



HEATHERWOOD
Senior Living

Your History, Our History... Let's Make History Together.

5277 W Kootenai Street • Boise, ID 83705 • (208) 345-2150

Your Heatherwood Staff

Executive Director Jacquie Varco
Marketing Director Shauna Vollmer
Life Enrichment Coordinator..... Paul Fredericks
Dining Services Director Diane Dalton
Maintenance Director Doyle Brooks



Mary, Jean and Norma show off their artistic side during a recent painting class. They're learning how to paint landscape portraits... with the help of artist Bonnie Peacher.



JoAnn and Lois take in a Boise State Basketball Game at Taco Bell Arena. It was a nail biter, but the Broncos prevailed over SMU on this night.

January 2017



Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service. To find service opportunities in your area, go to Serve.gov/Volunteer.

Memory Boost in the Blink of an Eye

When you're having trouble remembering something, try closing your eyes. Scientists say this quick and easy memory method helps block out distractions and focuses the brain's recall power. By shutting the eyes and creating a mental image, volunteers in research studies were better able to remember information that was both seen and heard. Police often encourage eyewitnesses they are interviewing to use this technique.

Year of the Rooster

Jan. 28 begins the Chinese New Year. 2017 is the year of the rooster, a symbol of confidence and loyalty.



January 2017

- TV

Treasure Valley Room
- AR

Activity Room
- FR

Friendship Room
- TR

Theater Room
- FL

Front Lobby
- R

Rotunda
- DR

Dining Room
- BR



Billiards Room
- B

BUS
- ✓

Sign Up
- ★

Informative Activity
- ♥

Heart Healthy

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|--|
| <div>New Year's Day1</div> <div>10:00FLNews and Coffee (RR)</div> <div>11:00FRRiver City Church</div> <div>1:30TVSkip-Bo</div> <div>3:00TVOPEN GAME TIME - Pick a game to play!</div> | <div>9:30TVSit & Tone Up♥</div> <div>11:30RAvon Lady</div> <div>1:30TVBingo</div> <div>1:30Poker Run (RR)</div> <div>3:00TRDocumentary★</div> <div>6:00TVSkip-Bo</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00DRResident Council Meeting</div> <div>1:00ARPainting Class with Artist Bonnie Peacher★</div> <div>1:30TVBoise Library</div> <div>3:00FRSilver Scholars w/ Eric Collette★</div> <div>6:00TVQuiddler (RR)</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BDollar Tree on Vista✓</div> <div>11:30BLunch Bunch @ Louie's Italian Restaurant✓</div> <div>1:30TVPlaying Card Bingo</div> <div>3:00TRDocumentary★</div> <div>4:00BRBilliards (RR)</div> | <div>9:30TVKnitting & Crocheting Club</div> <div>10:00FLTrivia (RR)★</div> <div>1:30TVBingo</div> <div>2:00FRBible Study★</div> <div>3:30TVActivity Meeting</div> <div>6:30TRMovie Night w/ Robert</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BFred Meyer✓</div> <div>1:30ARBaking with Paul✓</div> <div>3:00TVWine & Music w/ Rod Gallegos</div> <div>6:00TVPinochle (RR)</div> | <div>10:00FLCoffee Hour</div> <div>1:30TVSkip-Bo</div> <div>3:00TVBINGO</div> <div>6:00TRSaturday Cinema with Robert</div> |
| <div>8</div> <div>10:00FLNews and Coffee (RR)</div> <div>11:00FRRiver City Church</div> <div>1:30TVSkip-Bo</div> <div>2:30RDouble Dip Bash</div> <div>3:00TVOPEN GAME TIME - Pick a game to play!</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BAlbertsons✓</div> <div>1:30BMatinee Monday @ Edwards Cinema✓</div> <div>1:30TVBingo</div> <div>3:00TRDocumentary★</div> <div>6:00TVHand and Foot Card Game</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00TVQuilting Club</div> <div>10:30FLBlood Pressure Clinic</div> <div>1:00ARChair Massage (Free)✓</div> <div>1:00TVFREE TABLE(1:00-3:00)</div> <div>3:00FRSilver Scholars w/ TBD★</div> <div>6:00TVQuiddler (RR)</div> | <div>7:30DRWaffle Wednesday</div> <div>9:00BElk Feed & Sleigh Ride by Donnelly, ID✓</div> <div>9:30TVSit & Tone Up♥</div> <div>1:30TVPlaying Card Bingo</div> <div>3:00TRDocumentary★</div> <div>4:00BRBilliards (RR)</div> | <div>9:30DRMontessori Buddies</div> <div>10:00FLTrivia (RR)★</div> <div>1:30TVBingo</div> <div>2:00FRBible Study★</div> <div>2:00BTai Chi at the Boise Senior Center (Cost \$1)✓</div> <div>6:30TRMovie Night w/ Robert</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BFred Meyer✓</div> <div>11:00TVTimberline H.S. Students - Wolf Connection★</div> <div>3:00TVWine & Music w/ Bruce Biggs</div> <div>6:00TVPinochle (RR)</div> | <div>10:00FLCoffee Hour</div> <div>1:30TVSkip-Bo</div> <div>3:00TVBINGO</div> <div>6:00TRSaturday Cinema with Robert</div> |
