

Kopernik Lodge

Newsletter



Celebration of the Millennium Jubilee of the Kingdom of Poland

In 2025, we celebrate a unique and extremely important anniversary in the history of Poland. Our beautiful Homeland is 1000 years old.

Down the Rabbit Hole in January

January is a significant month for *Alice in Wonderland* enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898. His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the “nonsense poem,” one of the best examples of which is “Jabberwocky,” which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting Wonderland to marvel at the unique genius of Carroll and his enduring creation.



We are grateful

for the joy and happiness you've added to our life.

We would like to express our deepest gratitude to the Pastor, Nuns, Parishioners and the Knights of Columbus, from the Polish Saint Casimir's Catholic Parish, for their kind contribution to the wellbeing of our Residents.

Thanks to their considerate efforts and boundless generosity our Residents received beautiful Christmas gifts, which brought genuine smiles to their faces. The useful gifts, that were requested on handmade cards placed on the tree in the Church, for the parishioners to take and fulfill, infused happiness and delight into Residents' lives. They were a wonderful reminder of love and warmth that Christmas brings.

Thank you for caring and making us feel loved and remembered. Thank you for making this Christmas extra special.

Bóg zapłać *God bless you*





Memories of **MERRY** Christmas

Our holiday season was filled with love, laughter, and joy!

We are grateful for our residents, families, friends, staff, volunteers and community members who make Kopernik Lodge our home. We would like to thank everybody for making our Christmas 2024 a month long celebration. Thanks to the hard work of many elves, the Holidays were filled with visiting performers, carollers, tree trimming, crafts, parties and gifts. Our elves contributed in many ways bringing cheer and goodwill to Kopernik; making it a Christmas to remember.



Christmas memories

Tree Trimmig



O Christmas Tree

*you stand
in splendid
beauty*







The Son of God was born in Bethlehem



**HOLY
MASS
SERVICE**



Santa was here...



memories of Christmas Past





One of all time favorite Christmas traditions is singing together Christmas carols.



The Knights of Columbus choir and a special guest Mr. Krzysztof Majewski, Polish Vice Consul joined Residents in Christmas carolling; in the spirit of giving, community, and joy.



Jest taki dzień

Jest taki dzień, bardzo ciepły, choć grudniowy
Dzień, zwykły dzień, w którym gasną wszelkie spory
Jest taki dzień, w którym radość wita wszystkich
Dzień, który już każdy z nas zna od kołyski

Niebo ziemi, niebu ziemia
Wszyscy wszystkim ślą życzenia
Drzewa ptakom, ptaki drzewom
Tchnienie wiatru płatkom śniegu

Jest taki dzień, tylko jeden raz do roku
Dzień, zwykły dzień, który liczy się od zmroku
Jest taki dzień, gdy jesteśmy wszyscy razem
Dzień, piękny dzień, dziś nam rok go składa
w darze

Niebo ziemi, niebu ziemia
Wszyscy wszystkim ślą życzenia
A gdy wszyscy usną wreszcie
Noc igliwia zapach niesie





Our warmest thanks to our wonderful Resident Sheila, who treated us to an extraordinary family concert. During Christmas her daughters performed for our Residents. What beautiful voices and music! Sheila was extremely proud, and rightly so. So much talent and kindness!



POLONEZ
Polish Folk Dance Group



Polonez

Polish Folk Dancers shared their love of Polish traditions and culture through dance with our Residents.





In December, our Nursing Department performed for our Residents. They were singing Christmas Carols and dancing. Prior to that performance, they were practicing their dance moves at home. We must say they were synchronized and amazing. The performance was rich and engaging and created a lively and heartwarming atmosphere. Residents loved and appreciated the show!

Great job Nurses and Care Aides at Kopernik Lodge!
Thank you from the bottom of our hearts!







HEJ KOŁĘDA, KOŁĘDA



Wishing you beautiful moments, treasured memories, and all the blessings a heart can know.



2025

NEW YEAR'S EVE
Celebration



Proud to be Polish!

