

Tales of Tail-Wagging Joy at Sterling Court

John and Bambi Satter, along with their beloved dog Miss Daisy, embarked on a new chapter in their lives when they made the decision to call Sterling Court their home this past May. Their story is filled with rich experiences and a strong sense of family (both two-legged and four-legged).

Daisy, their cheerful 3-year-old Shih Tzu, is a constant companion on their journey. She has grown accustomed to socializing with others, having started as a Covid dog, making her presence a delightful addition to Sterling Court. John is quick to say, "When we walk by Sarah's office in the lobby, she often comes out with treats for Daisy." With her charming name inspired by the movie "Driving Miss Daisy," it's evident that she shares in the Satters' adventures as she goes absolutely everywhere with them. When John and Bambi made the decision to become residents here, their choice was influenced significantly by Sterling Court's pet-friendly policies.

Before arriving at Sterling Court, the Satters called Dillon Beach their home, nestled on the southern edge of Bodega Bay.

Originally a vacation getaway home, the location eventually became their permanent residence. However, the presence of 15 stairs and the challenges of traveling from their small coastal town prompted them to seek a more accessible living arrangement.

John's life journey began with a four-year stint in the United States Air Force right after high school. His service took him to Spain for two years and then to Arizona, where he met Bambi on the 4th of July. Their fateful meeting marked the beginning of an enduring 57-year marriage. Post-military service, John pursued higher education through the GI Bill. He attended City College in Sacramento and later Sacramento State, earning a bachelor's degree in marketing. The GI Bill also played a pivotal role in helping them purchase



John and Bambi with their grandsons and Miss Daisy

their first home.

Their life journey has led them through various locations, beginning in the Willow Glen area of San Jose, where they welcomed their daughter, Lisa, into the world. They later moved to Livermore, where their son, Charlie, was born. John's impressive career spanned over 20 years at Alza Pharmaceuticals, starting in sales and culminating in his role as the director of sales services for the US. Following his tenure at Alza Pharmaceuticals, John ventured into the world of automobiles, fueled by his lifelong passion for cars. He and Bambi previously owned three classic Mustangs and two Model A Fords, including a 1930 coupe and a 1931 roadster. His automotive career at Lexus of Pleasanton for a decade was equally impressive, consistently earning him a place in the President's Club by selling about 150 cars each year.

Bambi's career was marked by her dedication to being a homemaker, actively involved in raising their children, engaging in various activities, and sharing her love for sewing and cooking. During the pandemic, her sewing skills shone as she created thousands of reversible Covid masks. As their children entered high school, Bambi contributed her talents to the Woodland Joint Unified School District before becoming an administrative assistant at UC Davis, working in the reprographics

(continued on page 7)



IT WAS A GREAT
Holiday
Season



Mark Your Calendar

Monday, January 1	New Year's Day
Monday, January 8	O.L.A. Luncheon
Sunday, January 21	Pancake Bingo
Monday, January 15	Martin Luther King Jr. Day
Friday, January 26	Senior Showcase Millbrae

Don't Forget...
Sterling Court is on...



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@SterlingCourt



Instagram
@Sterling_Court

Be sure to follow us and tell a friend!



New Year... New Fitness Plan?

Stepping into 2024, let's talk about something that's not just good for you but downright awesome for you – exercise! Picture this: daily strolls or kicking it up a notch with our weekly fitness class options. So, we've got these hallways, right? Perfect for a daily jaunt while it's cold outside, keeping those muscles moving and your heart doing a happy dance. Or, if you're feeling a bit more adventurous, join the crew at one of our several weekly fitness classes. It's not just about reps; it's a community thing, a shared journey towards feeling fantastic. And since it's a new year, this is the perfect time to kick off a new routine. Let's make this year about feeling good, one step at a time!

Explore New Hobbies in 2024

As the calendar turns the page to a new year, it's the perfect time to embrace fresh opportunities and dive into new hobbies. At Sterling Court, our vibrant community encourages residents to explore and enrich their lives with exciting endeavors.

