

JANUARY 2020 Newsletter

The Activity Department would like to take this opportunity to thank all who have volunteered their time over the year, we wouldn't have been as successful without your dedication to our department. We look forward to another successful year in Activities.



...From all of us in the Activity Department of Ayre Manor

We wish you all a Happy, Healthy 2020.

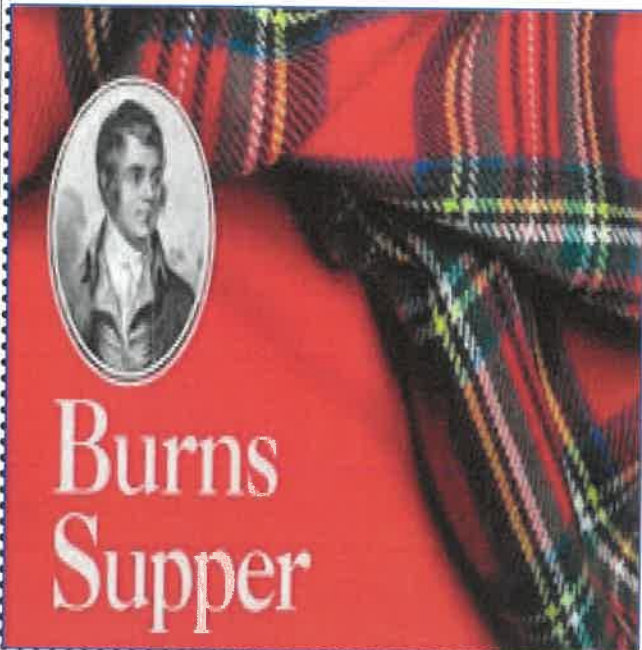
January 25th, 2019

ROBBIE BURNS DAY

Robert Burns (25 January 1759 – 21 July 1796) (also known as Robbie Burns, Scotland's favorite son, the Ploughman Poet, the Bard of Ayrshire and in Scotland as simply The Bard) was a poet and a lyricist. He is widely regarded as the national poet of Scotland, and is celebrated worldwide. He is the best known of the poets who have written in the Scots language, although much of his writing is also in English and a 'light' Scots dialect, accessible to an audience beyond Scotland. He also wrote in standard English, and in these pieces, his political or civil commentary is often at its most blunt.

He is regarded as a pioneer of the Romantic movement and after his death became a great source of inspiration to the founders of both liberalism and socialism. A cultural icon in Scotland and among the Scottish Diaspora around the world, celebration of his life and work became almost a national charismatic cult during the 19th and 20th centuries, and his influence has long been strong on Scottish literature.

A Burns supper is a celebration of the life and poetry of the poet Robert Burns, author of many Scots poems including "**Auld Lang Syne**," which is generally sung as a folk song at Hogmanay and other New Year celebrations around the world. The suppers are normally held on or near the poet's birthday, January 25, sometimes known as Burns night, although they may in principle be held at any time of the year.



Robbie Burns Day Celebration

Come join us for some Scottish fun!!!!

January 25th @ 1:30pm
With musical performance:
(Assisted Living Lounge)

Seniors and stress: Everyone experiences stress at one point in life, including seniors. If you are not coping well, stress can have a negative effect on your body, emotion, thoughts, and behaviors.

Signs and symptoms of stress:

-headache
Insomnia
Anxiety
Withdrawal or isolation
Depression
Loss of appetite
Weight loss

Stressors for seniors may include:

-Loss of independence
-Loss of control over life or environment
-Loss of spouse
-Loss of relatives or close friend through death or social isolation
-Loss of memory
-Changes in financial status
-Deterioration of physical abilities and

- What is stress? Stress is facing a major of life changes, or has expectations to meet.
- Good stress: We all need a certain amount of stress in our lives. If not, we feel board, tired, and have no motivation. A good level of stress can bring excitement, happiness, motivation, and energy, especially if we feel we can cope with everyday stressors and take care of ourselves in a healthy way.
- Stress becomes distress, when too much happens too fast, or when we do not have the skills to cope effectively, long term stress greatly increases the risk for heart disease, high blood pressure, stroke, digestive problems, sleep disorders and depression
- What is healthy coping? Coping is a set of skills that help up deal with daily stressors and to avoid becoming unhealthy. Knowing how to cope, just like any other skill. Coping skills improve with practice.

8 ways to cope with stress:

1. share your feelings with supportive friend or family
2. Use relaxation techniques like yoga, meditation, deep breaching, reading a good book
3. Regular exercise is one of the best stress remedies around, take a walk work on a hob-
by
4. Manage your time by doing the essentials tasks first and prioritizing the others
5. Maintain a heathy diet
6. Get enough sleep
7. Take time for yourself to indulge in activities that you enjoy
8. Learn to recognize your danger signals and know what indicators show that you are under stress like: trouble sleeping, feeling depressed, losing your temper, headaches

January birthday' s:

Cheryl. M- Jan 1st

Norma .C- Jan 6th

Raymond. J- Jan 10th

Francisco. F- Jan 16th

Marion. L- Jan 23rd

Margret. V- Jan 24th



January birthstone :
Garnet



JANUARY
BIRTH FLOWER:
CARNATION



January Entertainment 2020

January 5th– CLA Church @ 1:30

January 6th– Music with Jean Bedard @ 1:30 AL

January 7th– Sing along with Joan Songhurst
@10:45 CC North

January 8th– Residential council meeting CC :00
AL2:00

January 9th– Music with Encores @1:30 AL

January 14th– Music with Claddaugh clan(dedi-
cated to Beryl) @1:30 AL

January 16th- Music with Steve and Sherry
@1:30 AL

January 18th– Painted piano @10:45 CC

January 19th– CLA Church @ 1:30 AL

January 22nd– Music with Guy Marchi @ 1:30
AL

January 25th– Musical performance by Peter to
help celebrate Robbie burns day @1:30 AL

January 28th– Music with Steve Bolger @1:30
AL

Every Tuesday and Thursday Zumba @ 11:10 AL

Every Friday Yoga with Amy @ 10:45 CC North