

TIMELESS

AN EDITORIAL BY ABERDEEN HEIGHTS

JANUARY 2025

Masterpieces

of
the
Mind

This month isn't just about relaxing, it's about finding a sense of fulfillment and serenity that carries through the year.



ABERDEEN HEIGHTS | ASSISTED LIVING



**Lots of Christmas Fun,
Groups, and Performers**



Masterpieces of the Mind

In today's fast-paced world, where distractions are endless and true relaxation feels increasingly rare, people across the globe are turning to ancient cultural practices to find balance and peace. Two of the most cherished and widely embraced philosophies are Japan's Zen and Scandinavia's Hygge. Though they originate from vastly different regions, both Zen and Hygge offer profound insights into the art of mindful living. By understanding Zen's focus on inner clarity and Hygge's embrace of cozy simplicity, we can uncover ways to bring a sense of calm and fulfillment to our own lives.

Zen is philosophy and spiritual practice that finds its roots in Buddhism. Zen emphasizes direct experience and mindfulness, encouraging practitioners to move beyond conscious thought to attain a sense of inner illumination and deeper intuition. Unlike many philosophical practices that prioritize intellectual understanding, Zen focuses on breaking through mental barriers and achieving enlightenment through everyday actions and awareness.

Similarly, the Scandinavian concept of Hygge (pronounced hue-guh) offers its own pathway to a fulfilling and mindful life. Hygge, deeply rooted in Danish and Norwegian cultures, encompasses the ideas of contentment, warmth, and coziness. It's about embracing simplicity, slowing down, and finding pleasure in small, comforting experiences. Like Zen, Hygge encourages presence and awareness, but its focus lies in creating a comforting environment that promotes peace and relaxation.

While Zen and Hygge originate from distinct cultures and traditions, both share a focus on being fully present and grounded. Zen cultivates this through introspection and discipline, aiming for inner clarity and insight, whereas Hygge finds joy and comfort in one's surroundings, enhancing emotional well-being through connection and a restful atmosphere. Together, they offer timeless lessons for modern life, reminding us that simplicity, mindfulness, and warmth are universal keys to a balanced and peaceful existence.



January 2025

Team Members

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Aberdeen Heights - Assisted Living



