

TIMELESS

AN EDITORIAL BY UNIVERSITY PLACE

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.



UNIVERSITY PLACE | INDEPENDENT LIVING

Masterpiece 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.



Employee Spotlight

Have you noticed a fresh face in our community? Say hello to Alysha W., our fabulous new Sales Counselor! This month, she is in our spotlight!

She writes:

My name is Alysha Wooten, and I've worked for 15 years in administrative & management positions in various industries. For the past 5 years, I found my calling working in Assisted Living, Memory Care, and Independent Living communities in all roles. Working in senior living has allowed me to combine my passion for helping others with a meaningful career. I've spent the last year and a half helping care for my Memaw; going through all the transitions of her journey helped give me a stronger understanding of how to guide everyone through senior living. A journey I'm grateful to have been a part of.

Outside of work, I spend all my time with my husband and our three children. We have 2 daughters and 1 son. Our oldest daughter is currently in her first year of college. Our second daughter is a senior and our son is a freshman in high school. We love making memories and traveling as a family. Along with making it a priority to continuously grow in our faith becoming more active in our church family.

I'm excited to be a part of this community with you all. Please stop by and chit-chat with me anytime; I'm looking forward to knowing everyone here at University Place.

When you spot her next, make sure to welcome Alysha to our University Place family!



A Message from our

Executive Director

A few Januarys ago, my daughter Kerra and I were on a road trip together. As we drove down the highway, Kerra asked me, "Mom, what's something you've always wanted to do?" Her question kind of caught me off guard, and for some reason, I immediately felt a sense of pressure that my response needed to be profound. Without answering, I turned the question back on her to buy me some time. "That's a great question, Kerra. I need to think about that for a minute. What about you?"

Kerra has always been a matter-of-fact child, wise beyond her years, so it did not surprise me that she quickly rattled off several things: to see a herd of wild horses, to meet her favorite author, to see a show on Broadway, to save cats and dogs ... the list went on. It was clear she had thought about this before, and she had no reservations about sharing.

Kerra sat in the passenger seat and typed out our lists in the notes app on my phone. The list I created off the top of my head that day was heavily focused on the things I wanted to see or do IN life. However, Kerra's innocence and candor encouraged me to spend more time later thinking broadly about the things I want to do WITH my life and the things I want FROM my life and to be mindful in seeking those out — no matter how simple or complex they may be.

Whether you set resolutions, focus on a word, make a list of goals you want to accomplish, or simply reflect and relax, I hope you'll resolve to be present in the moment and seek out purpose and fulfillment in the coming year.

Blessings,
Kristin



January 2025

Team Members

Executive Director

Kristin Bishop

Sales & Marketing Director

Kristin Bishop

Business Director

Teresa Taylor

Lifestyle Director

Michelle Barrera

Maintenance Director

Isaiah Galvan

Culinary Director

Micheal Ables


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University Place - Independent Living

