



### Notable Quotable

“An optimist stays up until midnight to see the New Year. A pessimist stays up to make sure the old year leaves.”

~ Bill Vaughn, columnist



## January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

### Winter

When the geese are flying south  
And the sky is grey, my dears,  
Close your eyes and lift your nose;  
Listen with your careful ears.

Feel the winter coming on;  
Hear it in the cracking trees;  
Note the crisping, quivering wind  
Sharply snapping at their leaves

- Betsy Ross – January 1, 1752
- Isaac Asimov – January 2, 1920
- Joan of Arc – January 6, 1412
- Zora Neale Hurston – January 7, 1891
- David Bowie – January 8, 1947
- Alexander Hamilton – January 11, 1755
- Faye Dunaway – January 14, 1941
- A.A. Milne – January 18, 1882
- Edgar Allan Poe – January 19, 1809
- Benny Hill – January 21, 1924
- Virginia Woolf – January 25, 1882
- Bessie Coleman – January 26, 1892
- Tom Selleck – January 29, 1945

*We are like a  
SNOWFLAKE  
All different in our own  
Beautiful way*

*If hugs were snowflakes,  
I'd send you a blizzard*

### Healthy Skepticism

Once you hear that January 13 is International Sceptics Day, you might want to check the date for yourself, because some people claim that this holiday falls on October 13, while others insist that it always falls on the first Friday the 13th of the year. It turns out that a little skepticism is healthy. Skepticism, after all, urges us to corroborate what we learn by seeking supporting facts, whether in the field of science, politics, relationships, or just about anything. Too much skepticism, though, can lead to cynicism and

denial, even in the face of overwhelming evidence. Similarly, a lack of skepticism can lead to naivete and being taken advantage of. When psychologists talk about healthy skepticism, they are talking about that “Goldilocks” area—not too much, not too little, but just the right amount. If this sounds plausible to you, perhaps you should consider joining the Sceptics Society, a group emphasizing critical thinking as a means to resist pseudoscience, superstition, and irrational belief. But you might want to do a background check on those folks first.

# Villa Retirement Lodge

January 2019



Wishing everyone a safe and Happy New Year!

### Celebrating January

### Birthdays:

**Jan Oliver**  
*January 16*

**Margaret Tucker**  
*January 20*

**Points of Interest:**

**Pensionnaires**  
*January 3*

**Popcorn Day**  
*January 19*

**Martin Luther King Jr. Day**  
*January 21*

**Java Music Club is back**

## New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in

religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during holiday celebrations.

CHEERS!



## Cold Weather Quotes

“In the cold dark days of the winter, dream about the flowers to get warmed up! “

“What good is the warmth of summer, without the cold of winter to give it sweetness. “

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

“Scarves, mittens, and hats are a great way to express your personality in the cold weather.

“Who knows how long the cold weather will last.”

Stay warm this winter