Art of Expression: Creative Pursuits

Consider taking up painting; the results are nothing short of inspiring. The strokes of your brushes and the colors on your canvases tell stories of self-expression and artistic discovery. From watercolors to acrylics, your creations bring life and beauty to our community, and your artwork brightens the walls of our shared spaces.

The Written Word: Discovering the Author Within

For those of you who have a way with words, writing can become a newfound passion. Embark on the journey of storytelling, whether through personal memoirs, poetry, or short stories. Writing groups can sprout, providing a space for creativity and camaraderie while leaving a legacy for generations to come.

Harmonious Pursuits: The Joy of Music

Music has a unique ability to stir the soul and that's just one of the reasons we have so many musical events here. Consider picking up a musical instrument yourself for the first time or revisiting a long-lost talent. The joy of playing, singing, and even forming impromptu ensembles resonates throughout our halls.



Connecting Through Crafting: Handmade Happiness

Crafting is more than a pastime; it's a way to create beautiful, tangible pieces that brighten our surroundings. From knitting to woodworking, not only do these creations bring joy, but they also strengthen the bonds of friendship as we come together for craft sessions.

Embracing Life-Long Learning: The Sterling Court Spirit

At Sterling Court, the spirit of life-long learning is alive and well. The pursuit of new hobbies is a testament to our dedication to personal growth and fulfillment so try a new lecture series in the new year. It's a reminder that age is no barrier to embracing fresh interests and finding meaning in each day.

This year, embark on your own journey of discovery. Whether it's an unexplored artistic talent, a new musical endeavor, the thrill of crafting, or a love for the written word, there are countless opportunities to enrich your life here. As we enter 2024, remember that the canvas of life is never truly complete; it's always ready for the next stroke of inspiration.



January 24 is National Compliment Day

National Compliment Day is like a ray of sunshine to brighten someone's day or give a big thumbs up for a job well done! So, go ahead and sprinkle extra compliments around, not just on the 24th but anytime someone totally deserves it. Compliments are like magic - they boost someone's confidence and

give a high-five to their hard work (like the great staff here at Sterling Court 😊). It's not just about making the other person feel awesome; it also shouts out something cool about you. It says, "Hey, I noticed!" Whether it's celebrating someone's achievements or their killer style, a compliment is a superpower that goes a long way in spreading good vibes.

January 2024



Sterling

Activity Rooms

- BR—Bristol Room
- CY—Court Yard
- DR—Dining Room
- LB—Library
- LR—Living Room
- MV—Mt. Vernon Room
- PDR—Private Dining Room
- RR—Revere Room

- BRC—Burl. Rec. Ctr.
- SMSC—San Mateo Senior Center

The Weekly

Check *The Weekly* for current updates or changes in schedule.

The Daily

Check our main board for daily activities, located opposite the Front Desk.

Scheduled Appointments

Transportation Provided Monday—Thursday

	Sunday	Monday	Tuesday
		1	2
		New Year's Day 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR
	7	8	9
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/H.R. Fitness - RR 11:00 O.L.A. Luncheon - Burlingame 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader's Joe 3:00 Social Hour - RR 3:00 Michael Rabbino - Piano 7:00 Evening Movie - RR 7:00 Games - BR	
	14	15	16
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	Martin Luther King Jr. Day 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR	
	21	22	23
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Randy Johnson - Banjo 7:00 Evening Movie - RR 7:00 Games - BR	
	28	29	30
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Peter Master - Piano 7:00 Evening Movie - RR 7:00 Games - BR	

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">3</p> <p>9:30 Chat w/Chef Denis 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">4</p> <p>9:30 Donuts on Wheels 10:00 Shopping - Hillsdale Mall 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">5</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">6</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;">10</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR</p>	<p style="text-align: right;">11</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">12</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Joan Connolly - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">13</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;">17</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Book Review w/Cindy 3:00 January Birthday Bash 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">18</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Arts & Crafts - VR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">19</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Tom Shaw - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">20</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;">24</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">25</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">26</p> <p>9:30 Senior Showcase Milbrae 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">27</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;">31</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>			

Classes & Lectures

Lecture Series with Dick McKee

Dick McKee host series on Tuesdays at 11:00 a.m. in the Revere Room.