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Masterpieces of the Mind</p>	<p>New Year's Day </p> <p>9:30 Exercise Video-FR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>	<p>9:30 Chair Exercise-FR ²</p> <p>10:30 Shopping at Walmart-O</p> <p>2:15 Veterans Hour w/Visiting Angels-DR</p> <p>2:30 Afternoon Social-ICP</p> <p>3:00 Peaceful Coloring-FR</p> <p>6:00 Card Games-L</p> <p>7:00 Bluegrass Band-DR</p>	<p>9:30 Make Me Soar Exercise ³</p> <p>10:00 Brain Game Puzzles-FR</p> <p>10:30 Meals on Wheels-O</p> <p>2:00 Bingo-DR</p> <p>3:00 Diamond Art Club-FR</p> <p>6:00 Friday Night Movie-FR</p> <p>6:00 Card Games-L</p> <p>6:30 Play "42"-L</p>	<p>1:30 Weekend Walk ⁴</p> <p>2:00 Resident Led Bingo-DR</p> <p>3:30 Board Games-FR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>
<p>9:00 Elmdale Baptist Church Service-C ⁵</p> <p>1:30 Weekend Walk</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p> <p>6:30 Baker Heights Church of Christ Service-C</p>	<p>9:30 Sit and Stretch (Video)-FR ⁶</p> <p>10:00 Brain Games-FR</p> <p>10:30 General Store Open-C</p> <p>1:00 Nail Painting-ICP</p> <p>2:00 Bingo-DR</p> <p>3:15 Zen Journaling-FR</p> <p>6:00 Hymn Sing-C</p> <p>6:00 Card Games-L</p>	<p>9:30 Strength Training-FR ⁷</p> <p>10:30 Shopping at United-O</p> <p>1:30 Yoga with Clarissa-FR</p> <p>2:30 Hygge Afternoon Break with Kristin-FR</p> <p>6:00 Bible Movie with David-FR</p> <p>6:00 Card Games-L</p>	<p>9:30 Balance Exercise-FR ⁸</p> <p>10:30 General Store Open-C</p> <p>11:00 Lunch at Tokyo Asia Fusion-O</p> <p>2:00 Menu Chat-DR</p> <p>2:30 Newsletter Chat-DR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>	<p>9:30 Chair Exercise-FR ⁹</p> <p>10:30 Shopping at Walmart-O</p> <p>2:00 December Birthday Party with Visiting Angels-DR</p> <p>6:00 Card Games-L</p> <p>7:00 Bluegrass Band-DR</p>	<p>9:30 Make Me Soar Exercise ¹⁰</p> <p>10:00 Brain Game Puzzles-FR</p> <p>10:30 Meals on Wheels-O</p> <p>2:00 Bingo-DR</p> <p>3:00 Diamond Art Club-FR</p> <p>6:00 Friday Night Movie-FR</p> <p>6:00 Card Games-L</p> <p>6:30 Play "42"-L</p>	<p>1:30 Weekend Walk ¹¹</p> <p>2:00 Resident Led Bingo-DR</p> <p>3:30 Board Games-FR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>
<p>9:00 Elmdale Baptist Church Service-C ¹²</p> <p>1:30 Weekend Walk</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p> <p>6:30 Baker Heights Church of Christ Service-C</p>	<p>9:30 Sit and Stretch (Video)-FR ¹³</p> <p>10:00 Brain Games-FR</p> <p>10:30 General Store Open-C</p> <p>1:00 Nail Painting-ICP</p> <p>2:00 Bingo-DR</p> <p>3:15 Zen Journaling-FR</p> <p>6:00 Hymn Sing-C</p> <p>6:00 Card Games-L</p>	<p>9:30 Strength Training-FR ¹⁴</p> <p>10:30 Shopping at United-O</p> <p>1:30 Yoga with Clarissa-FR</p> <p>2:30 Hygge Afternoon Break with Kristin-FR</p> <p>6:00 Bible Movie with David-FR</p> <p>6:00 Card Games-L</p>	<p>9:30 Balance Exercise-FR ¹⁵</p> <p>10:00 Donuts & Coffee with Hendrick Hospice-ICP</p> <p>10:30 General Store Open-C</p> <p>1:00 Dr. Ganesh Foot Care-FR</p> <p>2:00 Sing Along w/ Gentiva-DR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>	<p>9:30 Chair Exercise-FR ¹⁶</p> <p>10:30 Shopping at Walmart-O</p> <p>2:30 Afternoon Social with Touching Hearts at Home-ICP</p> <p>3:00 Peaceful Coloring-FR</p> <p>6:00 Card Games-L</p> <p>7:00 Bluegrass Band-DR</p>	<p>9:30 Make Me Soar Exercise ¹⁷</p> <p>10:00 Brain Game Puzzles-FR</p> <p>10:30 Meals on Wheels-O</p> <p>2:00 Bingo-DR</p> <p>3:00 Diamond Art Club-FR</p> <p>6:00 Friday Night Movie-FR</p> <p>6:00 Card Games-L</p> <p>6:30 Play "42"-L</p>	<p>1:30 Weekend Walk ¹⁸</p> <p>2:00 Resident Led Bingo-DR</p> <p>3:30 Board Games-FR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>
