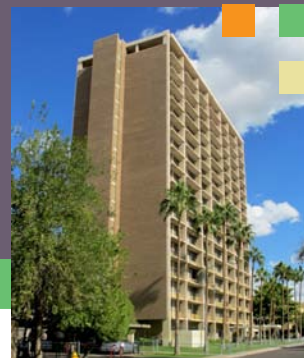


# Fellowship Towers Newsletter

Retirement Living For Special People

January 2018

222 E. Indianola Avenue, Phoenix, AZ 85012 \* 602.266.9438



## Upcoming Events

**Night of the Three Kings** - Jan 6th. Phoenix Zoo, 5:30 - 8:30 pm, Includes Zoo Lights! \$12.95 - \$19.95

**Maricopa County Home & Garden Show** - Jan 13th - 15th, (Fri-Sun) Arizona State Fairgrounds - 10 am to 6 pm except Sunday 10 am to 5pm - \$8

**Rock 'n' Roll Arizona Marathon** - Jan 12th -14th. Lots of free stuff to enjoy, [www.runrocknroll.com/arizona/](http://www.runrocknroll.com/arizona/)

**Barrett-Jackson Auto Auction** - Jan 14th - 22nd, West-World of Scottsdale, Exhibits open at 8 a.m., \$20 on up, see website for details: [www.barrett-jackson.com](http://www.barrett-jackson.com)

**Disney On Ice: Worlds of Enchantment** - Jan 19th to 22nd, Talking Stick Resort Arena, check website for show-times and prices, \$11.25 - \$85

**Arizona Military Vehicle Show** - Jan 28th (9am - 5pm) and Jan 29th (9am - 4pm). Tempe Diablo Stadium, \$5



*"Either cheer up or take off the hat."*

**"Cheers to a new year and another chance for us to get it right."  
Oprah Winfrey**

## Manager's Corner

I hope everyone had a great Christmas Luncheon!

A big thank you for all the residents who donated to EMS: Linda Austin, Jack Clark, Mary Cordone, Bill Davis, Bobby Dahlstrom, Margaret Gordon, Rae Kett, Ron Knight, Thom Lumley, James Lund, Bonnie Millslagle, Mike Mullaney, Lee Patsy, Joe Perilli, Marilyn Price, Geraldine Rheaume, Margaret Sampley, Gloria Spinato, Liz VanDuker, Janice Wales, Don Wright and Anonymous.

The New Year is upon us! That means the opportunity for a fresh start will soon present itself. Use the remaining days of 2017 to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2018, set a goal that focuses on bettering your overall health, both physically and mentally. It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something you're truly passionate about changing. Here are a few New Year's resolutions we suggest considering:

**1. Exercise for 10 minutes every day**  
Staying physically active is key to healthy

aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness like walking to the park.

**2. Explore new volunteer opportunities**  
Volunteering is a great way to give back to the community, but it also benefits your own health, increases self confidence and brings fulfillment to life. It also connects you with like-minded individuals, which is great for your mental well-being.

**3. Revive an old friendship**  
It's not always easy remaining close to friends who don't live right down the street. But there are dozens of resources you can use to rekindle old friendships. Make a telephone call, send an email or reach out to one of your childhood buddies via Facebook or another social media platform. Keep in touch and perhaps plan a get-together.

**4. Spend more time with the grand kids**  
Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. Staying connected with your grand kids on a regular basis will strengthen the bond between you and keep the entire family closer together. This year, consider gathering with your loved ones every other week to catch up.

**5. Make healthier dessert decisions**

It's easy to reach for that sugary treat after dinner. But consuming those not-so-healthy choices every night may eventually lead to weight gain, high blood pressure and other chronic issues. Make 2018 your year to make smarter choices. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

**6. Revisit an old pastime**

When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over! Revisit an old hobby of yours this year.

Happy NEW YEAR!!!

*Coculana Swart*



**Have A Happy  
and Prosperous  
New Year!  
from all of us at  
Fellowship Towers**