



## Festival of Sleep Day is January 3rd

No, you are not dreaming. But, perhaps you should be. Festival of Sleep Day is today. It is an opportunity to sleep in, snooze, doze, nap, and catch 40 winks.

We feel this is the perfect date for Festival of Sleep Day. The holidays are over...Wow, weren't they exhausting! It's cold and snowy.... time to hibernate. And, why not re-charge the batteries as a new year of school and work begins?

Festival of Sleep Day is a favorite holiday to catch up on a little sleep. Whether its all day, a full 8 hours, or just a power nap, enjoy the day sleeping. Cozy up in bed on the couch, or any other comfortable place. Oh.... don't forget your favorite stuffed animal.

**Caution:** Sleeping at work is not recommended, today, or any day. The only exception is for mattress testers.

**Warning #2:** The Surgeon General has determined that sleeping is good for your health.



## January 1<sup>st</sup> is National Hangover Day

It's ingrained in our culture, to bring in the New Year with a whole lot of optimism, anticipation, and alcohol. Millions of us partied last night, and we partied very hard. For many of us, the biggest drinking night of the year, is followed by the biggest hangover of the year. For this very reason, today is called *National Hangover Day*.

Fortunately, most of us have the day off, so we can nurse our hangovers by sleeping, in, taking aspirin, and tomato juice, and perhaps "a little bit of the dog that bit us"!

Normally, we think of ways to "celebrate" special days. For this special day, the goal is to just get through it.



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Stop looking at me  
when people say  
"Out with the old!"



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## January 13th is Make Your Dreams Come True Day

Make Your Dream Come True Day gives you the opportunity to do something to realize your goals and dreams. Whatever your dreams are, they usually don't come true without some effort on your part.

So, today is the perfect opportunity to get off the sofa, and do something about it.

On this dreamy day do something, anything, to move in the direction of achieving your dreams. Sure, sometimes it takes several steps to accomplish them. So view today as a time to get started on them.

With a little effort, they will come true!

### **Favorite Song of Dreamers:**

*Somewhere over the Rainbow and If I had a Million Dollars*



Butter crunch lovers, today is your day. It's National Butter crunch Day. Today you can enjoy butter crunch ice cream, candy, or anything butter crunch.

Spend the day with one of your favorite snacks. Make it your personal goal to have something with butter crunch at each meal, and as a snack. *Tomorrow, you can return to the diet.*



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# Menu

## JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>CLOSED FOR NEW YEARS</b>
<b>4</b> Goulash Lettuce Salad Corn Garlic Bread Oranges	<b>5</b> Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	<b>6</b> Fish Fillet Scalloped Potatoes Lima Beans Dinner Roll Applesauce Squares	<b>7</b> Chicken Strips Mashed Potatoes & Gravy Cauliflower Dinner Roll Pears	<b>8</b> Glazed Ham Loaf Sweet Potatoes Green Beans Dinner Roll Apricots
<b>11</b> Hamburger Stroganoff over Mashed Potatoes Brussel Sprouts Dinner Roll Pears	<b>12</b> BBQ Pork Sandwich Potato Wedges Carrots Tropical Fruit	<b>13</b> Pork Roast Mashed Potatoes & Gravy Green Beans Dinner Roll Applesauce	<b>14</b> Steak & Mushrooms Buttered New Potatoes Broccoli Dinner Roll Oranges	<b>15</b> Chicken Salad on Croissant Broccoli Cheese Soup Peas Peaches
<b>18</b> Sloppy Joe Tri Taters Baked Beans Mixed Fruit Cookie	<b>19</b> Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Strawberries & Bananas	<b>20</b> Lasagna Toss Salad Carrots Garlic Bread Ambrosia Salad	<b>21</b> Chicken Fried Chicken Mashed Potatoes & Gravy Corn Dinner Roll Pineapple	<b>22</b> Taco Potato Boat Muffin Apricots
<b>25</b> Beef Tips & Gravy Mashed Potatoes Peas Dinner Roll Applesauce Squares	<b>26</b> Meat Loaf Mashed Potatoes & Gravy Broccoli Dinner Roll Applesauce	<b>27</b> BBQ Riblet Baked Potato Peas Dinner Roll Tropical Fruit	<b>28</b> Polish Sausage Mashed Potatoes & Butter Sauerkraut Muffin Baked Apples	<b>29</b> Roast Beef Mashed Potatoes & Gravy Cauliflower Dinner Roll Peaches

# Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

[ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)

[consumerresources.org/beware-coronavirus-scams](https://consumerresources.org/beware-coronavirus-scams)



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# Red Skelton's Recipe for a Perfect Marriage

1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays, I go on Fridays.
2. We also sleep in separate beds. Hers is in California, and mine is in Texas..
3. I take my wife everywhere....but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. 'Somewhere I haven't been in a long time!' she said. So I suggested the kitchen.
5. We always hold hands. If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said 'There are too many gadgets, and no place to sit down!' So I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, 'In the lake.'
8. She got a mud pack, and looked great for two days. Then the mud fell off.
9. She ran after the garbage truck, yelling, 'Am I too late for the garbage?' The driver said, 'No, jump in!'
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was Always.
12. I haven't spoken to my wife in 18 months I don't like to interrupt her.
13. The last fight was my fault though. My wife asked, 'What's on the TV?' I said, 'Dust!'

## January 14...Dress up your pet day!

Great news! You don't have to wait until Halloween to dress up your pet. National Dress Up Your Pet Day gives you the opportunity to .... you guessed it.....dress up your pet!

Some pets like to get dressed up. Others, want nothing to do with it. This day is an opportunity to really dress up your pet(s). Make something for them to wear. Or, go to a pet store and buy an outfit. Its winter, so something warm is best.

Sorry, we don't have any ideas on how to dress up goldfish.



### FUNNY ONE-LINERS

My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.

To kick start my New Year: I took an IQ test and the results were negative.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My wife still hasn't told me what my New Year's resolutions are.

I love when they drop the ball in Times Square. It's a nice reminder of what I did all year.

It's officially New Year's Eve, you only have a couple of hours to do all the things you will resolve not to do in the new year.

A New Year's resolution is something that goes in one year and out the other.

What happened to the man who shoplifted a calendar on New Year's Eve? He got 12 months!

May all your troubles last as long as your New Years resolutions?

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# Advice for All on New Year's Day

Ann Landers

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

**Call up a forgotten friend.** Drop an old grudge, and replace it with some pleasant memories.

**Vow not to make a promise** you don't think you can keep.

**Free yourself of envy and malice.**

**Encourage some youth** to do his or her best. Share your experience, and offer support. Young people need role models.

**Make a genuine effort** to stay in closer touch with family and good friends.

**Find the time to be kind and thoughtful.** All of us have the same allotment: 24 hours a day. Give a compliment. It might give someone a badly needed lift.

**Think things through.** Forgive an injustice. Listen more. Be kind.

**Apologize when you realize you are wrong.** An apology never diminishes a person. It elevates him.

**Try to understand a point of view** that is different from your own. Few things are 100 percent one way or another.

**Lighten up.** When you feel like blowing your top, ask yourself, "Will it matter a week from today?"

**Laugh the loudest** when the joke is on you.

**The sure way to have a friend is to be one.** We are all connected by our humanity, and we need each other.

**Express your gratitude.** Give credit when it's due—and even when it isn't. It will make you look good.

**Don't abandon your old-fashioned principles.** They never go out of style.

**Walk tall, and smile more.** You'll look 10 years younger.

**Don't be afraid to say, "I love you."** Say it again. They are the sweetest words in the world.

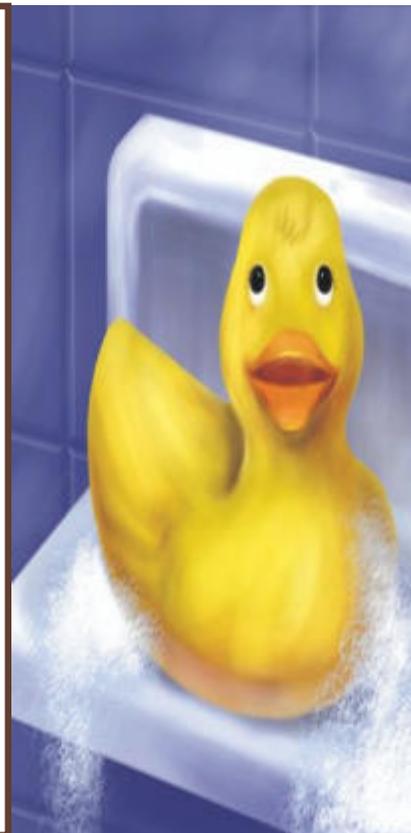
## Bubble Bath Day—January 8th

Bubble baths are so much fun. We wish everyday could be Bubble Bath Day. Today is a fun day to relax and enjoy the warm and soothing pleasures of a bubble bath. Best of all, it can be enjoyed by kids and adults. For kids, it's playtime. For adults, it's soothing pleasure, and perhaps ....playtime.

