Top resolutions for seniors!

1) Get moving—exercise, take a walk, just 15 minutes per day is a great way to keep flexible and stay healthy!
2) Cross an item off your bucket list—Choose something you always wanted to do, and do it!
3) Connect, or re-connect with family and friends—Write a letter, make a call, or send an email... what joy it can bring!
4) Eat healthy—Choose the sugar free dessert, or eat more vegetables! This will make you feel better and stronger!

NY Eve party 2020!
## January Events!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1</td>
<td>Movie 1:30 Happy New Year!</td>
</tr>
<tr>
<td>1/5 &amp; 1/9</td>
<td>Ed Clute concert</td>
</tr>
<tr>
<td>1/14</td>
<td>Piano player</td>
</tr>
<tr>
<td>1/15</td>
<td>Rosary 10:30am</td>
</tr>
<tr>
<td>1/16, 1/30</td>
<td>Hands &amp; nails 10:30am</td>
</tr>
<tr>
<td>1/21</td>
<td>Live Music 10:30am</td>
</tr>
<tr>
<td>1/24</td>
<td>Paint Class 10:30am</td>
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<tr>
<td>1/29</td>
<td>Snowball fight! 2pm</td>
</tr>
<tr>
<td>1/30</td>
<td>Trivia 10:30am</td>
</tr>
<tr>
<td>Every Monday</td>
<td>History 2pm</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Happy hour! 3pm</td>
</tr>
<tr>
<td>Every Wednesday</td>
<td>Shopping!</td>
</tr>
</tbody>
</table>

**Christmas Auction!**

Bethay Village offers a Caregivers Support Group session monthly for the Alzheimer’s Association. The group meets every third Thursday from 12:15-1:15 in the Courtyards Day Club Room. There is no charge for the meeting and we supply lunch. If you would like more information, please call the Home Care office at 607-378-6613.
January Birthdays!

Rachel Butler ..........4th
Emily Freitas ...........8th
Trudy Barnard ..........8th
Ruth Mitchell ..........14th
Beverly Wales ...........14th
Casimir Kujawski ....20th
Rosemary Folnsbee ....20th
Glenda Brown ..........20th
Linn Brotzman ........23rd
Teresa Borden ........24th
Adeline Campbell .....28th
ACTIVITY HAPPENINGS

1/1  Music: Russ Keyser
1/2  Resident Council
1/3  Target
1/4  Music: Mark Spicer
1/6  Spinning/Weaving with Mary Ann
1/9  Snowball Fight
1/13  Music: High Country
1/16  Pet-A-Pet
1/17  Olive Garden
1/20  Ladies Club Social Hour
1/23  Dietary Forum
1/27  Music: George Mann
1/29  Resident Birthday Party
1/30  Pet Visits w/ Storm

Join us in the Activity Room for:
- Church every Sunday
- Catholic services the 2nd & 4th Wed.
- Breakfast Club every other Tuesday
- Bingo 3 times a week
- Bible Study every Thursday
- Baking/Cooking every week
- Along with in room activities offered daily

FLU SEASON IS HERE.

MINIMIZE YOUR RISK OF CATCHING THE FLU.

DO YOUR PART. If not, wear a mask. Thank you!

save the date

Shopper Service
March 25th
10am-2pm
A HUGE THANK YOU TO some special elves at Corning Inc. for being “Santa’s for Seniors”!

The Manor...
Need Help with your taxes?
AARP Tax-Aide Free Income Tax Help
contact 2-1-1 Helpline at www.211 help-
line.org or dial “211” or 800-346-2211 on
your phone after January 1 to find out how
to schedule an appointment. Service
provides free assistance preparing returns
and answers to tax-related questions for
low and middle income individuals, with
special attention to those over 60, during
the tax season (Feb–April).

Pastoral Care
Catholic Rosary every Wed. 10:30 at
Courtyards in Auditorium
Church Services: Sundays
Courtyards @ 10:30
Manor @ 2:00
Bible Study: Tues & Thurs.
Tues: @ 10:00 Courtyards
Thurs: @ 2:00 Manor
Sensory church (every other week)
For more info contact:
Rev. Mary Ann Bernard
(607) 378-6701 or
bernardm@bethany-village.org

Contact us!
The Courtyards:
Sharon Coletta
Dir. Marketing & Sales
(607) 378-6664
Sharon.casler@bethany-
village.org

The Manor:
Carrie Ray
Admissions Case Manager
(607) 378-6549
hillc@bethany-village.org

Bethany Village
Main Number:
(607) 739-8711

Check out our new
website!
on your computer,
or on your smartphone!
bethany-village.org

2020!!

Our Mission:
Bethany Village is your home. Our care is
personalized, exceptional, and compassionate

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Find us on
Facebook