<p>9:00 Elmdale Baptist Church Service-C ¹⁹</p> <p>1:00 First Baptist Church: Lord's Supper-C</p> <p>1:30 Weekend Walk</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p> <p>6:30 Baker Heights Church of Christ Service-C</p>	<p>Martin Luther King Jr. Day </p> <p>9:30 Sit and Stretch (Video)-FR ²⁰</p> <p>10:00 Brain Games-FR</p> <p>10:30 General Store Open-C</p> <p>2:00 Bingo-DR</p> <p>3:00 Angels Care BP &BS-FR</p> <p>3:15 Zen Journaling-FR</p> <p>6:00 Card Games-L</p>	<p>9:30 Strength Training-FR ²¹</p> <p>10:30 Shopping at United-O</p> <p>12:30 Holland Hearing Service-L</p> <p>1:30 Yoga with Clarissa-FR</p> <p>2:30 Neighbor Meet & Greet with Hospice of the Big Country-FR</p> <p>6:00 Bible Movie with David-FR</p> <p>6:00 Card Games-L</p>	<p>9:30 Balance Exercise-FR ²²</p> <p>10:30 General Store Open-C</p> <p>2:00 Painting Rock Zen Garden-FR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>	<p>9:30 Chair Exercise-FR ²³</p> <p>10:30 Shopping at Walmart-O</p> <p>2:30 Mr. McBee's Stoopid Stories-FR</p> <p>3:00 Peaceful Coloring-FR</p> <p>6:00 Card Games-L</p> <p>7:00 Bluegrass Band-DR</p>	<p>9:30 Make Me Soar Exercise ²⁴</p> <p>10:00 Brain Game Puzzles-FR</p> <p>10:30 Meals on Wheels-O</p> <p>2:00 Afternoon Cruise-O</p> <p>3:00 Diamond Art Club-FR</p> <p>6:00 Friday Night Movie-FR</p> <p>6:00 Card Games-L</p> <p>6:30 Play "42"-L</p>	<p>1:30 Weekend Walk ²⁵</p> <p>2:00 Resident Led Bingo-DR</p> <p>3:30 Board Games-FR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>
<p>9:00 Elmdale Baptist Church Service-C ²⁶</p> <p>1:30 Weekend Walk</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p> <p>6:30 Baker Heights Church of Christ Service-C</p>	<p>9:30 Sit and Stretch (Video)-FR ²⁷</p> <p>10:00 Brain Games-FR</p> <p>10:30 General Store Open-C</p> <p>1:00 Nail Painting-ICP</p> <p>2:00 Bingo-DR</p> <p>3:15 Zen Journaling-FR</p> <p>6:00 Hymn Sing-C</p> <p>6:00 Card Games-L</p>	<p>9:30 Strength Training-FR ²⁸</p> <p>10:30 Shopping at United-O</p> <p>1:30 Yoga with Clarissa-FR</p> <p>2:30 Hygge Afternoon Break with Kristin-FR</p> <p>6:00 Bible Movie with David-FR</p> <p>6:00 Card Games-L</p>	<p>9:30 Balance Exercise-FR ²⁹</p> <p>10:30 General Store Open-C</p> <p>2:00 Town Hall Meeting-DR</p> <p>6:00 Courtyard Visit with Friends</p> <p>6:00 Card Games-L</p>	<p>Sweater Weather Family Dinner 4pm-6pm ³⁰</p> <p>9:30 Chair Exercise-FR</p> <p>10:30 Shopping at Walmart-O</p> <p>2:00 Peaceful Coloring-FR</p> <p>2:30 Afternoon Social-ICP</p> <p>6:00 Card Games-L</p> <p>7:00 Bluegrass Band-DR</p>	<p>9:30 Make Me Soar Exercise ³¹</p> <p>10:00 Brain Game Puzzles-FR</p> <p>10:30 Meals on Wheels-O</p> <p>2:00 Bingo-DR</p> <p>3:00 Scandinavian Woven Heart-FR</p> <p>6:00 Friday Night Movie-FR</p> <p>6:00 Card Games-L</p> <p>6:30 Play "42"-L</p>	<p>KEY</p> <p>Chapel.....C</p> <p>Family Room.....FR</p> <p>Dining Room.....DR</p> <p>Library.....L</p> <p>Front Lobby.....FL</p> <p>Ice Cream Parlor.....ICP</p> <p>Outing.....O</p>