On Bubble Bath Day, there are a couple of ways to enjoy your bubble bath. It depends upon how old you are.

For kids, it's simple.... Just fill the tub with bubbles and toys. Then hop in and play!

For the ladies, it's time to relax! Fill the tub with bubbly water. Hop in and just enjoy the soothing water and bubbles. Before hoping in, set the mood with candles placed (safely) around the bathroom and tub. Add music, playing softly on the sink counter. For the guys: Don't feel left out! With permission, you can hop in, too! Get in touch with your feminine side, and make sure the candles are lit. You can relax and/or play. The proper sequence is to relax, play, and relax some more. We highly recommend both! Oh, and don't forget your rubber ducky!!



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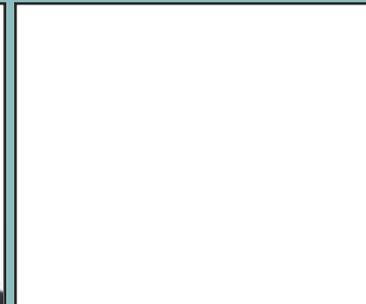
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## National Houseplant Day—January 10

### Happy January Birthday

- 1/5 Marilyn Klug
- 1/5 Chris Dixon
- 1/5 Helen Kern
- 1/5 Linda Dittmer
- 1/7 Howard Himmelberg
- 1/9 Betty Hitz
- 1/11 Nina Nelson
- 1/11 Vance Condon
- 1/12 Claudia Kiser
- 1/13 Jerry Konert
- 1/14 Jeanne Scheueman
- 1/16 Delores Valasek
- 1/17 Marvin Murcek
- 1/22 Nancy Koch
- 1/22 Sondra Burnett
- 1/26 Judy Rohrich
- 1/28 Minnie Johnson
- 1/28 Susan Curtis
- 1/29 Rose Braun
- 1/30 Don Pickrel
- 1/31 Liz Czuba

The holidays are over. The decorations have been put away for another year. The house looks a little plain, a little drab. In the greyishness of January, your eye catches something in the corner of the room. Why, it's a houseplant! Funny, but with all of the holiday hubabuloo, you've all but forgotten your houseplants.

Today is THE day to get back to tending to, and loving your houseplants. And, it's also a day to appreciate just how special and important they are. They are therapeutic, lifting your mood and outlook. They add warmth and a calming effect. If you are a gardener, they give you an opportunity to play in the dirt, until spring arrives in the far, distant future.

Growing houseplants is pretty easy. They need a little sunlight, water, occasional nutrients, and a little love...

### How to Celebrate Houseplant Appreciation Day:

There are lots of ways to celebrate and enjoy this day. They include:

Start by making sure that the houseplants you already have, are well watered. Give them a special treat today... a little fertilizer.

If you do not have any houseplants, or just have a couple, buy a new houseplant (or two) on this day.