How Colors Affect You: What Science Reveals

This course is taught by Professor William Lidwell of University of Houston

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|------------|------------------------------------|
| January 2 | <i>The Meanings of Color</i> |
| January 9 | <i>The Black and White Lecture</i> |
| January 16 | <i>The Red Lecture</i> |
| January 23 | <i>The Yellow Lecture</i> |
| January 30 | <i>The Green Lecture</i> |

Scripture Study

Thursday, January 11 and 25 at 2:00 p.m. with Martha Saul, Rebecca Padulo and George Pappas in the Bristol Room. All are welcome.

Library Book Review

The third Wednesday of the month, January 17, Cynthia from the Burlingame Library, reviews books for us. You can also check books out and keep them until next month. Meet at 3:00 p.m. in the Revere Room.

Arts and Crafts

Please come and join us in the Mount Vernon Room on Thursday, January 18 at 2:00 p.m. for a fun afternoon with Mary. Our theme for this month will be announced with more details, we will supply all materials along with help for whoever needs it. No experience needed!

Wellness Support

Chat with Executive Chef Denis

Denis will announce the upcoming culinary special events and ask for reviews of the past month's special events. After that he will open up the meeting for any suggestions, comments or concerns. Denis' meetings are run just as efficiently as his kitchen and dining room, please arrive on time. You are welcome to attend the first Wednesday of each month in the Revere Room. The meeting on January 3 will start at 9:30 a.m. sharp.

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser, for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Fitness & Exercise

Chair Yoga with Holly Roser Fitness

Holly, John, and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Senior Fitness Video

This video is a completely balanced workout in chairs. The program incorporates Hatha Yoga techniques, gentle weight training, leg and abdominal strengthening, exercises to improve balance, stretching, deep breathing and relaxation. Join us every day, please see "The Weekly" for more details.

Beginning Functional Fitness with Lisa Kemp

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa Kemp every Thursday at 10:30 a.m. (except January 4th).

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination, and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Bus Trips

Drive to Church

Dmitry will take you to St. Catherine of Siena Church and Burlingame Presbyterian Church for the 10:30 a.m. mass on Sundays, at 10:00 a.m.



Standing room only at last month's concert 🎵

Please sign up for all events in the Activity Book located at the Front Desk

Program Highlights

Our Lady of Angels Burlingame – O.L.A. Luncheon

Senior Outreach Luncheon, Monday, January 8. Departure time at 11:00 a.m. Please sign up at the Front Desk.

Pancake Bingo

Pancake Bingo begins at 11:30 a.m. in the Dining Room. After a breakfast of pancakes and eggs enjoy a lively game of Bingo. The cost for Bingo is \$2.00 and includes a delicious breakfast. Sunday, January 21.

Senior Showcase Milbrae

An excellent resource for seniors and their adult children, meet and greet senior and family-focused businesses and learn about community services, health screenings by Coastside Adult Day Health Center, enter for a chance to win fabulous prizes, snacks and refreshments. January 26, departure time 9:30 a.m., sign up at the Front Desk.



Tales of Tail-Wagging Joy (continued from the front page)

and animal studies departments. Later, Bambi owned and successfully operated a cookware store, Cooking, etc. on Lincoln Avenue in the heart of Willow Glen for about a decade. The decision to sell the store just before the financial crisis in 2008 marked the beginning of their retirement plans.



Satter family

Their daughter, Lisa, and their two grandchildren reside in Burlingame, further strengthening their decision to living at Sterling Court. Lisa excels as an event planner for private events, and her two boys are making their way through Serra High School in San Mateo and the University of Colorado at Boulder. John and Bambi's son, Charlie, serves with Cal Fire, actively participating in fighting California's recent wildfires and currently undergoing training to become a paramedic.

Initially, John may not have been entirely enthusiastic about the move to Sterling Court, but his feelings have transformed into a deep appreciation for their new home. John and Bambi fondly express, "We were happily surprised with life at Sterling Court – from the management, all of the staff, and the warm and inviting residents." The well-placed location, close to their daughter and grandchildren, and the incredible community have truly made Sterling Court a precious gem in their lives. They relish the flexibility to dine within the complex or easily venture out for meals while also taking advantage of the various amenities. Unexpected gestures of kindness have left a lasting impact, like visits at their doorstep bearing glazed donuts and wine with hors d'oeuvres 😊.

