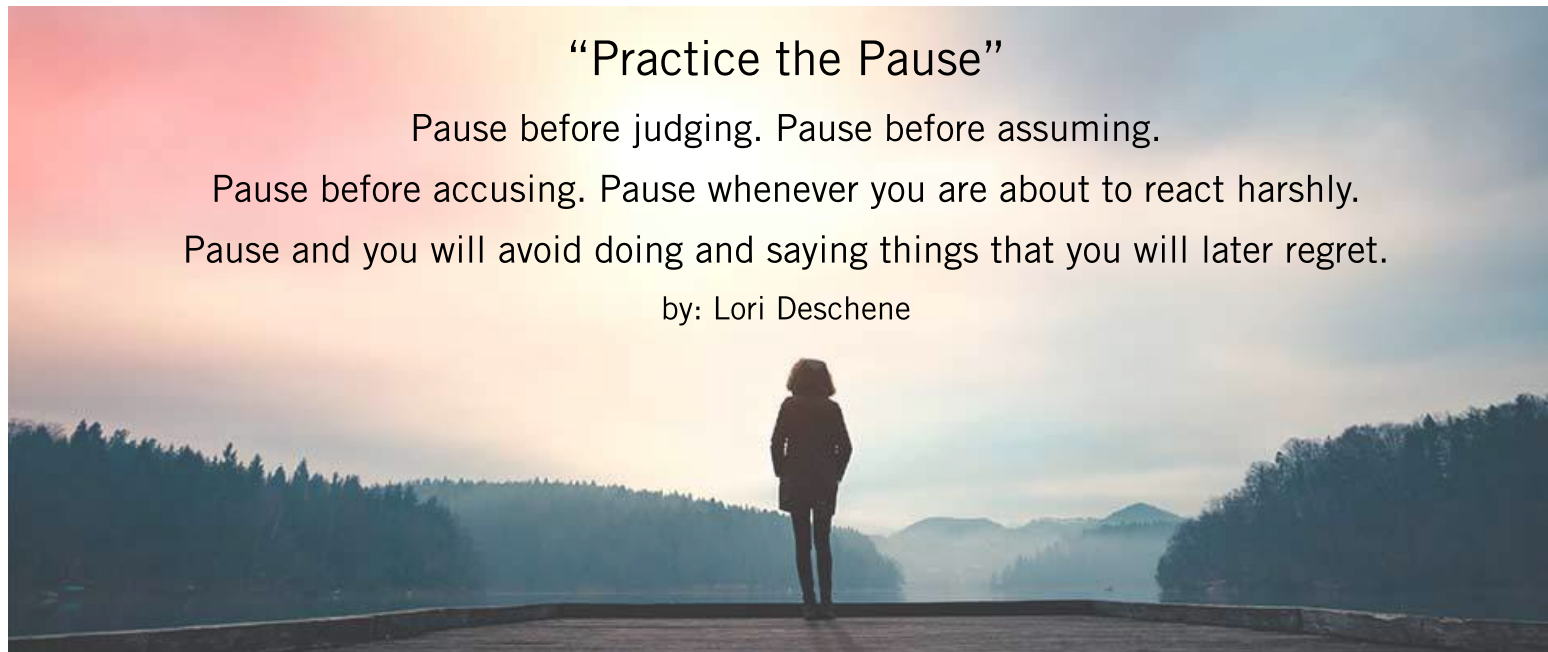
### "Practice the Pause"

Pause before judging. Pause before assuming.

Pause before accusing. Pause whenever you are about to react harshly.

Pause and you will avoid doing and saying things that you will later regret.

by: Lori Deschene



I hope I can do a lot of "pausing" this year and every year. I think the pause might be just the thing that can bring that deeper meaning to my life, maybe yours, too.



Love and Light and Everything Bright and Beautiful,  
Holly

## Invite a Friend to Lunch

*Good friends make Great neighbors!*

January 4, 2019  
11:30am-12:30pm

Williamsburg &  
Providence Dining Rooms

RVSP with Concierge



## Happy New Year!



Happy New Year from Waters Restaurant Group. We had a terrific December. We are looking forward to a great 2019. As I am sure you have noticed we have added quite a few new members to our team. We have added Charles and Martraz in the kitchen. In the dining room we have added Muse and Hibaq. We are thankful that Ben and Shannon were able to join us for their winter break as well.

Join us for Conversation with the Chef on January 15th at 1:30pm.

## January Birthdays

*It's time to celebrate!*

- Barbara F. - January 5th
- Betty W. - January 19th
- Laverne B. - January 22nd
- Thomas G. - January 26th
- Marty V. - January 28th





**My heart is glad and my tongue rejoices; My body also will rest secure! Psalm 16:9**

CHRISTMAS GLADNESS ABIDES as the 12 Days reach into January a whole week, and then Epiphany 'spreads' the joy across the world for weeks to come! For 1 whole month our theme around The Colony will be 'security', but for one whole lifetime and beyond that, an eternity, it's really hope taking residence in our soul promising 'security that passes all understanding'! An inner peace overcomes all worries that cause anxiety and despair! Be still, my friends... 'Peace and Goodwill' have come to You!