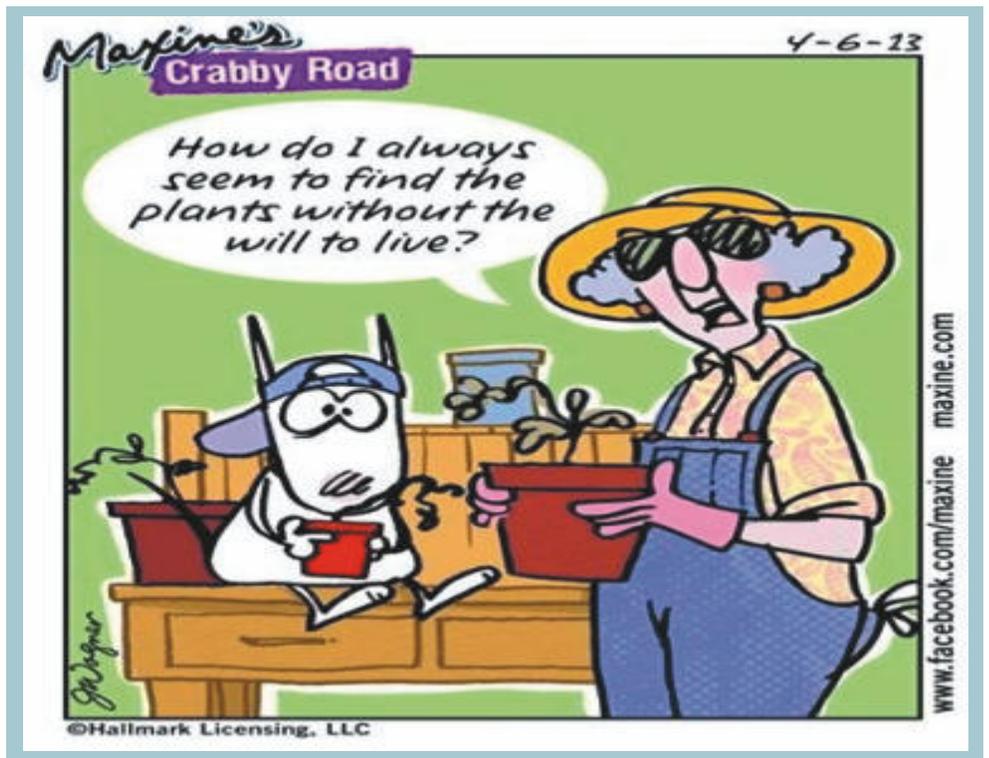
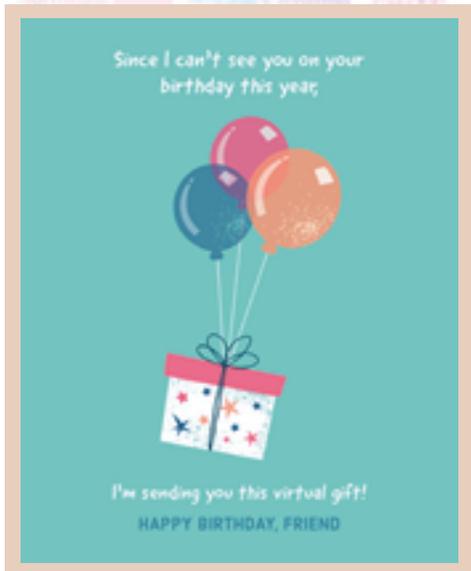
Learn more about the benefits of houseplants to your health.

Stand by your houseplant and breathe in the air! It's giving off oxygen.

Teach your kids about growing and caring for plants.

Give a houseplant to a friend, especially the elderly or shut-ins.

Talk to your plants. Yes, people believe plants respond positively, when you talk to them.



## Putting Off Cleaning Your Closet? Start Today!

Is opening your closet overwhelming? Is it filled to overflowing with more clothing than you need? Are there items hanging in there that have been around for decades? Maybe it's time to get organized and clean out that closet!

The thought of cleaning out a closet can be so daunting that it feels better to just go on ignoring the situation. But organizing a closet doesn't have to be an overwhelming project. With the right attitude, it can even turn out to be surprisingly enjoyable. And just think how great it will feel to have your closet under control once you've finished!

Remember, the goal is to get rid of as many items as possible while holding on to the things you wear regularly or love. You can keep all your favorites and jettison only those items that are simply taking up space. We've compiled some suggestions you may find helpful.

### A few helpful tips...

Empty the closet. Remove clothing, shoes, fashion accessories, and anything else you've been storing in the closet. Take your clothes off their hangers. Place items in piles depending on categories, such as pants, shirts, belts, shoes, purses, etc. Of course, it's possible you may very well end up completely covering your bed, bureau, and anything else that will hold a pile.

Evaluate your stockpile. Think of the project as a game. Go through each pile and ask yourself the following questions about each item.

Do I like it?

Do I wear it?

When was the last time I wore it?

Does it fit?

Is it out of fashion?

Do I have multiple versions of it?

Decide what's out and what's in. You may have to make some difficult decisions ahead of you. But, if you answer the questions above honestly, some of those decisions will be made for you. If you haven't worn something in a year, it makes sense to get rid of it. Likewise with items you don't really like all that much. Items no longer in fashion can go to the top of the list of things to ditch. There can be some gray area when it comes to items that no longer fit. Be realistic about whether or not an item will fit again in the near future.

