



### Life is Better with Friends!



As we start this wonderful new year, actually a new decade! It's a great time think about what makes you the most happy and how you can have more of it. A study by University of Michigan psychology professor William Chopik surveyed 270,000 people from across the world ages 15-99 and it found that as we age, friendships become more important to our general health and well-being. The study noted that family is of course vital, but daily interactions with a peer friend group greatly influenced

older adults in making healthy choices. As a resident of Villagio Senior Living we want to support you in making new friends but also keeping your cherished long-time ones as well. That is why we have a "Refer a Friend" program. We encourage you to invite your friends to become your new neighbors. Once your friend has lived in the community for 30 days, Villagio will credit YOUR account \$1,000 as a thank you for making your friend your new neighbor! The referred friend must be a new inquiry, not someone already listed in the community's system. If you have someone in mind, talk to the Marketing team member or Executive Director of your community. Life at Villagio is better with good friends!

THE COTTAGES AT BRADFORD VILLAGE  
300 Enz Drive • Edmond, OK 73034

### January



Coin Depicting Janus

January's name is actually derived from the ancient Roman god Janus, who is thought to have presided over the dawning of each new year. He was often referred to as the "god of gateways" or "god of doorways." Janus is the original "two-face," as his

image is often symbolized by a face that looks both backward and forward at the same time—a reminder that this is a good time to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.

- activityconnection.com

### Villagio Team

- Eric Legleiter  
*Executive Director*
- Caitlin Cairns  
*Assistant Campus Director*
- Kammi Henry  
*Director of Financial Services*
- Kelsey Clark  
*Life Enrichment Coord.*
- Deb Middleton  
*Manager of Dietary Services*
- Tim Ray  
*Maintenance Director*
- Edward Tellone  
*Maintenance Services*
- Eric Forcha  
*After Hours Security*
- Donna Syth  
*Concierge*
- Colene, Ivy, Simone  
*Dining Services*
- Jessica & Laurie  
*Housekeeping*

### Happy Birthday

- Lou Meszaros - 1/11
- Laverne Russell - 1/13
- M.C. Smothermon - 1/18
- Karen Perrin - 1/19
- Jerry Biby - 1/25
- Jeanne Kuhlman - 1/25
- Peggy Cornelius - 1/28
- Charles Suenram - 1/28

### Celebrate!



Join us for

**The Cottages at Bradford Village**  
**Celebrate: Winter Wonderland**

**Tuesday, January 21st**  
**5:00 PM**

Cocktails served at 4:30 PM  
in the Lobby

### 2020 is the Year of the Rat

The Chinese New Year, also known as the Lunar New Year and Spring Festival, isn't just celebrated in China. In fact, one-sixth of the world's population participates in Chinese New Year festivities.



Spring Festival starts 1/25

The Spring Festival is celebrated either in January or February because the Chinese use a lunar calendar, which is based on the movement of the moon.

The Chinese calendar is also divided into lunar cycles of 60 years, and each cycle is further divided into five smaller cycles of 12 years each. Each year is represented by an animal in the Chinese zodiac.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRAM</b>	<i>Everyday Experiences</i>		***No Activities*** Happy New Year!			
<ul style="list-style-type: none"> <li> - Social</li> <li> - Intellectual</li> <li> - Inspirational</li> <li> - Physical</li> </ul>	7:30 a.m. - 9:00 a.m. 11:30 a.m. - 1:00 p.m. 8:00 a.m. - 4:00 p.m. 8:00 a.m. - 4:00 p.m. 8:00 a.m. - 4:00 p.m.	Breakfast M-F Lunch M-F Coffee Bar in CC Lobby Library Open M-F Fitness Center Open in AC		9:00 LIFT Exercise Class 10:15 Men's Coffee Philosophy 1:00 Walmart	8:00 Coffee with Eric 9:00 SAIL Exercise Class 10:30 Edmond Historical Society & Museum 12:30 Flex Your Brain Handout	10:00 Monthly Brunch 11:30 Bingo
3:30 Communion - Southern Hills 4:00 Church Service - Var. Ministries	9:00 SAIL Exercise Class 10:00 Executive Committee Meeting 11:30 Monday Memo 12:30 Bingo 3:00 Cafe Fresco: Infused Water	9:00 LIFT Exercise Class 10:15 Men's Coffee Philosophy 12:30 Menu Chat TBD Cats	10:15 The Classics: Women's Chat 12:30 Dominoes & Mexican Train 12:30 Flex Your Brain Handout 1:00 CRAFTernoon	9:00 LIFT Exercise Class 10:15 Men's Coffee Philosophy 10:30 Aromatherapy 1:00 Walmart	8:00 Coffee with Eric 9:00 SAIL Exercise Class 10:30 Pet Therapy w/ Gracie 12:30 Flex Your Brain Handout	
3:30 Communion - Southern Hills 4:00 Church Service - Var. Ministries	9:00 SAIL Exercise Class 10:30 The Great Courses 11:30 Monday Memo 12:30 Bingo 3:00 Cafe Fresco: Infused Water	9:00 LIFT Exercise Class 10:15 Men's Coffee Philosophy 10:30 Bradford Book Club 12:30 Menu Chat	10:15 The Classics: Women's Chat 12:30 Dominoes & Mexican Train 12:30 Flex Your Brain Handout 3:00 Birthday Party	9:00 LIFT Exercise Class 10:00 Bible Study 10:15 Men's Coffee Philosophy 10:30 Pet Therapy w/ Robert 1:00 Walmart	8:00 Coffee with Eric 9:00 SAIL Exercise Class 10:00 Aromatherapy 12:30 Flex Your Brain Handout	
3:30 Communion - Southern Hills 4:00 Church Service - Var. Ministries	<b>MARTIN LUTHER KING JR DAY</b> 9:00 SAIL Exercise Class 10:30 The Great Courses 11:30 Monday Memo 12:30 Bingo 3:00 Cafe Fresco: Infused Water	9:00 LIFT Exercise Class 10:15 Men's Coffee Philosophy 12:30 Menu Chat 4:30 Cocktails 5:00 Celebrate	10:15 The Classics: Women's Chat 12:30 Dominoes & Mexican Train 12:30 Flex Your Brain Handout 1:00 January Trivia	9:00 LIFT Exercise Class 10:00 Bible Study 10:15 Men's Coffee Philosophy 1:00 Walmart	8:00 Coffee with Eric 9:00 SAIL Exercise Class 10:30 Pet Therapy w/ Griffin 12:30 Flex Your Brain Handout	<b>CHINESE NEW YEAR</b>
3:30 Communion - Southern Hills 4:00 Church Service - Var. Ministries	9:00 SAIL Exercise Class 10:00 Edmond Quilt Guild 10:30 The Great Courses 11:30 Monday Memo 12:30 Bingo 3:00 Cafe Fresco: Infused Water	9:00 LIFT Exercise Class 10:15 Men's Coffee Philosophy 12:30 Menu Chat 1:00 Oklahoma History Center	10:15 The Classics: Women's Chat 12:30 Dominoes & Mexican Train 12:30 Flex Your Brain Handout 1:00 CRAFTernoon	9:00 LIFT Exercise Class 10:00 Bible Study 10:15 Men's Coffee Philosophy 1:00 Walmart	8:00 Coffee with Eric 9:00 SAIL Exercise Class 12:30 Flex Your Brain Handout 3:00 Movie & Pizza: Finding Your Feet	<b>LOCATION KEY</b> CC - Community Center AC - Activity Center AL - Assisted Living L - Library O - Off Campus - -

All activities are subject to change.