In the end, the Satters' journey is a testament to the richness of life's experiences, the strength of family bonds, and the joy of finding a community where they can continue to thrive and create new memories. Sterling Court has welcomed them with open arms, and they have embraced this new chapter with open hearts.

SNOWMAN DIFFERENCES PUZZLE

FIND 10 DIFFERENCES IN THESE TWO IMAGES

Need help? You will find an answer key at the front desk.
(SeasonedTimes.com Puzzle)





Musical Notes

Enjoy a live musical performance on Tuesdays and Fridays at 3:00 p.m. in the Living Room

Tuesday, January 2

Eric Shifrin—Piano

Friday, January 5

Alex Bootzin—Piano

Tuesday, January 9

Michael Rabbino—Piano

Friday, January 12

Joan Connolly—Piano

Tuesday, January 16

Jeff Wessman—Vocal

Friday, January 19

Tom Shaw—Piano

Tuesday, January 23

Randy Johnson—Banjo

Friday, January 26

Kathleen Nelson—Piano

Tuesday, January 30

Peter Master—Piano

NEW YEAR'S DAY

The celebration of the New Year is a universal event although the actual date commemorating the turning of the year has varied throughout history. The earliest recorded New Year's festival was in the city of Babylon around 2,000 B.C. The New Year began at the vernal equinox, the beginning of spring, in late March. The festival lasted 11 days. The ancient Egyptians' New Year began with the Nile's flooding each summer. The ancient Romans observed March 25 as the first day of the year. Over the years, emperors and other Roman leaders changed the length of months and years to extend their time in office, so the calendar became out of sync with the seasons. In 153 B.C., the Roman Senate changed the New Year to January 1, but changes to the months continued.

In 46 B.C., the Roman emperor, Julius Caesar, ordered that year to last 445 days and that became

known as the "Year of Confusion." Caesar's Julian calendar had three years of 365 days, followed, each time, by one year of 366 days. The Julian year was 11 minutes and 14 seconds too long causing a cumulative error of about one day every 128 years. In 1582, after more than 800 years, the western world's calendar was changed by Pope Gregory XIII. The Gregorian calendar omitted 10 days following October 4, 1582 and provided for leap years which are years that are exactly divisible by four, unless they are also exactly divisible by 100. In these instances, they still aren't leap years unless they are exactly divisible by 400.

Catholic countries of Spain, Portugal, and most of Italy adopted the Gregorian calendar, but it wasn't until 1752 that Great Britain, the last of various countries, changed. The British Empire, including the American colonies, made the change by an act of Parliament so the day after September 2, 1782 became

January Birthdays

January Birthday Bash will be on Wednesday, January 17.

January 2	Lois Everett
January 2	Ron Chiappari
January 9	Peggy Johnson
January 9	Arleen Johnson
January 10	Maria Fazio
January 11	Jo Postin
January 17	Rena Marcotte
January 19	Janet Bock
January 21	Margaret Flynn
January 31	Frank Venturelli
January 31	Phyllis Parks

Welcome

Please give a warm welcome and introduce yourself to our new residents:

- #320 Thomas Yanagihara
- #338 Joyce Inouye
- #343 Harriet Roslow

September 14. The difference between the old (referred to as Old Style) and the new dates can be found by adding or subtracting 10 or 11 days.

NEW YEAR'S RESOLUTIONS

New Year's resolutions were started by the ancient Romans. After Julius Caesar named January 1 as New Year's Day, Roman worshippers made resolutions of good behavior to Janus - the god of beginnings, whose blessing was sought for the beginning of each day, month, and year, and at births. January was named after Janus (pronounced JANE-us), who had two faces - one looking east and one looking west. Other ancient peoples ushered in the New Year with rituals to do away with the past and purify themselves for the future. Our motto today is still out with the old and in with the new as we look ahead toward the promise of a better future.

PUZZLE ANSWER SHEET

SNOWMAN DIFFERENCES PUZZLE SOLUTION