Poland has had a long and rich history. Over the past thousand years the country has defended its freedom and sovereignty from foreign aggressions on numerous occasions. Due to country's geo-political location between the East and the West, Polish history is marked with wars and uprisings. There was a time when Poland was the largest country in Europe, but there was also a stage when it was totally erased from the world map for over a hundred years. Thanks to the resilience and pride of the who value freedom above all, Poland has not only managed overcome troubles, but also has been offering its own contribution to not only to European, but also World's history and culture.



The legend of three Slavic brothers

Poland's history dates back to prehistoric times. The legend says that there were three Slavic brothers Lech, Czech and Rus. Each of them had their own tribe and settled in different parts of Europe, between Oder in the west and Dnieper in the east. Lech established their home on a hill, where a huge oak tree stood, with a mighty eagle's nest between its branches. Lech was amazed by the view of soaring eagle and considered it as a sign from the gods for him and his people. He decided to settle there and chose the white eagle with its wings spread wide against the sunset sky for their emblem. Soon they built a town which they called Gniezno (a "nest" in the Slavic language).

The Duchy and Baptism of Poland on April 04, 966

The West Slavic tribe of Polans who lived in what is today the historic region of Greater Poland, gave rise to a state in the early 10th century, which would become the nascent predecessor of the Kingdom of Poland.

The first documented ruler was Mieszko I (from Piast dynasty), who lived from around 960 to 992. His reign was also associated with the creation of the foundations of Polish statehood.

Mieszko I formed the Duchy of Poland. On April 04, 966 duke Mieszko I converted to Christianity. By baptism he brought the Piast State into the circle of Latin Western Civilization of nations.

Mieszko I left behind a relatively extensive and well-ordered political body for those times. During his reign, the borders of Poland marked their presence on the map of Europe for the first time in a shape resembling the one we know from modern atlases.



Baptism of Poland by Jan Matejko



Celebration of the Millennium Jubilee of the Kingdom of Poland

Year 2025 is the 1,000th anniversary of the coronation of Bolesław Chrobry - the Brave (sometimes called Bolesław the Great) as the first king of Poland.

On April 18, 1025, Chrobry was crowned King Regnum Sclavorum, Gothorum sive Polonorum.

By this momentous political and religious act, Chrobry sealed the existence of Polish State as an independent, sovereign kingdom.

It is worth remembering this act, when looking at the Polish national emblem, in which the crown on the head of the White Eagle reminds us of the first coronation, performed a thousand years



Bolesław I the Brave of the Piast dynasty, son of Mieszko I and Dobrava of Bohemia, was crowned as the first King of Poland at the cathedral in Gniezno on April 18, 1025. Chrobry elevated the status of Poland from a Duchy to a rank of kingdom, after receiving permission for his coronation from Pope John XIX.

The Piast monarchy, the Kingdom of Poland, for the first time in Bolesław's times, officially became an independent, full-fledged entity of international politics. To use modern terminology, Polish independence and sovereignty was born.

Chrobry's coronation is not only an anniversary related to an important historical event, but also a symbol of the beginning of Polish national identity, state traditions and Poland's significant role in the international arena.

Gniezno where the coronation took place was a huge town among the lakes. It was the seat of the archbishopric established in 1000 and the spiritual, cultural and administrative center of the country. Gniezno with the stone cathedral, at a time when the ruler spent most of his reign traveling, touring his lands or leading expeditions, served as a symbol of the stability and prosperity of the state.

The Piast court supported the Christian faith in the newly established kingdom. Thanks to Chrobry, great changes in the sphere of faith and religion took place in Poland.

Evidence of the former splendor of Piast strongholds and of king's rule are coins (below), silver denars, including coronation denars and a copy of 'Princes Polonie'. These coins are also one of the earliest evidence of the use of the word Poland.

Bolesław Chrobry is widely considered one of Poland's most accomplished Piast monarchs. He was an able strategist, statesman, and a strong mediator in Central European affairs.