| <div>15</div> <div>10:00FLNews and Coffee (RR)</div> <div>11:00FRRiver City Church</div> <div>1:30TVSkip-Bo</div> <div>3:00TVOPEN GAME TIME - Pick a game to play!</div> | <div>Martin Luther King Jr. Day16</div> <div>9:30TVSit & Tone Up♥</div> <div>10:00BWalmart✓</div> <div>11:30RAvon Lady</div> <div>1:30TVBingo</div> <div>2:00ARBaking with Paul✓</div> <div>3:00TRDocumentary★</div> <div>6:00TVSkip-Bo</div> | <div>9:30TVSit & Tone Up♥</div> <div>11:30BPizza, Pizza, Pizza @ Idaho Pizza Company✓</div> <div>3:00FRSilver Scholars w/ Lynda Clark★</div> <div>6:00TVQuiddler (RR)</div> <div>6:30TRMovie Night w/ Robert</div> | <div>9:30TVSit & Tone Up♥</div> <div>11:30BLunch Bunch @ Sockeye Grill✓</div> <div>1:30TVPlaying Card Bingo</div> <div>2:00BBoise Art Museum (FREE)✓</div> <div>3:00TRDocumentary★</div> <div>4:00BRBilliards (RR)</div> | <div>9:30TVKnitting & Crocheting Club</div> <div>10:00FLTrivia (RR)★</div> <div>1:30TVBingo</div> <div>2:00FRBible Study★</div> <div>6:00TVWinter Celebration Dance</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BFred Meyer✓</div> <div>12:00BScenic Drive✓</div> <div>3:00TVWine & Music w/ Gayle Chapman</div> <div>6:00TVPinochle (RR)</div> | <div>10:00FLCoffee Hour</div> <div>1:30TVSkip-Bo</div> <div>2:00BBoise Little Theater-“The Last Round Up of the Guacamole Queens”✓</div> <div>3:00TVBINGO</div> <div>6:00TRSaturday Cinema with Robert</div> |
| <div>22</div> <div>10:00FLNews and Coffee (RR)</div> <div>11:00FRRiver City Church</div> <div>1:30TVSkip-Bo</div> <div>2:30RDouble Dip Bash</div> <div>3:00TVOPEN GAME TIME - Pick a game to play!</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BWalmart✓</div> <div>1:30TVBingo</div> <div>2:30BHappy Hour✓</div> <div>3:00TRDocumentary★</div> <div>6:00TVHand and Foot Card Game</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00TVQuilting Club</div> <div>10:30FLBlood Pressure Clinic</div> <div>1:00ARChair Massage (Free)✓</div> <div>1:00TVFREE Table (1:00-3:00)</div> <div>3:00FRSilver Scholars w/ Boise Police Department★</div> <div>6:00TVQuiddler (RR)</div> | <div>9:30TVSit & Tone Up♥</div> <div>12:00DRBIRTHDAY DINNER</div> <div>1:30TVPlaying Card Bingo</div> <div>1:30BWarhawk Air Museum✓</div> <div>3:00TRDocumentary★</div> <div>4:00BRBilliards (RR)</div> | <div>10:00FLTrivia (RR)★</div> <div>1:30TVBingo</div> <div>2:00FRBible Study★</div> <div>2:00BTai Chi at the Boise Senior Center (Cost \$1)✓</div> <div>3:00TVChef's Chat</div> <div>6:30TRMovie Night w/ Robert</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BFred Meyer✓</div> <div>11:00TVTimberline H.S. Students - Wolf Connection★</div> <div>3:00TVWine & Music w/ The Dreamers</div> <div>6:00TVPinochle (RR)</div> | <div>10:00FLCoffee Hour</div> <div>1:30TVSkip-Bo</div> <div>3:00TVBINGO</div> <div>6:00TRSaturday Cinema with Robert</div> |
| <div>29</div> <div>10:00FLNews and Coffee (RR)</div> <div>11:00FRRiver City Church</div> <div>1:30TVSkip-Bo</div> <div>2:30RDouble Dip Bash: Music w/ Rolando Ortega</div> <div>3:00TVOPEN GAME TIME - Pick a game to play!</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00BWalmart✓</div> <div>11:30RAvon Lady</div> <div>1:30TVBingo</div> <div>3:00TRDocumentary★</div> <div>6:00TVSkip-Bo</div> | <div>9:30TVSit & Tone Up♥</div> <div>10:00ARCrafts with Kaitee</div> <div>1:30TVBoise Library</div> <div>1:30ARSpelling Bee w/ Robert★</div> <div>6:00TVQuiddler (RR)</div> <div>6:30BDollar Night at the Movies✓</div> | <div></div> | <div>January Birthdays</div> <div>1/13 Bill P.</div> <div>1/18 Cookie M.</div> <div>1/19 Betty M.</div> <div>1/20 Josephine D.</div> <div>1/29 Ken T.</div> | <div></div> | <div>Heatherwood Salon Hours</div> <div>Call for an Appointment</div> <div>Thursdays & Fridays</div> <div>with Ronalee</div> <div>8am to 4pm</div> <div>Cell: 467-1458</div> <div>Salon: 331-3172</div> |