Wondering Through Winter



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 Mahjonnig, 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.

TAKE A STEP BACK IN

Times Square

Times Square is one of the most notable spaces in America. It's at the heart of New York City and roughly 50 million people visit it annually. Located between Broadway and 7th Avenue and 47th and 42nd Streets, Times Square is known as the most visited spot in the world, but it wasn't always that way.

Times Square became an engagement hub and must-see tourist destination in the 1990s, after more and more corporations bought their way into the city center and re-invigorated its environment. The state of New York purchased nine of the theaters located on 42nd Street, solidifying Times Square's status as the lifeblood of the theater district. Adult stores were closed and slowly there became room for more family-friendly activities. Restaurants and retail, bright lights and all-night attractions became the norm. The 1980s work in Times Square was largely focused on cleanup and redevelopment, as there was a great deal to overcome from the past.

Prior to that, we can take a leap back in time to learn that Times Square was originally named Long Acre Square. Its name changed in 1904. In 1905, opportunities to visit the area picked up tremendously as the public transportation system ran directly through it. After the Great Depression, however, tourism came to a halt as adult entertainment became the dominant attraction in Times Square. After decades of disrepair and disrespect, Times Square turned around and became something, albeit over-commercialized, special. On Dec. 31, more than 2 million people cluster together to see the beloved Times Square ball drop at midnight and ring in the New Year. It's a spectacular sight and one of many reasons to visit New York City.



Poems & Prayers

'Twas the month after Christmas
and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales, there
arose such a number!
When I walked to the store
(less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared.

The wine and the rum balls, the
bread and the cheese
And the way I'd never said,
"No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt--

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
And all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, cornbread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore--
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all, and to all, a good diet!

-Author Unknown

God's New Day

I watch as the sun rises when a new day it brings,
I listen to the birds in the cool morning as each sings.
Oh, the freshness of the air, with the early morning dew,
God's way of bringing the new day for me to view.
I see God's flowers in the freshness of the morn,
so magnificently arrayed in God's garden to adorn.
Their petals so brilliant, lavishly, in abundant galore,
a creation inspired by God, so difficult to ignore.
The flower's aroma, pouring our sweetness with such zest,
each one striving so as to be better than all the rest.
I see the splendor in the beauty of all that is around me,
I realize there is no comparison to that which I see.
Creations from God, a world with a magical view,
each creation so different, each in its own way anew.
Each miracle that I see around me is so sublime,
all so majestic; my prayer to God is to hold the time.
But as I continue down this path I am taking,
I realize God each day new miracles He is making.
So when I see and enjoy the marvels of this day,
I am anxious for tomorrow, what God will send my way.

-Jimlee Baucum

*"This is the day the Lord has made,
let us rejoice and be glad in it."*

Psalms 118:24

The Lord's Prayer

Our Father, who art in heaven,
hallowed by thy name.
Thy Kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
forever and ever.

Amen



January 2025

DATES TO CELEBRATE

- New Year's Day 1/1
- Elvis Presley's Birthday 1/8
- Full Moon 1/13
- Activity Professionals' Week..... 1/19-25
- Inauguration Day 1/20
- Martin Luther King, Jr., Day 1/20
- Chinese New Year..... 1/29
- National Puzzle Day 1/29

Birthstone - Garnet

Flower - Carnation

Zodiac - Capricorn & Aquarius
Year of the Snake

Happy Birthday!

- Jay M. (Maintenance) 1st
- Linda C..... 2nd
- Martha R..... 5th
- Faye M..... 6th
- Pasty S 9th
- Sandy S..... 9th
- Celia S..... 17th
- Iva Lou H..... 24th
- Jesse P 30th
- Barbara K..... 30th
- Stephen B. (Dishwasher)..... 30th

Tranquil New Year

- COMMUNITY
- CHEER
- WELLNESS
- YOGA
- FRIENDSHIP
- PEACE
- LOVE
- FAMILY
- MENTAL HEALTH
- EXERCISE

M	E	N	T	A	L	H	E	A	L	N	S	E	T	Y	U	T	E
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N	Y	N	S	E	T	C	N	M	A	F	L	A	E	F	W	E	S
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S	F	R	I	E	N	D	S	H	I	P	N	M	L	C	H	E	H
T	I	O	E	C	O	E	E	M	P	L	I	T	M	M	Y	S	L