During one of his expeditions, in the summer of 1018, before becoming the king, Bolesław I captured Kiev; where he installed his son-in-law Sviatopolk I as ruler. According to legend, Bolesław chipped his blade when striking Kiev's Golden Gate. In honour of this legend, the Szczerbiec ("Jagged Sword") would later become the coronation sword of Polish kings.



Timeless Treasures

Old-fashioned toys have a timeless charm that still brings joy during the holiday season. These classic playthings remind us that fun doesn't need to be high-tech to be memorable. Take the Slinky, for example. Invented in the 1940s by a mechanical engineer, this simple metal spring became an instant hit. Kids marveled as it "walked" down stairs. Over 300 million Slinkys have been sold since.

Then there's the yo-yo, which dates back to ancient Greece. The modern version we know today gained popularity in the 1920s. Yo-yos were a must-have for kids learning tricks like "Walk the Dog" and "Around the World." They remain a nostalgic favorite and are often found in Christmas stockings.

Another beloved toy is the Etch A Sketch, introduced in 1960. This magical drawing board uses knobs to create pictures with aluminum powder. It sold over 600,000 units during its first Christmas season. The Etch A Sketch became a staple under the Christmas tree, offering endless creativity without the need for batteries.

No list of classic toys would be complete without the beloved jack-in-the-box. Originating in the 16th century, this whimsical toy has delighted children for centuries. The thrill of turning the crank and waiting for the cheerful pop of a clown or other character never gets old—a perfect reminder that sometimes the most delightful toys are the ones that make us smile with anticipation.

And who could forget Lincoln Logs? These wooden building sets were created in 1916 by John Lloyd Wright, the son of renowned architect Frank Lloyd Wright. This open-ended toy allowed children to build miniature log cabins and other structures. The sets are still cherished for their simplicity and the way they spark the imagination.

These toys remind us that sometimes the simplest playthings bring the most joy. Consider adding a few of these timeless classics to your holiday traditions. Perhaps you even have some stored away in an attic. They're sure to bring smiles, just as they have for generations.

The Demo Heard 'Round the World

Some call it the day that launched the personal computing revolution. Others call it the "Mother of All Demos." On December 9, 1968, a computer engineer, Douglas Engelbart made a presentation to an audience of 1,000 at the San Francisco Convention Center; foreseeing the future of computing.

In 1968, computers were considered by many to be little more than fancy calculators, but Engelbart and a group of 17 other researchers had been working since 1962 at the Stanford Research Institute in Menlo Park, California, to prove that computers were much more than that. Computers, they believed, could augment human intelligence: using a computer, we could work smarter and faster, thereby dramatically increasing our ability to do good in the world.

During the 100-minute presentation, Engelbart presented the first computer mouse, so called because of the long cord resembling a mouse's tail. He used the mouse to move a cursor around a screen, highlight words, and resize windows. A video of Engelbart himself appeared on half of the screen, while the other half displayed the computer's working output. Soon after, Engelbart's colleagues appeared on-screen to converse and help modify the document. The team was effectively demonstrating the first collaborative remote videoconference.

While we take such technological innovations for granted today, in 1968, such a presentation was mind-blowing. Personal computers were not accessible to the public for another 12 years. However, the interface Engelbart described, is still the basic computer interface we use today.

Goody Goody Gumdrops!

February was a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fleer Corporation. Diemer accidentally created a formula for gum that wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named *Gumdrops* in the 1960s.

Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care.

These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February was full of reasons to celebrate these nostalgic treats.

Curtains Up on Opera

With an explosion of media outlets available on the internet, some think the days of opera as an art form are numbered. Operas have been entertaining audiences for 400 years.

In its heyday, opera was the most exciting and dramatic form of entertainment imaginable. The greatest composers, musicians, and singers performed in elaborate music halls. No expense was spared on the grand sets and fine costumes. The perfect marriage of music and theater, opera was a thrill, even in America. During the 1920s, throngs of young fans would stop traffic in New York City just to catch a glimpse of their favorite soprano. The kids screamed, threw flowers and ribbons, waved American flags, and acted in a manner typically associated with fans of the Beatles. Yes, 100 years ago, opera was like rock 'n' roll.