Pass along whatever you can. You can donate items you don't want or need as long as they are still in good condition. You may want to check with family and friends first to see if someone else would like any of your discarded items. Do not donate items that look old or are damaged.

Yes, it's National Compliment Day on January 24!

Today is a great opportunity to say something positive about the people you come into contact with. Everyone has good attributes!

- It's a cinch to find compliments for family and loved ones, even for your Mother-in-Law. (Tip: She's probably a good cook.)

- Friends are friends because you see something good about them. Here's an easy compliment to a friend: "Wow, you're very intelligent...you choose your friends wisely".

It's more challenging to compliment your boss, or people you don't like. Take up the challenge, and find a compliment for them today, too.

**Remember:** Mama said "If you don't have anything nice to say, don't say anything". After a long search for something good, if you just can't find a compliment for them, then silence is golden.

Compliment Day is celebrated by offering sincere compliments to people you know. It is important that you are sincere. People will see right through insincerity, and you will do more harm than good.

How many compliments should you give out today? The common suggestion is five compliments. Yes, they should be to five different people.

I can live for two  
months on a good  
compliment.

- Mark Twain

## National Cheese Lover Day is January 20

Do you love cheese, all kinds of cheeses? Spectacular, as today is *National Cheese Lover Day*. Use today to savor and enjoy any of the hundreds of varieties of cheese. There certainly is no shortage of varieties. Depending upon what article you read, there is between 900 - 1,400 varieties of cheese, all classified by texture. It's easy to celebrate this special day. Set out a tray of several varieties of your favorite cheese and dig in. Having a cheese tasting party with your friends, will make this day a truly memorable one. And, don't forget the wine. Cheese goes great with wine.

### Some Cheesy Trivia:

- Cheese is more flavorful at room temperature.
- Americans consume over 31 pounds of cheese per year. But, that's nothing. But that's nothing compared to the French, who eat over 50 pounds of cheese per year.
- Historical records vary, as to when cheese was first made. It was somewhere between 7,500 and 8,000 B.C. Records suggest it may have first been discovered, by accident, in Poland or Arabia.
- The world's largest cheese was put on display on this day in 1964 at the New York World's Fair. It weighed over 34,000 pounds.

Eating cheese makes you feel Gouda. So, don't be bleu. Eat some cheese on *National Cheese Lover Day*.



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## What Makes a "True" Friend?

*"A true friend is someone who lets you have total freedom to be yourself – and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That's what real love amounts to – letting a person be what he really is."*

**-Jim Morrison, singer/songwriter**

Most people probably have a lot more "acquaintances" than "true friends." Acquaintances can be wonderful people who are important to us. But, there is something about a relationship with a real, "true" friend that makes the person more central and impactful in our lives. If you have someone in your life that you know will always be there for you through thick and thin, then you know what it feels like to have a true friend and you are a very fortunate person indeed.

The "seasoned" years provide a great time to strengthen existing friendships and make new ones. Like fine wine, friendships often improve with age. As we get older, we are no longer as influenced by some of the things that might have weakened a friendship when we were younger. We tend to be more comfortable in our own skin, more accepting and forgiving of others, and less critical of the "smaller" things in life.

Some studies have shown that having friends you can count on is measurably good for your health and well-being as you get older. Research suggests that friends can help improve the quality of life in later years and even lengthen life spans.

With all the people that come in and out of our lives through the decades, some will be acquaintances and some will be true friends. In general, true friends might be best described as people we "choose" to be our family.

### ***Characteristics of a "True" Friend***

A true friend is attentive. The desire to listen is the sign of a friend who really cares. A true friend listens to you with his /her full attention, validates your feelings, and responds with awareness and focus.

A true friend can be trusted. You can share your secrets with a true friend and know that whatever you share will stay with that person. A true friend does not gossip behind your back and will never say or do anything to damage your reputation.

A true friend will not judge. You can be confident that a true friend accepts and loves you as you are and does not expect you to be anybody or anything else. A true friend understands that you will not always agree with each other or share the same beliefs and opinions... and it is perfectly okay.

A true friend is forgiving. Nobody is perfect or immune from making mistakes and a true friend knows that. When you have disagreements or something hurtful happens between you, a true friend will find a way to reach across the divide that may separate you to grab your hand and hold on. A true friend does not hold a grudge.

A true friend says "I'm sorry." It isn't always easy to realize or accept when you are mistaken or have made an error. A true friend will try to see things from your perspective and acknowledge when you are right and he/she is not.

