



The Senior Care Place  
A NC Certified ADC and ADHC Center

# SCP Times

107A Commons Drive • Mooresville, NC 28117 • (980) 444-6319



## January 2025

### A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.

### Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

### Memorable Melody: 'Feels So Good'

This title track from Chuck Mangione's 1977 album is the definition of smooth jazz. The composer and flugelhorn player edited the album version from nearly 10 minutes to a more radio-friendly 3 1/2 minutes, and his efforts paid off: The song hit No. 1 on Billboard's Easy Listening chart and peaked at No. 4 on the Hot 100, welcoming new listeners to the jazz genre with its upbeat, catchy melody. Having appeared in multiple commercials, TV shows and movies, "Feels So Good" radiates familiar, comforting vibes even today.

### What's That Noise?

Many of us still remember the sounds of the past—the "cha-ching!" of a cash register, the click-clack of a typewriter, or the dialing of a rotary phone—despite their modern-day replacements. For a fun, nostalgic activity, imitate some outmoded noises and have your friends to guess what you're describing.

### From the Director's Desk:

Happy New Year SCP Club Members,  
We are in the year 2025! How amazing is it to navigate this new year together. I'm always thinking of all of you today and every day that I wake. As we embark upon this new year, let us celebrate together the opportunity to see this year guiding us to a road of new life, new laughter and eternal moments of love. I thought about all of you when I ran across this poem by *Ralph Waldo Emerson* to share with you. Happy New Year!

*This is my wish for You,  
"I wish you Comfort on difficult days,  
Smiles when sadness intrudes  
Sunsets to warm your hearts and hugs when spirits sag. Beauty for your eyes to see, Friendships to brighten your being, faith... so that you continue to believe, confidence when you have doubt, courage to know yourself, patience to accept the truth and love to complete your life..."*

Always Giving My Best,  
Helen





# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1 8:30 Breakfast Club 10:30 Current Events & News 12:00 New Year's Trivia 2:00 Brain Games 3:00 Happy New Year Party!! 4:00 Music & Time Together 5:00 Relax & Chill Zone	2 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise <i>12:00 Pack Up &amp; Go!</i> 4:00 Music & Time Together 5:00 Relax & Chill Zone	3 8:30 Breakfast Club 10:30 Current Events & News 12:00 Weekend Stretch <i>2:00 Intro to Craftiness</i> 2:30 BINGO Friday! 4:00 Music & Time Together 5:00 Relax & Chill Zone	
5 	6 8:30 Breakfast Club 10:30 Current Events & News 12:30 Strength & Stretch 2:00 Brain Games 3:00 A Soldier's Story - Veterans Day 4:00 Music & Time Together 5:00 Relax & Chill Zone	7 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise 12:00 Brain Games 2:00 Poetry Flow 3:00 Selective Game Choice 5:00 Relax & Chill Zone	8 8:30 Breakfast Club 10:30 Current Events & News 12:30 Strength & Stretch 2:00 Brain Games 3:00 Chair Basketball 4:00 Music & Time Together 5:00 Relax & Chill Zone	9 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise <i>12:00 Pack Up &amp; Go!</i> 3:00 Puzzle Mania 4:00 Music & Time Together 5:00 Relax & Chill Zone	10 8:30 Breakfast Club 10:30 Current Events & News 12:00 Weekend Stretch <i>2:00 Intro to Craftiness</i> 2:30 BINGO Friday! 4:00 Music & Time Together 5:00 Relax & Chill Zone	
12 	13 8:30 Breakfast Club 10:30 Current Events & News 12:30 Strength & Stretch 2:00 Brain Games 3:00 A Soldier's Story - Veterans Day 4:00 Music & Time Together 5:00 Relax & Chill Zone	14 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise 12:00 Brain Games 2:00 Poetry Flow 3:00 Selective Game Choice 4:00 Music & Time Together 5:00 Relax & Chill Zone	15 8:30 Breakfast Club 10:30 Current Events & News 12:30 Strength & Stretch 2:00 Brain Games 3:00 GOLF PROs 4:00 Music & Time Together 5:00 Relax & Chill Zone	16 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise <i>12:00 Pack Up &amp; Go!</i> 4:00 Music & Time Together 5:00 Relax & Chill Zone	17 8:30 Breakfast Club 10:30 Current Events & News 12:00 Weekend Stretch <i>2:00 Intro to Craftiness</i> 2:30 BINGO Friday! 4:00 Music & Time Together 5:00 Relax & Chill Zone	18 
19 	<b>Martin Luther King Jr. Day</b> 20 8:30 Breakfast Club 10:30 Current Events & News 12:30 Strength & Stretch 2:00 Brain Games 3:00 A Soldier's Story - Veterans Day 4:00 Music & Time Together 5:00 Relax & Chill Zone	21 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise 12:00 Brain Games 2:00 Poetry Flow 3:00 Selective Game Choice 5:00 Relax & Chill Zone	22 8:30 Breakfast Club 10:30 Current Events & News 12:30 Strength & Stretch 2:00 Brain Games 3:00 Chair Basketball 4:00 Music & Time Together 5:00 Relax & Chill Zone	23 8:30 Breakfast Club 10:30 Current Events & News 11:30 Stretch & Flow Exercise <i>12:00 Pack Up &amp; Go!</i> 3:00 Puzzle Mania 4:00 Music & Time Together 5:00 Relax & Chill Zone	24 8:30 Breakfast Club 10:30 Current Events & News 12:00 Weekend Stretch <i>2:00 Intro to Craftiness</i> 2:30 BINGO Friday! 4:00 Music & Time Together 5:00 Relax & Chill Zone	25 
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## Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

Decade	Words
1940s	country music, TV, jeep, cook-off, jet stream
1950s	action figure, bumper sticker, videotape, TV dinner
1960s	junk food, fender bender, vibe, carpool, ZIP code
1970s	retro, ATM, shopaholic, comfort food, gas-guzzler
1980s	photo op, couch potato, mouse pad, cardio, email
1990s	World Wide Web, brain freeze, spoiler alert, bestie
2000s	bucket list, podcast, cornhole, sudoku, selfie

## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.