

Housing Partners of Western Nebraska

January 2016



From the Desk of the Executive Director

“Oh the weather outside is frightful...” the jingle to this popular song was certainly felt in our region with the freezing temperatures and the beautiful snowfall. Most of you were lucky and got “blown and shoveled” out of your apartments in a very timely manner. On the other hand, the county did not get their roads cleared in a timely manner at all. I was lucky to have a husband and neighbors who busted me out two days after the snowfall. With modern technology, one can work from home. but sometimes, things just need taken care of at the office!

We appreciate the positive comments our staff have received for their efforts!

Everyone works hard to try to do the best we can for our residents! But keep the comments coming...I also appreciate hearing if our staff are doing a good job.

Common sense....still snowing and blowing – its not a good day to go outside. Need to take the trash out? Use the front door and sidewalk that has been cleared. Leave home later in the morning, come back home before dark. “Walk like a duck”...a shuffle, waddle, shorter, smaller steps...your best bet to prevent falls and accidents! Did you notice? I had the auto-attendant turned off on our Housing Partners phone system, so you should have been able to talk to someone in December...not a recording.

From our Board of Commissioners, staff and myself, here’s “Wishing You an Awesome New Year in 2016!”

Nancy Bentley



Scottsbluffhousing.com

New Year Traditions From Around the World!!

Make Some Noise

- In ancient Thailand, guns were fired to frighten off demons.
- In China, firecrackers routed the forces of darkness.
- In the early American colonies, the sounds of pistol shots rang through the air.

Today, Italians let their church bells peal, the Swiss beat drums, and the North Americans sound sirens and party horns to bid the old year farewell.

Eat Lucky Food

- Eating any ring-shaped treat (such as a donut) symbolize “coming full circle” and leads to good fortune. In Dutch homes, fritters called *olie bollen* are served.
- The Irish enjoy pastries called bannocks.
- The tradition of eating 12 grapes at midnight comes from Spain.
- In India and Pakistan, rice promises prosperity.
- Apples dipped in honey are a Rosh Hashanah tradition.

In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floors (and allowed to remain there!)

Drink a Beverage

- Wassail, the Gaelic term for “good health” is served in some parts of England.
 - Spiced “hot pot” is the Scottish version of Wassail. It’s customary to drink a glass or two at home before sharing with neighbors.
- In Holland, toasts are made with hot, spiced wine.

Give a Gift

- Gifts of gilded nuts or coins marked the start of the new year in Rome.
- Eggs, the symbol of fertility, were exchanged by the Persians.
- Early Egyptians traded earthenware flasks.

In Scotland, coal, shortbread and silverware are exchanged for good luck.

Turn Over a New Leaf

- Jews who observe Rosh Hashanah make time for personal introspection and prayer, as well as visiting graves.
- Christian churches hold “watch-night” services, a custom that began in 1770 at Old St. Georges Methodist Church in Philadelphia.
- The practice of making New Year’s resolutions, said to have begun with the Babylonians as early as 2600 B.C., is another way to reflect on the past and plan ahead.



January Astrological Signs:



Capricorn - The Goat

December 22 - January 19

Your element: Earth

Your stone: Garnet

Capricorn's Secret Desire: to be admired by their family and friends and the world at large

TRAITS AND PERSONALITY:

Resilient & Patient. Whether the ambitious goat, or the goat that is content in their own domain, Capricorns are goal achievers, whilst being reliable and sympathetic.

Aquarius - The Water Bearer

January 20 - February 18

Your element: Air

Your stone: Amethyst

Aquarian's Secret Desire: To be unique and original



TRAITS AND PERSONALITY:

Trendsetters & Humanitarian. Although sometimes seen as eccentric, Aquarians are quick thinking, outgoing & loyal.

The Month of January!!

