

# January

Parkview 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Write down one line a day of a memory or an item of gratitude. Don't want to write? - record it!	<b>2</b> Call a young friend or grandchild and ask them how their Christmas was.
<b>3</b> Look through your pantry and note what needs to be used up! Make plans to use it in meals this week.	<b>4</b> It's "National Spaghetti Day"! Make spaghetti for supper and use up some pantry ingredients!	<b>5</b> Look through your cookbooks and flag recipes that you would like to try. Plan a day to try them!	<b>6</b> It's "National Bean Day" today! Use beans in a meal today.	<b>7</b> Make homemade ice cream from half and half cream!	<b>8</b> If you are healthy and it is safe to do so bake something for someone else.	<b>9</b> Think of and prep some healthy snacks to keep on hand when the hunger pangs hit.
<b>10</b> Take out a book from our library that takes place in a different country. Learn about a new culture in literature.	<b>11</b> Today is "Human Trafficking Awareness Day." Pray for the many countries and people who are greatly affected by this	<b>12</b> It's "National Hot Tea Day". Turkey is the largest producer and consumer of tea. Have tea and pray for Turkey today!	<b>13</b> Cook up an ethnic meal. If you have internet look up travel videos from that country and partake in your own dinner theater!	<b>14</b> Look through your photos and recount the places you have travelled and the memories made!	<b>15</b> Listen to the news and take note of the countries mentioned and the hardships they face.	<b>16</b> Call up someone who has done lots of travelling. Ask them about their trips and there experiences
<b>17</b> Glance around and appreciate your home. Think of ways that you can make it even nicer, and easier to clean.	<b>18</b> Descalc your coffee maker and shake out the crumbs from your toaster. Give your counters a thorough cleaning.	<b>19</b> Sprinkle baking soda in your shoes and let it sit for 24 hrs. Shake them out or vacuum out before using.	<b>20</b> Use half a lemon (or lemon juice) to scrub stains out of cutting boards.	<b>21</b> Disinfect your remote control and phones. You likely touch these multiple times a day!	<b>22</b> Wash combs and brushes in a sink of hot soapy water. Your hair might be clean but is your brush?	<b>23</b> Wash your pillows and shower curtains in the washing machine!
<b>24</b> When sitting, see how long you can hold your legs straight out in front.	<b>25</b> Take a moment in your day to note a few things that bring you joy!	<b>26</b> Focus on eating healthy meals today! Think of ways to fill half your plate with vegetables.	<b>27</b> Set a timer for 5-10 min. and be active using a variety of exercises. Call Myka if you need exercise ideas!	<b>28</b> Exercise your brain! Do a puzzle! Get a puzzle from storage or do one that Myka has provided!	<b>29</b> Use tin cans from your pantry to use as weights while exercising.	<b>30</b> Enjoy a treat in moderation! Savor every bite!
<b>31</b> It's "National Hot Chocolate Day"! Sit down with a cup of hot chocolate.						