

January 2024

# Villages Gazette

The Villages at the River Club | 1176 Warfield Blvd | 931.552.7455 | VillagesRiverClub.com



## Celebrating January

### New Year's Day

*January 1*

### National Trivia Day

*January 4 – 3 pm Main Room*

### Piano Recital

*January 6 – 2 pm*

### Dress Up Your Pet Day

*January 14 – Share a picture*

### Martin Luther King Jr. Day

*January 15*

### Custom House Museum &

### Lunch at The Mailroom

*January 17 – meet 10 am*

### Let's Get Coffee at Yada

### Gourmet Coffee Day

*January 18 at 8:30 am*

### Take a Walk Outdoors Day

*January 20*

### Yard Games indoors!

*January 24 -1 pm Roxy*

### Bowling

*January 27 – 3 pm*

### National Curmudgeon Day

*Jan. 29 - Grumpy Old Men Movie*

### L & R Soda Bar & Markets

*Jan. 31<sup>st</sup> - 11am*

## It's a New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.

## RESIDENT SPOTLIGHT: Paula Lonte'- Richards



Paula was born in Illinois and has moved several times as a child. Her dad worked for Campbell Soup as a Manager, which caused them to move. Paula received her bachelor's and master's in education from Marquette in Milwaukee, Wisconsin. It was there that she met her husband, David. David was from New York and in 1984 she married him in Central Park Conservatory Garden. The day they married it was dark and rainy, but the wedding was at 2pm. The clouds parted and it ended up being beautiful after all. Paula designed and sold telephone systems to corporations, she was a liaison between broadcasters and the state of New York and New Jersey. It was at this time she met several presidents of the United States like Reagan, Bush, and Clinton. After that job, she worked in business marketing in career development. She taught individuals how to do their job better. She and David lived in Florida for 17 years. Paula had close friends that suggested moving to Clarksville after husband passed away from pancreatic cancer.

She has a dog named Mickey that they got from the pound. He barked once to let them know not to walk away. Once they got him home, he grabbed the leash to be taken on a walk!

Her favorite place is New Paltz, New York. It was a friendly college town. The college had many different fine arts programs. There was always a friendly face and someone you knew. Her best advice is "take one moment at a time - and stay positive."

Paula's greatest gift was learning to love unconditionally by the love of her life. She has had her fair share of struggles, but was once told, "God saves his biggest tasks for his strongest soldiers."

## Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day's delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.

## Bubble Bath

In the hustle and bustle of modern society, who has time to soak in the tub? Well, on January 8, Bubble Bath Day, nobody will be angry if you monopolize the bathroom.



Bubble baths first became popular in the early 1900s because parents believed they had a calming effect on children, making bedtime much easier. Why shouldn't the same hold true for adults?

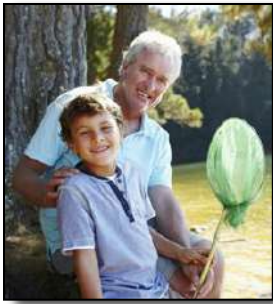
The hot water eases tension, the fragrant bubbles provide aromatherapy, and herbal bath salts can reduce swelling, improve circulation, and reduce muscle and joint pain. Add some candles and light music, and you've turned your bathroom into a spa. Even Cleopatra was known to take baths in milk and honey. You, too, can bathe like the queen of the Nile by adding a half cup each of powdered milk, honey, and castille soap to your next tub.







## Work Hard by Hardly Working



It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore.

We are constantly hearing that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

## January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

**Nancy DePriest – Jan. 9**

**Eva Pendergrass – Jan. 18**

**Tiffany Thompson (Cook) – Jan. 18**

**Don Watts (Cook) – Jan. 20**

**Madeline Illgen – Jan. 28**

## BIRTHDAY PARTY: JANUARY 12th

## Queen of the Sea



On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.

*Queen Mary 2* has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the QM2 is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.