A true friend is honest, even when it is difficult. A true friend will tell you how they really feel even if it is not something you want to hear. He or she will applaud you for your positive actions and "call you out" when he/or she thinks you need to hear it.

A true friend helps you be more accepting of yourself. When you are full of self-doubt or your self-esteem needs a boost, a true friend will lift you up. He/she will help you see the positives you may overlook when you are feeling down about yourself.

A true friend is supportive through highs and lows. During life's victories, a true friend will be your loudest cheerleader. He/she will be genuinely happy for you. During times of heartbreak, pain or crisis, a true friend will be there to support and guide you without hesitation.

A true friend keeps drama to a minimum. Every friendship has its dramatic moments, but a good friend will not create drama just for attention. A healthy friendship does not require theatrics to keep it strong.

A true friend makes friendship a priority. Lives are busy. A true friend makes time for you. He or she tries to keep up with what is happening in your life even when life is hectic. If you need a true friend, he or she will always find a way to be there for you.

A true friend is in it for the "long haul." Friendships that endure the test of time do not just happen. They are forged by a desire and determination to see them thrive and flourish. A true friend knows and respects the fact that there is an ebb and flow to most friendships. You may not see a true friend for weeks months, or even years, but it never takes long to pick right up as if you were together yesterday.

# Positive Words Search

T	E	Y	E	V	E	I	L	E	B	G	A	S	L	X
D	E	C	O	U	R	A	G	E	O	U	S	U	O	X
P	T	H	D	R	A	S	E	G	N	I	F	S	D	X
E	A	D	O	S	T	R	O	N	G	T	E	L	Y	X
N	N	E	G	N	R	S	O	I	H	C	K	N	I	X
L	U	R	S	I	E	N	D	G	C	A	N	I	J	X
O	T	E	S	I	W	S	U	S	P	U	L	O	N	X
V	R	I	D	M	U	O	T	E	F	J	E	A	T	D
E	O	P	V	E	H	C	A	H	B	R	A	V	E	X
T	F	E	D	T	O	D	S	U	O	R	E	N	E	G

Look for the following positive words. They may be spelled forward, backward, downward, upward, or diagonally.