So which opera should one see, or hear, to feel this exuberance of yesteryear? Many believe that the greatest opera is Mozart's *Don Giovanni*, a masterpiece that is serious, frightening, and funny all at the same time. Mozart's *The Marriage of Figaro* and Rossini's *The Barber of Seville* are two parts of the same story. Rossini's opera, a prequel to Mozart's, gives more detail to the life of the wily comedic hero Figaro. Verdi's *La Traviata*, one of the most performed operas in the world today, has come a long way from when it was first condemned as scandalous in 1853. Then there is always Bugs Bunny's *What's Opera, Doc?* Elmer Fudd is hunting wabbits again, but this time he is in full Viking gear in a parody of Wagner's *The Ring of the Nibelungen*.

If the human voice is indeed "God's most beautiful instrument," then there may be no better way to enjoy it than listening to the opera.



Galloping into Radio History



The call of “Hi-Yo, Silver! Away!” first echoed on Detroit’s WXYZ radio station on January 30, 1933. A mysterious masked cowboy known as the Lone Ranger went on to become one of the most famous and influential western heroes of the 20th century.

WXYZ station owner George Trendle and writer Fran Striker co-developed the idea of *The Lone Ranger*, yet neither of them had any experience with cowboys or the Wild West. To them, this hardly mattered. After seeing the success of the movie *The Mask of Zorro*, they wanted to develop an American version of a masked swashbuckler. Furthermore, they wanted their hero to set an example of good morals and to stand for truth, justice, and freedom. The show was an instant success and eventually drew an audience of 20 million faithful listeners three times a week.

The writers did not worry about historical accuracy. This was perhaps most evident in the character of Tonto, the Lone Ranger’s faithful Native American sidekick, who uttered simple phrases and groans. During early episodes, the Lone Ranger was often stuck talking to his horse, Silver. The writers realized they needed a second character, so they introduced Tonto on February 25, 1933. Like the Lone Ranger, Tonto was also a model of justice and truth, often providing the brains of the duo.

By the 1950s, *The Lone Ranger* had moved to film and television and starred Clayton Moore as the masked hero. The western craze hit full stride, and a string of hit shows followed: *The Roy Rogers Show*, *The Adventures of Wild Bill Hickok*, *Bonanza*, *Gunsmoke*, *Maverick*, and *Rawhide*. Some argue that the western declined with the Red Scare, the Space Race, and the Cold War. Yet others contend that westerns never went out of style. *The Lone Ranger* struck gold in 1933, and westerns have been treasured ever since.

The Language of Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napoleon’s French army. This code of dots, known as *écriture nocturne*, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier’s system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army captain was incredulous and offended. History, however, has proven Braille’s contribution to be as important as Gutenberg’s printing press.

Rails of Adventure



Cable cars use cables to pull them up or lower them down. San Francisco’s iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Mount

Corcovado. The valley of Gulmarg—the Himalayan “meadow of flowers” in India’s Jammu and Kashmir regions—boasts the second-highest cable car ride at 13,500 feet. One of the longest cable car rides is in Switzerland’s Alps. The 19-minute journey from the village of Grindelwald to Männlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots!

Brain Bending Fun



January might be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned

Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January's brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.

Dial Up the Nonsense

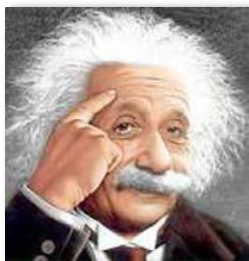
While some people believe that Inane Answering Message Day on January 30 is a day to revise any long, annoying, or otherwise inane answering messages, many believe it is the perfect day to put a smile on your caller's face by recording a silly message for their listening pleasure. Below you'll find some wonderfully inane treasures to record on voicemail:

"Hello! You've reached the future. Your call is important, but right now, it's still the past where I am. Leave a message and I'll get back to you when the time's right."

"This is you-know-who. We are you-know-where. Leave your you-know-what you-know-when."

