

Thank you to everyone who took a Christmas tag from the Giving Tree this year. Your kindness and thoughtfulness mean so much to our residents, many of whom look forward to this season as a time of connection and joy. By fulfilling their holiday wishes, you're not just giving gifts - you're creating moments of happiness and showing that they are remembered and cherished. Your generosity brings light and warmth to our community, and we are deeply grateful for your support in making this season truly magical for our residents.



Hastings Senior Health & Living community news

hastings
senior health & living
a ministry of CASSIA



January Happenings!

- 3rd: Baking Group
- 4th: Hot Cocoa Bar
- 4th: Mint Ice Cream Social
- 9th: Pizza Luncheon
- 13th: Hot Cocoa Bar
- 16th: January Birthday Party
with music by Mary F.
- 21st: Bingo Store
- 23rd: Taco Luncheon
- 25th: Donut Social
- 27th: Hot Cocoa Bar
- 28th: Outing to the Legion
(SIGN-UP W/ TR)
- 31st: Baking Group

**Catholic Mass or Catholic
Communion Service
In 2nd Floor Lounge
Mondays at 10:30 AM**

Women's Group every Friday

Men's Group every Tuesday

**Bingo Every Wednesday,
Friday, Saturday & Sunday**

**See monthly activity
calendar for more activities
happening each day!**

Thank You for a Wonderful Year ❤️

As we look back on the past year, we are so thankful for the many memories we shared together. From everyday moments to special outings, each experience helped make our year meaningful and joy filled.

We enjoyed trips to Walmart, KFC, Ze's Diner, Arby's, the American Legion, Hastings Family Service, and the Leduc Mansion. We took time to relax and enjoy scenic drives, boat rides on the St. Croix/Mississippi river and Trishaw rides. Most of all we loved gathering for our monthly in-house luncheons, filled with good food and great company.

Thank you to our residents, families, staff, and volunteers for making these moments possible. Your support, smiles, and shared laughter are what make our community so special.

We are excited to see what **2026** has in store and look forward to creating many more memories together in the year ahead.



January Birthstone - Garnet



The garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary. The name garnet comes from the Latin word *granatum* (meaning “pomegranate”), since the stone resembles the color and form of this fruit. Garnets comes in a variety of colors, including pink, green, orange, clear, and even black. A green garnet, known as a 2 tsavorite, is very rare and thus is the most highly prized. They are found all over the world, including the United States, Sri Lanka, Greece, Brazil, and India. Ancient warriors believed that garnets brought victory, but they disagreed about the ways this task was achieved. The Crusaders believed garnets protected them from wounds and accidents. Asiatic warriors, however, believed that using garnets as bullets could inflict more severe wounds than lead bullets. Also, according to legend, garnets light up the night. Noah is said to have used a garnet lantern to navigate the ark.

January Birthdays

In astrology, those born January 1st–19th are Capricorn’s Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born January 20th–31st are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Happy Birthday!!!

Melvin L. 3rd

Grace K. 6th

Peggy K. 7th

Diane C. 10th

Janis S. 20th

Dick A. 26th

Rita B. 28th

Joan B. 28th



Chaplain’s Corner:
A New Year in God’s Care +

As a new year begins, we are invited to slow our hearts and place our days into God’s loving hands. Each morning is a gift from Him, and each step forward is guided by His grace. Whether the year ahead brings moments of joy, challenge, or quiet reflection, we can trust that God will walk beside us through it all.

Scripture reminds us:

“The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord turn His face toward you and give you peace.”

— Numbers 6:24–26

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

— Proverbs 3:5–6

Let this New Year be a time of renewal—renewal of faith, hope, and trust in God’s plan. May we release yesterday’s worries, give thanks for today’s blessings, and step into tomorrow with confidence, knowing that we are deeply loved and never alone.

May God’s peace dwell in our hearts and His presence be felt in our community throughout the year ahead.

Bird of the Month - Snowbird



A deep, distinct call (hoo, h’HOO, hoo, hoo) earned great horned owls the nickname “hoot owl.”

These muscular, nocturnal owls live in monogamous pairs, using this code of hoots to locate each other. Their piercing yellow eyes adapt to low light, and a unique auditory ability endows them with superb hunting skills. Great horned owls can detect the milliseconds it takes a sound to travel from one ear to the other. They turn their heads until the sound enters both ears simultaneously. At that point, they can home in on the exact location of prey, usually rodents, but occasionally skunk, porcupine, or other raptors. Rather than building nests, great horned owls scout out abandoned ones and spruce them up with grass, twigs, and their own breast feathers. They are wonderfully adaptable, living in every U.S. state in woodlands, swamps, mountains, suburban parks, and even empty city buildings.

“JANUARY, the first month of the year, A perfect time to start all over again, changing energies and deserting old moods, New beginnings, new attitudes.”

~ Charmaine J. Forde