Bath Safety Month
Be kind to food servers month
Birth defects month
Celebration of life month
Cervical health awareness month
National Braille literacy month
National hot tea month
National mentoring month
National poverty in America awareness month
National soup month
National slavery and human trafficking prevention month
National volunteer blood donor month
Teen driving awareness month
Unchain a dog month
Thyroid awareness month



Quote of the Month:

"The Old Year has gone. Let the dead past bury its own dead. The New Year has taken possession of the clock of time. All hail the duties and possibilities of the coming twelve months!"

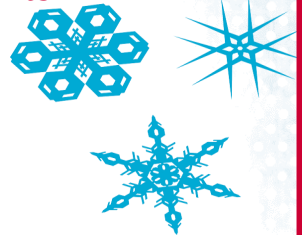
- Edward Payson Powell

CARPENTER CENTER INFORMATION



Carpenter Center Fitness Center
No charge to
Housing Partners of Western Nebraska Residents

CENTER HOURS:
MONDAY-FRIDAY 6AM-8PM
SATURDAY 8AM-NOON
CLOSED ON SUNDAY



January Meal Menu

Jan. 6-**Chicken Fried Steak**
Jan. 7-**Pasta Fagioli Soup**
Jan. 12-**Hot Beef Sandwich**
Jan. 14-**Chicken & Noodles
over Mashed Potatoes**
Jan. 19-**German Sausage with
Potatoes & Glace**
Jan. 21-**Swiss Steak**
Jan. 26-**Chicken Broccoli
Casserole**
Jan. 28-**Pork Chops**

Cost: 60 and up-\$5.00 59 and under-\$6.00 Public Housing Residents qualify for the \$3 United Way Meal! Please RSVP by 2PM the day before by calling (308) 635-8422. Includes an entrée, salad, drink and dessert. Join us for card games from 10am to 11:30am and then continuing after lunch. Come join the fun, socialize, and maybe make some new friends.

Carpenter Center

Freedom Dance

Classes are on Monday or Tuesday for ages 5-Adult for 1 hour and are based on skill levels. Toddler classes are for ages 2-4 for 1/2 hour, once a week. Hour classes are \$30 and 1/2 hour classes are \$20. Freedom Dance offers Ballet, Jazz, Creative Dance, Hip-Hop, and Tap classes.

Scholarships Available

For more information:

Carpenter Center, 116 Terry Blvd., Gering, NE 69341

Phone: 308-635-8422 E-mail: cc2004@carpentercenter.us



CARPENTER CENTER INFORMATION

One of our most popular programs is tumbling. Classes are for children age 3 through teen. The tumbling program helps participants build self-esteem, confidence, balance, coordination and flexibility. Our knowledgeable coaching staff provides positive reinforcement, support and encouragement. Classes are \$30.00 per month (ages 5 and up) and toddlers (ages 2-4) are \$20.00 per month. Classes are 5 days a week from 4pm to 8pm. Toddler Classes are Wednesdays at 4pm and 4:30pm. There is a maximum of 12 participants per class. Each class is held once a week.

Scholarships Available

For more information contact The Carpenter Center, 116 Terry Blvd., Gering, NE 69341 Phone: 308-635-8422 or email cc2004@carpentercenter.us



Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Two courts will be available indoors during the day (Mon-Fri) beginning in January. Additionally courts will be available on Tuesday nights from 6-8. Members play free; and non-members pay just \$3 per session. As interest continues to build in the Valley, we anticipate the potential for leagues and tournaments. So get in on the ground floor and start improving your game right now!



Building Blocks Daycare Center

Located in The Terry & Hazeldeane

Carpenter Community Center

116 Terry Blvd. • Gering, NE • 308-672-9700



January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED	2 Pet travel and safety day
3 Drinking straw day	4 World Braille day	5	6 Twelfth night	7	8 Show and tell at work day	9
10	11	12 Board meeting 12PM Resident Council 2PM	13 Colson Manor birthday party 5pm	14	15	16 Appreciate a dragon day
17	18 CLOSED MLK Day	19	20	21	22 Celebration of life day	23 National pie day
24	25 Bubble wrap appreciation day	26	27 Auschwitz liberation day Holocaust Memorial day	28	29 Fun at work day	30
31						