"You've reached [Name], where everything is made up and the points don't matter. Except your message. Your message definitely matters."

Celebrate the Unusual



January 10 is the day to hug the nonconformist in your life—it's Peculiar People Day. The word *peculiar* is not an insult. Some of the most creative scientists and artists were known for their eccentricities. Albert

Einstein picked up cigarette butts off the street to collect tobacco for his pipe. Salvador Dalí gave lectures in a deep-sea diving suit to represent being submerged in the subconscious mind and walked an ant eater on a leash through the streets of Paris. Ben Franklin began his days with an "air bath," standing in front of an open window to catch a breeze in his birthday suit. All of these people may have shared a trait that psychologists call "cognitive disinhibition," a failure to ignore irrelevant information. While many filter out unhelpful information, creative types make offbeat connections all day long, leading to peculiarity, yes, but also wonderful innovations.



**Happy
Chinese
New Year**



Illuminating the New Year

The Chinese Lantern Festival, also known as Yuan Xiao Jie, was celebrated on February 12, 2025, marking the end of the Lunar New Year festivities. With a history that spans over 2,000 years, this festival has its origins in the Han Dynasty (206 BC–AD 220), when emperor Han Mingdi promoted the lighting of lanterns to honor Buddha. Over time, the tradition evolved into a broader celebration of family, community, and hope for the future.

At the heart of the festival are the colorful lantern displays, which light up streets, parks, and homes. In ancient times, these lanterns were simple paper creations illuminated by candles, but today's festivals feature intricate designs, often shaped like animals or iconic symbols. Lanterns are believed to symbolize letting go of the past and embracing good fortune for the coming year.

A unique aspect of the festival is the tradition of solving riddles attached to the lanterns. Dating back to the Song Dynasty (960–1279), these riddles provide a fun, intellectual challenge for festival-goers, with puzzles that range from playful to deeply philosophical.

Tangyuan, sweet glutinous rice dumplings, are a key part of the festival's culinary traditions. Their round shape represents family unity and harmony, and they're often filled with sweet sesame paste, peanuts, or red beans. The festivities also include lively performances, such as lion and dragon dances, along with dazzling fireworks displays that heighten the joyful atmosphere. Historically, the festival was one of the few occasions when young women could venture out in public, adding a romantic element for couples strolling beneath the lantern-lit sky.

The Lantern Festival remains a cherished cultural event in China, blending ancient traditions with modern celebrations and offering a moment to reflect on the past while welcoming the future with hope and light.



Calling All Bingo Lovers

The game dates all the way back to 1530, when Italians played a game called *Lo Gioco del Lotto d'Italia*. Some even say that this game was used to fight government corruption. Instead of winning a pot of money, those holding winning numbers were elected as local leaders.

The French first introduced a playing card full of numbers. Then in the 1800s, the Germans used the game as a tool to teach children math and spelling. It first appeared in America in 1929 at a carnival near Atlanta, Georgia, where it was called "Beano." When an excited winner shouted out the word *bingo* by mistake, an entrepreneur named Edwin S. Lowe overheard the faux pas, renamed the game, and employed a Columbia University mathematician named Carl Leffler to create 6,000 randomly numbered bingo cards.

Leffler purportedly went insane from the task. A Catholic priest asked Lowe to show him the game as a way of raising money for the church. Bingo has been a church hall mainstay ever since.

Bingo is a popular recreational activity and our Residents in Kopernik Lodge like to participate in the game.

This simple game can sharpen memory and help seniors to think more quickly.



A Magical Start to the Year



It turns out that January was a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome

fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

Gold Rush Gab

Dagnabbit, it's time for Talk Like a Grizzled Prospector. You've never heard that, you say? Perhaps you have heard of James Marshall, who, on January 24, 1848, discovered gold that started the California Gold Rush. Almost 100 years later, a farmer named Walter Knott built a western-themed ghost town on his berry farm. Knott's Berry Farm drew a wide audience, thanks to its guarantee that anyone who found gold on the property as part of the “panning for gold” attraction could take it home. Every January 24, Knott's Berry Farm holds its annual Prospector's Day parade. So dadgummit, hitch up yer overalls, grab yer dumfungled pan, and get ready to pan the whole consarn territory for the sockdolager payouts!