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Masterpieces of the Mind</p>			<p>Happy New Year! ¹</p> <p>9:00 Watch New Year's Day Parade</p> <p>9:15 Exercise Stretching / AR</p> <p>9:50 Daily Devotion / AR</p> <p>2:00 Catholic Communion / C</p> <p>3:30 Happy Hour / LR</p> <p>6:30 Bible Study W/ Shelby / L</p>	<p>9:15 Exercise Weights / AR ²</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>2:00 Team Play - Wii Bowling</p> <p>6:30 The Name Game / L</p>	<p>9:15 Exercise Stretching / AR ³</p> <p>9:50 Daily Devotion / AR</p> <p>10:45 No Lunch Out Today</p> <p>2:00 Cookies & Hot Cocoa / AR</p> <p>2:30 Bingo / AR</p> <p>6:30 Smarter than a 5th Grader/L</p>	<p>9:15 Exercise Bands ⁴</p> <p>9:50 Daily Devotion</p> <p>10:00 Coffee & Donuts / L</p> <p>2:00 Movie Matinee / C</p> <p>3:30 Dominoes/Rummikub AR</p> <p>3:30 Activity Packets/ L</p> <p>6:30 I Should've Known That/ L</p>
<p>Independent Activities ⁵</p> <p>Walking Stretching Weights</p> <p>Prayer Meditation Courtyard</p> <p>Quiet Time</p> <p>10:30 Coffee and Conversation / L</p> <p>2:00 Church W/ Evergreen/ AR</p> <p>3:00 Boardgames / D</p> <p>6:30 Did You Know? / L</p>	<p>9:15 Exercise Stretching / AR ⁶</p> <p>9:50 Daily Devotion / AR</p> <p>10:30 Boggle / LR</p> <p>2:30 BINGO / AR</p> <p>6:30 Trivia / L</p>	<p>9:15 Exercise Weights / AR ⁷</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>1:30 Red Birds Craft / AR</p> <p>6:30 Outburst / L</p>	<p>9:15 Exercise Stretching / AR ⁸</p> <p>9:50 Daily Devotion / AR</p> <p>10:00 Morning Shopping / BT Walmart</p> <p>2:00 Catholic Communion / C</p> <p>3:30 Happy Hour / LR</p> <p>6:30 Bible Study W/ Shelby / L</p>	<p>9:15 Exercise Weights / AR ⁹</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>2:00 Origami w/Alice</p> <p>6:30 The Name Game / L</p>	<p>9:15 Exercise Stretching / AR ¹⁰</p> <p>9:50 Daily Devotion / AR</p> <p>10:45 Lunch Out / BT Red Robbin's</p> <p>2:30 Bingo / AR</p> <p>6:30 Smarter than a 5th Grader/L</p>	<p>9:15 Drummersize / AR ¹¹</p> <p>9:50 Daily Devotion / AR</p> <p>10:00 Coffee & Donuts / L</p> <p>2:00 Movie Matinee / C</p> <p>3:30 Dominoes/Rummikub AR</p> <p>3:30 Activity Packets/ L</p> <p>6:30 I Should've Known That/ L</p>
<p>Independent Activities ¹²</p> <p>Walking Stretching Weights</p> <p>Prayer Meditation Courtyard</p> <p>Quiet Time</p> <p>10:30 Coffee and Conversation / L</p> <p>2:00 Church W/ Evergreen/ AR</p> <p>3:00 Boardgames / D</p> <p>6:30 Did You Know? / L</p>	<p>9:15 Exercise Stretching / AR ¹³</p> <p>9:50 Daily Devotion / AR</p> <p>10:30 Yahtzee / AR</p> <p>1:30 Health Talk w/Kelsey / AR A Better You</p> <p>2:30 BINGO / AR</p> <p>6:30 Trivia / L</p>	<p>9:15 Exercise Weights / AR ¹⁴</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>1:30 Painting Class / Cardinal's / AR</p> <p>6:30 Outburst / L</p>	<p>9:15 Exercise Stretching / AR ¹⁵</p> <p>9:50 Daily Devotion / AR</p> <p>10:00 Morning Shopping / BT Walmart</p> <p>2:00 Catholic Communion / C</p> <p>3:30 Happy Hour / LR</p> <p>6:30 Bible Study W/ Shelby / L</p>	<p>9:15 Exercise Weights / AR ¹⁶</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>11:30 Men's Luncheon / AR</p> <p>2:00 Left Right Center Game</p> <p>6:30 The Name Game / L</p>	<p>9:15 Exercise Stretching / AR ¹⁷</p> <p>9:50 Daily Devotion / AR</p> <p>10:45 Lunch Out - Clark BBQ / BT</p> <p>2:30 Bingo / AR</p> <p>6:30 Smarter than a 5th Grader/L</p>	<p>9:15 Exercise Balance /AR ¹⁸</p> <p>10:00 Coffee & Donuts / L</p> <p>2:00 Movie Matinee / C</p> <p>3:30 Dominoes/Rummikub AR</p> <p>3:30 Activity Packets/ L</p> <p>6:30 I Should've Known That/ L</p>
<p>Independent Activities ¹⁹</p> <p>Walking Stretching Weights</p> <p>Prayer Meditation Courtyard</p> <p>Quiet Time</p> <p>10:30 Coffee and Conversation / L</p> <p>2:00 Church W/ Evergreen/ AR</p> <p>3:00 Boardgames / D</p> <p>6:30 Did You Know? / L</p>	<p>9:15 Exercise Stretching / AR ²⁰</p> <p>9:50 Daily Devotion / AR</p> <p>10:30 Dominos / AR</p> <p>1:00 Horseraces / AR</p> <p>2:30 BINGO / AR</p> <p>6:30 Trivia / L</p>	<p>9:15 Exercise Weights / AR ²¹</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>1:30 Culinary Apple Rosettes / AR</p> <p>6:00 Family Bingo Night / AR</p> <p>6:30 Outburst / L</p>	<p>9:15 Exercise Stretching / AR ²²</p> <p>9:50 Daily Devotion / AR</p> <p>10:00 Morning Shopping / BT Walmart</p> <p>2:00 Catholic Communion / C</p> <p>3:30 Happy Hour / LR</p> <p>6:30 Bible Study W/ Shelby / L</p>	<p>9:15 Exercise Weights / AR ²³</p> <p>9:50 Daily Devotion / AR</p> <p>10:30 Resident Council Meeting</p> <p>11:00 Exercise Weights / LR</p> <p>1:30 Meet & Greet New Residents</p> <p>6:30 The Name Game / L</p>	<p>9:15 Exercise Stretching / AR ²⁴</p> <p>9:50 Daily Devotion / AR</p> <p>10:45 Lunch Out / BT Madeleine's</p> <p>2:30 Bingo / AR</p> <p>6:30 Smarter than a 5th Grader/L</p>	<p>9:15 Kickball / AR ²⁵</p> <p>10:00 Coffee & Donuts / L</p> <p>2:00 Movie Matinee / C</p> <p>3:30 Dominoes/Rummikub AR</p> <p>3:30 Activity Packets/ L</p> <p>6:30 I Should've Known That/ L</p>
<p>Independent Activities ²⁶</p> <p>Walking Stretching Weights</p> <p>Prayer Meditation Courtyard</p> <p>Quiet Time</p> <p>10:30 Coffee and Conversation / L</p> <p>2:00 Church W/ Evergreen/ AR</p> <p>3:00 Boardgames / D</p> <p>6:30 Did You Know? / L</p>	<p>9:15 Exercise Stretching / AR ²⁷</p> <p>9:50 Daily Devotion / AR</p> <p>10:30 Poker</p> <p>1:00 Make Snacks</p> <p>2:30 BINGO / AR</p> <p>6:30 Trivia / L</p>	<p>9:15 Exercise Weights / AR ²⁸</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>1:30 Craft-String Art Heart / AR</p> <p>3:45 Dan Harris Performs</p> <p>6:30 Outburst / L</p>	<p>9:15 Exercise Stretching / AR ²⁹</p> <p>9:50 Daily Devotion / AR</p> <p>10:00 Morning Shopping / BT</p> <p>2:00 Catholic Communion / C</p> <p>3:30 Happy Hour / LR</p> <p>6:30 Bible Study W/ Shelby / L</p>	<p>9:15 Exercise Weights / AR ³⁰</p> <p>9:50 Daily Devotion / AR</p> <p>11:00 Exercise Weights / LR</p> <p>2:00 Dave & The Ukulele Ladies & Birthday Bash!</p> <p>6:30 The Name Game / L</p>	<p>9:15 Exercise Stretching / AR ³¹</p> <p>9:50 Daily Devotion / AR</p> <p>10:45 Lunch Out / BT Ti Amo's</p> <p>2:30 Bingo / AR</p> <p>6:30 Smarter than a 5th Grader/L</p>	<p>KEY</p> <p>Activity Room.....AR</p> <p>Living Room.....LR</p> <p>Dining Room.....DR</p> <p>Private Dining Room.....PD</p> <p>Lobby.....L</p> <p>Chapel.....C</p> <p>Den.....D</p> <p>Bus Trip.....BT</p> <p>Courtyard.....CY</p>