-Chaplain Rod

**WISDOM/LEGACY CIRCLE** begins anew 3PM Tuesdays January 8 and 22...a great opportunity for new residents and others to make friends and learn about one another with Chaplain Rod.

**Bible Study Every Friday 10:30-11:30am in the Community Room** continues beyond the Birth narratives in Luke when we gather in January! Probably the New Year resolution to spend more time reading/studying sacred writings is (or should be) the most popular of all resolutions. Come and join along!

## The Colony Communion - Sundays 2pm in the Community Room

1/6 with Pastor Chuck Humphrey-

**Matthew 2:1-12**

"Epiphany - The Word Spreads to the World"

1/13 with Chaplain Rod Anderson-

**Luke 3:15-17, 21-22**

"Baptism...The Lord's and Mine"

1/20 with Pastor Chuck Humphrey-

**John 2:1-11**

"Wedding, Water and Wine"

1/27 with Chaplain Rod Anderson-

**Luke 4:14-21**

"Jesus Takes Isaiah Personally"

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**10:00am Sunday Catholic  
Eucharistic Service provided by  
Pax Christi Church**

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Please Come...Expecting Peace of Heart and Mind and Soul!

## ...Where we can all feel safe and secure

There is so much going on around us that affects our daily wellbeing. We pick up the newspaper only to find disturbing news. Suddenly, the hairs on the backs of our necks flair up! We find a frown across our brows. Perhaps this is not the best way to begin the day. How about reading good news, instead? What happens then? Maybe we grin? It is certainly a more comforting feeling. "Good news" or "good things" go a long way to making us feel so much better! Hopefully we can find something to place a smile on our faces? Now that's a whole lot better!

When we feel good, we feel safe. When we feel safe, we generally feel secure. It is comfortable. Feeling comfortable puts us at ease and can ultimately be good for our health. The trick is to find things that help make us (you) feel good. What helps you feel good or feel comfortable? The things that help you feel good or comfortable may help you feel more safe and secure and thus may increase your overall good health.

Studies have shown that having friends and social connections may help us feel good. In our community, it is quite easy because all it takes is to go to the second floor and join those who have found solace in coloring or in a morning seated exercise class or perhaps joining others at breakfast. These studies have shown that good social connections may have a positive influence on our mental health and wellbeing. The research has found that active participation with others and feeling like "one" belongs to something may have the same affect (Bergen, C. 2009). Have you made new social connections with folks in our community? Make it a good one and it just may lift your spirits!

We are about to embark on a brand new year. This coming year will have much that still goes on around us but how we choose to handle those things, whether good or bad, makes the difference! We have yet another opportunity, granted us by the fresh new year, to identify ways to feel more at ease. Maybe it takes making a list of your "Top 5 Things" and then go out and try them. Which ones make you smile and make you feel better? It is kind of like wrapping yourself in a nice warm blanket in a comfortable chair. That's the feeling of "safe", "secure" and "comfortable."

So when you pick up a newspaper and glance over disturbing news, or experience something that causes a frown, think of what makes you feel good and execute on that! It's a New Year and time to make that change for the good which should help us feel more safe, secure, comfortable and thus lead to our improved health and wellbeing.



Georgene C.,  
Senior Living Consultant



## The Colony Holiday Party

The Colony Holiday Party was a great success this year. Food, fun, great entertainment and even a visit from Mr. and Mrs. Claus. The Active Life department is looking forward to a fun-filled 2019!



-Linda D.  
Active Life  
Manager



## George Shearing: Jazz Pianist



George Shearing was an English pianist who formed One Shearing Quintet (Piano, Double Bass, Guitar, Drums, and Vibraphone). The “Shearing Sound” was a close harmony between the piano and vibraphone, with the vibrator motor turned off. Most jazz pianists finally give in to doing a vocal or two. George Shearing I would rank “pretty good.”

George Shearing was blind from birth. He was the youngest son of a British coal worker, who learned to play the piano at a school for blind children, and joined an all-blind band at age 17.

He visited the U.S. shortly after the end of WWII. He could imitate most U.S. pianists including the fast Art Tatum, but chose to return to England.

Fortunately, some 2 years later, he decided to return to the U.S. and formed a Trio. At the suggestion of Jazz Critic Leonard Feather, he added a guitar and vibraphone. The George Shearing Quintet played together for 29 years after their 1949 start, and continued until George’s death at age 92 in 2011.

I would rank George Shearing in there with Oscar Peterson and Dave Brubeck as top jazz pianists. And each of these great jazz artists had a distinctive sound to help recognition. With George it was the motor-off vibraphone, which was a secret he kept until his retirement. A favorite concert by George was one I heard in an undistinguished upstairs bar in downtown St. Paul. George had an advantage over his fans. He couldn’t see what a dump it was.



-Bob W.