KIND

BELIEVE

COURAGEOUS

HONEST

FUNNY

BRAVE

GENEROUS

THOUGHTFUL

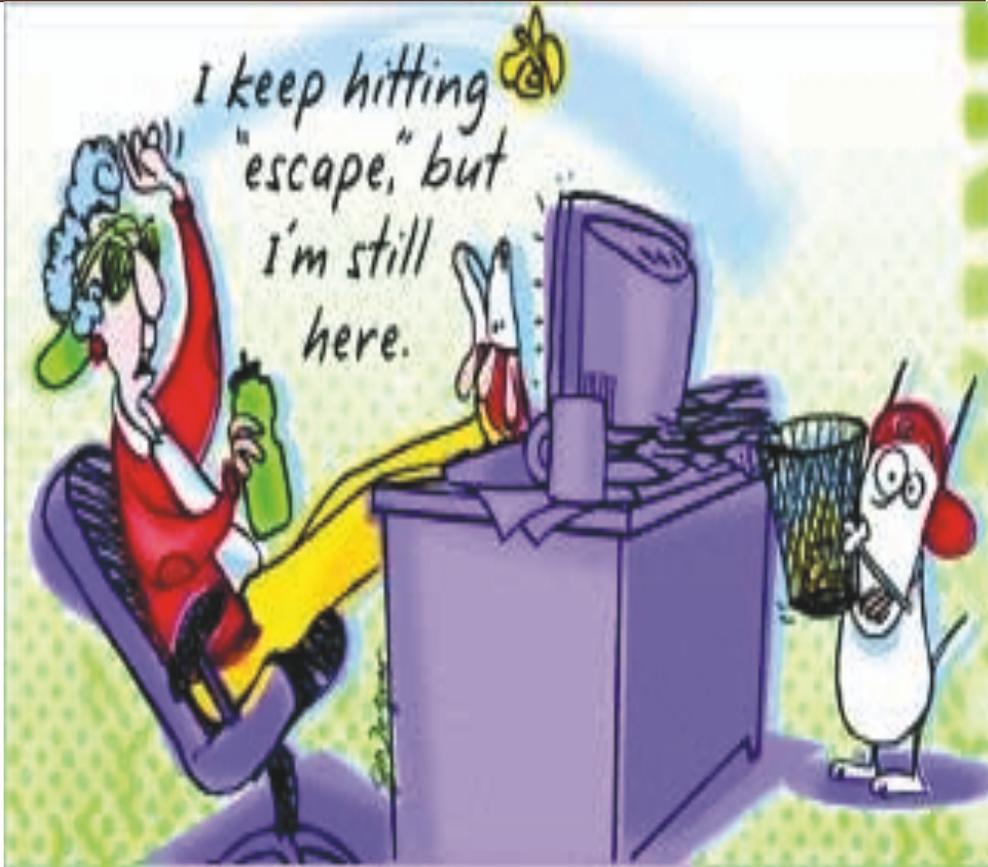
LOVE

FORTUNATE

STRONG

WISE

I want to escape too!



Don't be puzzled by today. National Puzzle Day honors puzzles of all size, shape and form. Crossword puzzles are by far the most common. Sudoku, a number puzzle, is the most recent puzzle rage. There's easy puzzles, and there's puzzles for experts. They fit the needs of every person, and every skill level.

Puzzles are a favorite pastime of millions of people, young and old. So, what's with this fascination over puzzles? There's numerous reasons for its popularity. For many, doing puzzles is fun. Some people just like the challenge of completing them, and graduating to evermore complex and difficult puzzle solving levels. For others, it is a way to kill time, and to eliminate boredom. Others still, do puzzles to keep their mind sharp, or to learn new words.

Whatever the cause for your interest, spend National Puzzle Day doing puzzles

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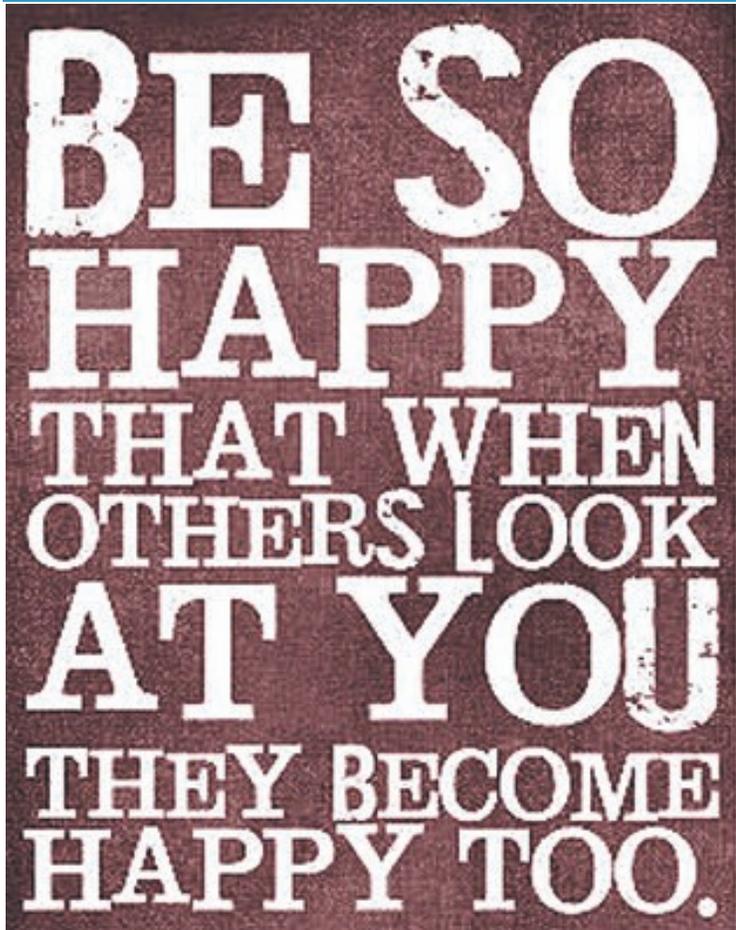
**Columbus Community Center**

3111 19th Street

Columbus, NE 68601

Monday—Friday

8:-00—4:00



**COMMUNITY CENTER STAFF**

**Cindy Branting**

**Community Center Manager**

**Donna Klopnieski**

**Office Associate**

**Pat Hinze**

**Head Cook**

**Sylvia Frieze**

**Program Assistant**

**Allen Foltz**

**Program Assistant**