What's in a Name?

Each year, the U.S. Social Security Administration releases a list of the most popular names given to babies based on Social Security card applications. Take a peek at the top-ranking names over the years.

| <u>Year</u> | <u>Top Girl's Name</u> | <u>Top Boy's Name</u> |
|-------------|------------------------|-----------------------|
| 1930 | Mary | Robert |
| 1940 | Mary | James |
| 1950 | Linda | James |
| 1960 | Mary | David |
| 1970 | Jennifer | Michael |
| 1980 | Jennifer | Michael |
| 1990 | Jessica | Michael |
| 2000 | Emily | Jacob |
| 2010 | Isabella | Jacob |
| 2015 | Emma | Noah |

"This Month In History" JANUARY

1880: Inventor Thomas Edison receives a patent for his electric incandescent lamp.

1915: The first Kiwanis Club, now an international service organization, is established in Detroit.

1938: To combat the polio epidemic, the March of Dimes foundation is created by President Franklin D. Roosevelt, who contracted the disease as an adult.

1946: The first United Nations General Assembly, comprising 51 nations, convenes in London.

1959: Berry Gordy Jr. founds Motown Records.

1967: The first professional football world championship game, later renamed the Super Bowl, is played in Los Angeles. The Green Bay Packers defeated the Kansas City Chiefs 35–10.

1970: Set in the fictional city of Pine Valley, Pa., "All My Children" premieres. The daytime TV soap opera aired for 41 years.

1984: Apple's Macintosh computer goes on sale to the public with a price tag of \$2,495.

1990: L. Douglas Wilder of Virginia is sworn in as the nation's first elected African-American governor.

2002: The euro becomes the official currency of 11 countries in the European Union.

2009: A US Airways jet makes an emergency landing on New York's Hudson River after being disabled by a flock of birds just after takeoff from LaGuardia Airport. All 155 people aboard were safely rescued.

2010: Burj Khalifa, the world's tallest skyscraper at 2,717 feet, opens in Dubai, United Arab Emirates.