All About Veganuary

Veganuary is what you get when you attempt to test the waters of veganism for the month of January. It's also the name of a nonprofit group advocating for such. Embracing veganism is more than a lifestyle choice. It's a way to voice support for animal rights, environmental protection and creating a safer, healthier planet. There's really a lot to being a vegan, and a huge component is ethics and what one believes is "right" or "just."

Vegans abstain from anything meat-related, which means anything that's created from meat in any form. There's no wearing of suede, fur, leather and the like. There's no eating fish, eggs, red meat, cheese, poultry or anything derived from an animal. There is a great deal of meal prep and planning involved, especially when part of a carnivorous family. But, it's worth it for those advocating animal rights.

Even for those who aren't overtly active in the protesting world, Veganuary can be a fabulous thing. It's an opportunity to try something new and learn about the benefits of a plant-based lifestyle. It's a chance to understand why vegans are the way they are. It's also an opportunity to effect positive change. Those who participated in Veganuary last year helped increase the plant-based options available to all of us. Last year, those options increased by more than 2,000, thanks to Veganuary. More options that support our animals and creation isn't a bad thing. You might even find a new dish to love!

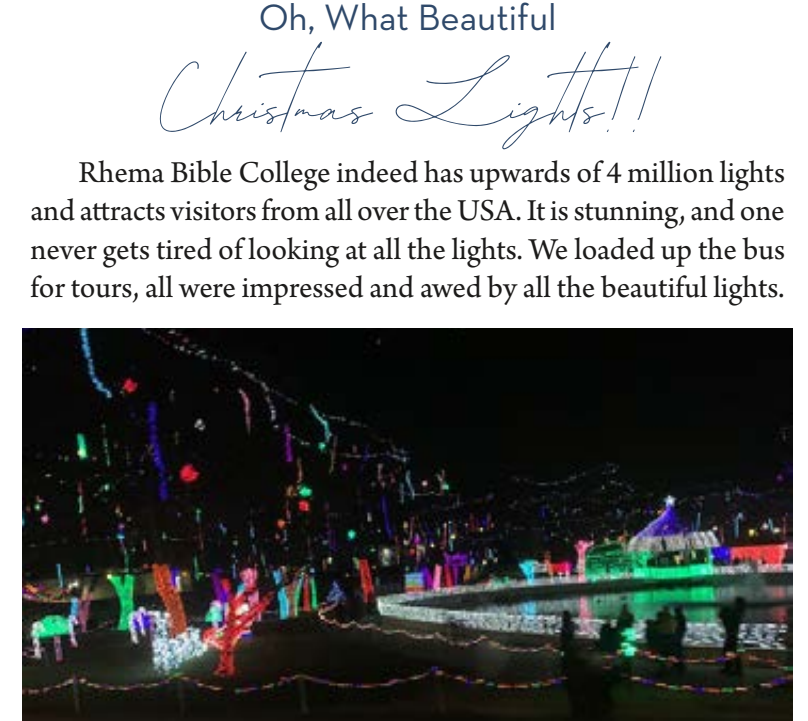
Happy Birthday, Friends!

