

Grace @ Fairview Lakes

Name of your community * Address * Phone number * Fax number * Other information



Celebrating January Music

Sharon O. (MC) 1/1
Bobby Dee Keys (AL) 1/3
Ian & Andrew (MC) (AL) 1/4
Josephine S. (MC) 1/8
Rolando O. (AL) 1/10
Wendy M. (MC) 1/16
Spudman (AL) 1/17
Larry B. (MC) 1/22
Gayle C. (AL) 1/24
Old Time Fiddlers (MC) 1/29

**Sunday LDS service moves to
1:30 beginning January 5**

**Pastor Ray will be offering
service on Sunday mornings @
9:30**

**Parkview Christian Church
brings a bus on Sunday
mornings at 10:45 for any
residents who want to attend.**

**Inspire Your Heart
with Art Day
*January 31***

NEW KIDS ON THE BLOCK

Jerrold M. #106

Maureen B. #157

Fern E. #183

**Please join us in welcoming the newest additions to
our Grace family. Please introduce yourselves.**

“Winter came down to our home one night Quietly pirouetting in
on silvery-toed slippers of snow, And we, we were children once
again.” ~ Bill Morgan Jr.

Brain Games



As we age, we might misplace
our keys or forget the names
of people we know. These
forms of memory loss might
lead to worries about cognitive decline and even the onset
of diseases such as Alzheimer’s and dementia. Enter the
industry of brain teasers and brain games, which promise
to strengthen our minds and stave off cognitive decline.
January is International Brain Teaser Month, but can
these brain games actually fulfill the promises of mental
acuity they so readily advertise?

People should not avoid brain teasers, especially if they
enjoy them. However, studies do show how exercise
and socialization have positive effects on cognition as
well. So perhaps the best solution is to play your brain
games with a friend, rather than sitting alone in front of a
computer. Better yet, take that friend and join a juggling
club or play bridge, and then enjoy a lunch of brain-friendly
foods such as vegetables. It seems that the healthiest
modes of living for both the body and the brain are the ones
we have been practicing for centuries: eating healthfully,
exercising, and spending time with friends and family.