Dice Day Roll Call

Dice may be the ultimate random number generators. Some of the oldest known dice are more than 5,000 years old; they were part of a backgammon set from the historic Burnt City in Iran.



Why are dice sometimes called “bones”? In olden times, the *talus*, or ankle bones, of hoofed animals, such as sheep and goats, were used as dice. Since then, the name *bones* stuck. The dots on dice are called *pips*, and the six sides of a die also have names: ace, deuce, trey, cater, cinque, and sice. Speaking of *die*, where did this term for a single-number cube come from? It comes from the Latin word *datum*, which means “something given or played.”

HAPPY POLISH GRANDPARENTS DAYS

TO ALL OUR RESIDENTS ON JAN 21 AND 22

and every day of the year!

21 stycznia - Dzień Babci

22 stycznia - Dzień Dziadka

Wszystkim Babciom i Dziadkom składamy najserdeczniejsze życzenia zdrowia, pomyślności oraz pogody ducha. Dziękujemy za miłość, troskę i cenne rady. Niech wnuczeta czerpią z Waszej mądrości życiowej i obdarzają niekończącym się szacunkiem i uznaniem



"Grandparents are like stars. You don't always see them, but you know they're there"

"Grandparents make the world a little softer, a little kinder, and a little warmer."





Urszula and Wilhelm have been volunteering at Kopernik lodge for at least 8 years.

They met in Poland at work. They fell in love, married and had two children. In 1976, when their children were 3 and 10 years old, they decided to come to Canada.

When they came here, they were very impressed with Canada because at that time in Poland there were hard times.

Urszula's hobby is gardening, she loves flowers. When asked what's her favorite dish was, she said: "any soup would do." Urszula likes to socialize, be with people and adores elderly people. Her favorite colours are pastels.

Wilhelm likes to sing (he even belonged to the Polish Church's choir. His favorite dish is cabbage rolls and his favourite colour is navy blue.

They both like animals, they had a dog Rolf and their cat's name was Kiciuś.

We love to have Urszula and Wilhelm over at Kopernik lodge. They come every Thursday and help with Church service. They bring residents to the chapel, pray with them and take them to the garden for companion walks.

Brightening the Lives

The holidays and special occasions such as Valentine's Day are the perfect time to bring cheer and enjoyment to our Residents' lives.

Celebrating the holidays and special days, can be a lifeline to Resident's past, providing a sense of connection and continuity in their lives. These celebrations provide opportunity to share the joys of togetherness and tradition. Reminders of the holidays can bring back good memories and associations, lifting spirits and significantly boosting Residents' emotional well-being.

Participating in activities can stimulate cognitive function, promote social interaction, and foster a sense of purpose among Residents. These celebrations also have an important role in providing reality orientation; giving Residents prompts, reminding them of the season and time of the year.

To make the celebrations remarkable we start with decorating common areas setting the atmosphere. Our Residents are great artist and always rise to the occasion producing beautiful art and crafts for all occasions. Of course they also have a lot of fun creating their masterpieces.

Enthusiasm around commemoration of holidays and special occasions creates an atmosphere where joy spreads and everyone in the facility, from residents to staff, can feel uplifted. Together we create new memories we will cherish forever.



Spread Love & Kindness

"When we love,
we always strive to be
better than we are.
When we strive to become
better than we are,
everything around us
becomes better too."
-Paulo Coelho-

CHEERS TO SENIORITY



Getting older doesn't mean one should not live to the fullest or have a great time. Our Recreation Therapy team creates a vibrant social scene, bringing Residents together for some well-deserved fun.

Happy Hour is one of our popular programs where Residents are socializing, reminiscing and sharing amusing stories over a drink. Whether it is a cup of nice tea or something a little stronger, everybody is happy to be in good company, spending time with friends.



HAPPY

Hour