Helen K.....	1/1
Maxine G.....	1/1
Dot M.....	1/6
Mary W.....	1/7
Tom M.....	1/13
John F.....	1/17



Many people look forward to winter. The thought of a white Christmas gives them goose-bumps. They long for the opportunities to drink hot cocoa cozied up by the fireplace, perhaps rereading a withered copy of the same *Penguin Classic* they've had for 20 years. Other people embrace winter solely because it's a period of time when they aren't dealing with oppressive heat. Either way, there's lots to look forward to in winter, even for those who love the outdoors or those who are seemingly homebound for the season.

- Games, games, games! There are a ton of games, crossword puzzles, word searches and more to keep one's mind occupied during the winter months. Not only are they fun and can be enjoyed by individuals or groups, but also, and more importantly, they keep the mind active and can be quite challenging. These sorts of activities, like tournament-style trivia, card games and Mahjonn, are great for groups.
- Speaking of group activities, if a winter book group isn't on the list, it's definitely worth considering! A popular winter activity is reading, which is also good brain exercise. Reading gives people a quiet chance to learn about something new – genres, hobbies they're interested in, fiction, nonfiction, poetry – the literary world is filled with amazing things. Plus, it also serves as a means to engage socially, especially if joining a book club is in the cards.
- Dancing, anyone? Dancing is one of those activities that can be done by anyone, is great exercise and ... you guessed it ... fun! From beginners to amateurs to pros and everything in between, dancing appeals to a variety of people and can happen solo or as a social engagement. Winter dance classes have a high enrollment rate, regardless of age or stage in life.



Oh, What Beautiful Christmas Lights!!

Rhema Bible College indeed has upwards of 4 million lights and attracts visitors from all over the USA. It is stunning, and one never gets tired of looking at all the lights. We loaded up the bus for tours, all were impressed and awed by all the beautiful lights.

The History of Presidential Inaugurations

Presidential elections have been held since 1789, when George Washington became the first U.S. president. With every election comes an inauguration designed to connect the chosen leader with those whom they serve. Since 1933, following the 20th Amendment's ratification, this event has continued to occur at noon on Jan. 20. And, since 1981, the presidential oath has been taken at the Capitol building's West Front. But what about years prior?

While there's genuine consistency in the process, taking the oath of office hasn't always looked the same. Let's take a look.

- A resolution approved in 1788 by Congress determined that the first Wednesday in March would become the standing inauguration date. That year, it happened to fall on March 4.

- Washington's inauguration occurred on April 30, 1789. There were a number of logistical issues, plus terrible weather, that played a role in this date shift. Kicking off a new federal government ratified under a new Constitution had its difficulties.
- Washington was inaugurated in two cities – something no other president has done.
- In 1792, Congress proclaimed March 4 would be the ongoing inauguration date, but that date changed in 1933.
- The phrase "under God" or some variation of it is repeated by the president during the ceremony, but the origins of this tradition aren't definitively known.
- During inauguration, presidents often place their hand on a Bible or religious book of some kind, but it's not required. It's an age-old tradition.



JANUARY TRIVIA

1. Actress and comedian Betty White was born January 17 of which year?
A. 1922 B. 1920 C. 1918
2. Which former president became governor of California in January 1967?
3. On January 14, 1954, Major League Baseball player Joe DiMaggio married this famous actress and model.
4. On January 13, 1968, this famous singer held two concerts while incarcerated.
5. Author J.D. Salinger was born January 1, 1901. *True or False?*
6. In January 1959, the 49th state joined the union. Which state was it?
7. In January of 2012, which Disney film was re-released as a 3D picture?
A. *The Little Mermaid* B. *Snow White and the Seven Dwarfs*
C. *Beauty and the Beast*
8. Who announced the creation of the Apple iPhone on January 9, 2007?
9. On the third Monday of each January, a federal holiday celebrates the life of which Civil Rights activist?
10. Warnings about the hazards of smoking cigarettes didn't appear on the Senate's docket until January of which year?
A. 1986 B. 1972 C. 1965

1. A. 1922 2. Ronald Reagan 3. Marilyn Monroe 4. Johnny Cash 5. False - Salinger was born in 1919
6. Alaska 7. C. Beauty and the Beast 8. Steve Jobs 9. Martin Luther King, Jr. 10. C. 1965

Tranquil New Year

COMMUNITY
CHEER
WELLNESS
YOGA
FRIENDSHIP
PEACE
LOVE
FAMILY
MENTAL HEALTH
EXERCISE

