

*JANUARY 2021*

# LINDEN PLACE NEWS

*a great place to live*




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*May we choose to look forward to  
the New Year and be thankful for  
all we have! Happy New Year!*

## *January Birthdays*

**January 4 - Mary Burns #606**

**January 13 - Betsy Cameron #105**

**January 19 - Eunice Neufeld #505**

**January 24 - Dora Kornelsen #603**

Happy Birthday to all who are  
celebrating a birthday this month!





• FROM THE DESK OF •  
*the Chaplain*

*“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.” (Isaiah 43:18-19)*

Another year has passed, and another new year begins. We enter every new year, leaving behind a year full of memorable events and looking forward with certain expectations to a year yet to be lived and experienced. In 2020, Covid-19 seemed to overshadow everything else that happened in the world or our homes. There were still children born, wedding and birthdays celebrated; people got sick, and some have passed away. But all that seemed to happen behind doors, and neighbours and friends could not be part of our lives.

So, we move into the new year with mixed feelings and emotions. Today's verse tells us, “Remember not the former things, nor consider the things of old.” But there are events and people we want to remember, events and people that became dear to us; they became a part of who we are. And so, we journey on, looking back and anticipating what lies ahead.

Scriptures promise us new things and inspire us to observe. “Behold, I am doing a new thing; now it springs forth, do you not perceive it?” What a wonderful encouragement for the new year; so full of excitement and mystery. It almost feels like Advent.

So, what are you looking forward to in 2021? Is it a big birthday? Or a wedding anniversary? Maybe the birth of a new great-grandchild will be announced, or you plan to move to a new place. Whatever the new thing will be, as Christians, we have the assurance that every good gift comes from above. For some of us, the new year might begin just like the old year ended, with grief and suffering. For all of you, the Lord has a promise too. “I will make a way in the wilderness and rivers in the desert.” May these words be an encouragement to you, and may you find rest for your soul in His presence.

May the new year help you leave behind that which is too heavy to bear, and may your path be lined with beautiful memories. May the new year bring the good news of “a new thing” and refreshment for those who find themselves experiencing a wilderness of life. For everything, there is a season, and for every season, there is a promise.

Ron Babel, Chaplain



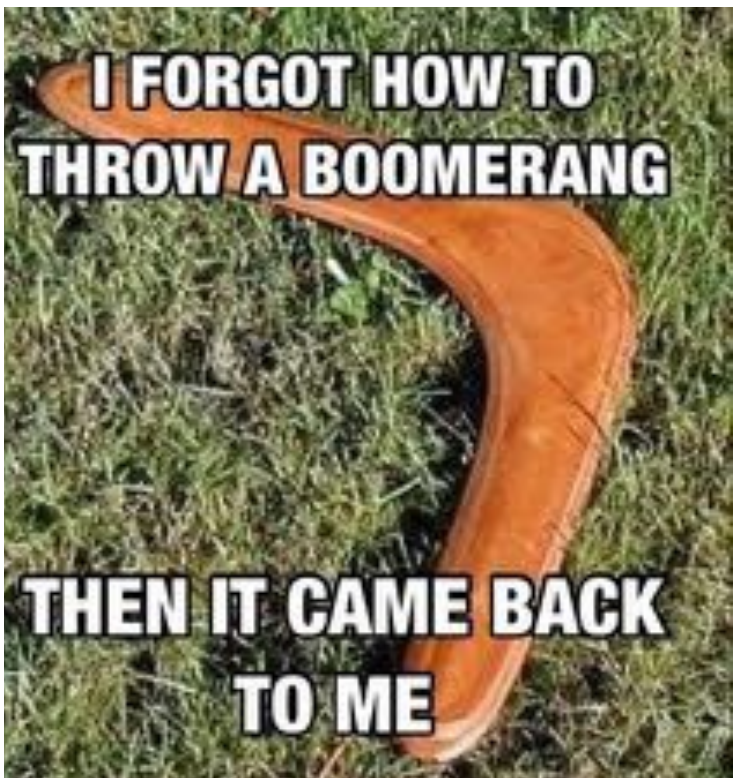
# The Funny-Punny Page!

MERRY CHRISTMAS AND FORGET  
THE LOOT, I'M ASKING SANTA...



TO GIVE COVID THE BOOT!!

*Written by Erna Dueck in #405*



**MY FRIEND WENT BALD  
YEARS AGO BUT STILL  
CARRIES AROUND AN  
OLD COMB WITH HIM**

UnKNOWN PUNster ©2019

**HE JUST CAN'T PART  
WITH IT**

What do you call a chicken  
staring at lettuce?



Chicken sees a salad.

Dad Jokes Full of Shame

3000worded.com

**ONE MINUTE YOU'RE YOUNG AND FUN,  
AND THE NEXT YOUR TURNING DOWN THE STEREO IN  
YOUR CAR TO SEE BETTER!**

# 7 TIPS TO BEAT THE WINTER BLUES



## 1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



## 2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



## 3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



## 4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



## 5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



## 6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



## 7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

*For these tips, make sure to use COVID friendly ideas and methods when needed!*



## Video Chats with Family

Just a reminder that Janie can set up a video chat with your family or friends if you like. Just call the office and we'll make the necessary arrangements.



# JANUARY 2021

## ACTIVITY IDEAS

S	M	T	W	T	F	S
					1	2
					Find three good things to look forward to this year.	Mail a note of encouragement or write a letter to an old friend or to your pastor.
3	4	5	6	7	8	9
Select and start reading a new book from the Linden Library on the 5th floor.	Read through a book of the Bible, start to finish in one day.	Arrange a time with Janie to video chat with family or friends.	Focus on what's good, even if today feels tough.	Puzzles for Prizes day! Enjoy doing the new puzzle today, and don't forget to hand it in next week!	If it's nice outside take a walk and enjoy the fresh air!	Take some time to stretch. Do it sitting in a chair, or lying in bed.
10	11	12	13	14	15	16
Do a puzzle. There are plenty to borrow from the shelf in the Library.	Write down a favourite childhood memory.	Call a friend or a family member and share the memory you wrote down yesterday!	Clean up or organize a shelf or cupboard in your apartment.	Puzzles for Prizes day! Enjoy doing the new puzzle today, and don't forget to hand it in next week!	Phone a friend and ask for a new recipe to try.	Bake some cookies to put in the freezer.
17	18	19	20	21	22	23
Say something positive to everyone you meet today.	Listen to a radio station you've never listened to before!	Try a new TV show or a new radio station.	Check out the 7 Tips to Beat Winter Blues on page 5 and do one of them.	Puzzles for Prizes day! Enjoy doing the new puzzle today, and don't forget to hand it in next week!	Call a friend or a family member and encourage them, a little encouragement goes a long way!	Make some time for self care - do something kind for yourself.
24/31	25	26	27	28	29	30
Take five minutes to sit still and think of things you are thankful for.	Make a big pot of your favourite soup. Can some in jars or put it in the freezer for later.	Sort through a junk drawer or organize a pile of papers. Feel the satisfaction of having things tidy!	Eat healthy food today, food that really nourishes your body.	Puzzles for Prizes day! Enjoy doing the new puzzle today, and don't forget to hand it in next week!	Construct a family tree! How many generations back can you record?	Do an act of kindness today.