UPCOMING EVENTS:

Shopping and Errand Day
Thursdays, January 3rd, 10th, 17th, 24th, & 31st

Art Show Reception
Featuring: Residents of the Fifth Avenue
Sunday, January 6th

Birthday Celebration
Monday, January 7th

Shopping and Errand Day
Tuesday, January 8th, 15th, 22nd, & 29th

National Park Perspective
Talks: Wolves, Elk, Rivers, and Trophic Cascades in the Olympic National Park
Tuesday, January 8th

Music by: The Secords
Wednesday, January 9th

Shopping and Lunch in Silverdale
Friday, January 11th

Chamber Orchestra Concert
Friday, January 18th

Shopping and Lunch in Port Angeles
Friday, January 25th

To all the wonderful Carolers who shared their beautiful songs with the Fifth Avenue

Thank you!

RESIDENT ART SHOW
Coming Sunday, January 6th from 1:00 to 3:00 p.m.
We have a bunch of talented folks living here at the Fifth Avenue. Some of the wonderful items you will see displayed will be, water color and oil paintings, handmade quilts, handmade jewelry, and a wide variety of personal collectables. This is one art show you won’t want to miss. We’ll even put the coffee and cookies out for you. So come on down!
6 ways to beat the winter blues
Sunrise Senior Living

1. Enjoy natural light as much as possible
As long as the weather permits, try spending most of your time outdoors during the day. The natural light will have a positive impact on your overall mood.

2. Consider artificial light therapy
Because the winter doesn't offer as much time to enjoy daylight, you may consider artificial light therapy. Research by Harvard Health Publications found that using a light box to relieve SAD was just as effective as taking antidepressant medication.

3. Watch what you eat
There's something awfully satisfying about indulging in a cupcake or piece of candy on a bad day. But those sweets will only curb your feelings temporarily, and they may even increase your depression symptoms, according to research by the Western Human Nutrition Research Center. Instead, make health-conscious snack decisions that'll enduringly impact your mental and physical health, such as fruits, nuts or seeds.

4. Exercise during the daytime
Exercising in general can lift your spirits and improve your mood. But a preliminary study by the University of Tulsa found that those who performed physical activity under bright light reported fewer signs of seasonal depression than those with limited exposure. So how can you feel the same relief? Exercise outdoors - when the temperatures aren't extreme - or work out in a room with large windows that let the natural light in throughout the day.

5. Spend more time with the ones you love
According to Helpguide.org, one of the easiest ways to calm your nervous system and relieve symptoms of stress is to socially interact with people who make you happy. This can involve meeting face to face, chatting over the telephone or communicating via email or social media.

6. Find a new way to give back to the community
The point of volunteering is to give back, but you'd be surprised by how rewarding it can truly be. Not only will you feel more socially connected to like-minded people, but the sensation of self-worth you'll attain can ward off symptoms of depression and even benefit your physical well-being, according to Harvard Health Publications. If you're interested in volunteering, you can use this resource to find an opportunity near you.
Movies, Music, and Games

Musical Guests
January 9th
The Secords
@ 3:00 p.m.
In the Activities Room
January 22nd
The Messengers
@ 1:00 p.m.
In the Gallery
January 26th
Just N Time
@ 1:00 p.m.
In the Activities Room

Movies
Saturday & Sunday
Matinees
2:00 p.m.
Monday Evening
6:15 p.m.
In the Billiards Room

Games
Mondays
BINGO @ 1:00
Wii Bowling @ 3:15
Tuesdays
Billiards @ 3:15
Wednesdays
Poker @ 6:00
Thursdays
Rummikub @ 10:00
Fridays
Farkle @ 2:00
Saturdays
Farkle @ 1:00

If you have a game that you would like to get started, come see me in the Activities Office and let’s PLAY!
Jump on Board for Your Next January ADVENTURE...

The excitement is someplace new!

3rd, Shopping
Sign up for your shopping and errands from 9:00-3:00 on the hour. Shopping will now be on Tuesdays and Thursdays so look for the sign ups on the following days.
Tuesdays, 8th, 15th, 22nd, and 29th.
Thursdays, 3rd, 10th, 17th, 24th, and 31st

8th, National Park Perspective Talks
This series will be on Wolves, Elk, Rivers, and Trophic Cascades in Olympic National Park.
Bus leaves at 6:00 p.m.

9th, WOW Working on Wellness Presents
“Gastroenterology: The Full Scoop”
This seminar is Free-at the Trinity Church.
Bus leaves at 2:00 p.m.

11th, Silverdale shopping and lunch
Jump on the bus for a great get away or a ride and lunch with friends.
The bus leaves at 10:00 a.m.

18th, Chamber Orchestra Concert
Will be performing at Holy Trinity Lutheran Church, Port Angeles
Hunter Gordon, bassoon
Jonathan Pasternack, conductor
Port Angeles Chamber Orchestra

GRIEG Erotik
ELGAR Romance for Bassoon and Strings
REICHA Theme and Variations for Bassoon
TCHAIKOVSKY Serenade for Strings
Cost is $15.00 at the door
Bus leaves at 6:00 p.m.

25th, Port Angeles for Shopping and Lunch
Lets get out of town for a while and have lunch and shop. Join us for a fun afternoon.
Bus leaves at 11:00 a.m.

Santa’s Elves working hard!

TRIP NOTES:
Guest are always welcome to join us on our adventures, although residents are always seated first.
For your safety please wait for an employee to help with boarding or exiting the bus.
Now This I’m Ready For
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<th>Sunday</th>
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<td>24 HOUR NOTICE REQUIRED FOR ALL MEDICAL APPOINTMENTS AND THE YMCA HOURS AVAILABLE 8:30-4:30 TUE-THUR</td>
<td>6:00 Bible Study</td>
<td>1:00 New Years Day</td>
<td>9:15 DVD Exercise</td>
<td>2:00 Shopping (VO)</td>
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<td>1:00 Art Reception Featuring: Residents Month</td>
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<td>3:15 Let’s Play Pool</td>
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<td>1:00 Movie Night— “Cold Mountain”</td>
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Fun Fact: January is National Hot Tea Month
**NEWS FLASH**

Winter Solstice arrived on December 21st, 2018. It was also the longest day of the year. The Full Cold Moon appeared on that day. Believe it or not, the next full moon to actually peak on the Winter Solstice will not arrive until 2094!

Starting January 1st the Sun will rise at 8:02 a.m. and will set at 4:30 p.m. Sequim time! Giving us 8 hours and 27 minutes of daylight. With all that said, Is anyone ready for SPRING!

---Denise

**Who’s New at the Fifth!**

Dick & Gayle Larson B-101

Dick and Gayle are just getting settled in to the Fifth Avenue. Gayle loves walking and Dick would like some pointers on joining in a Bingo game or two. Please welcome them to our Fifth Avenue Community with a friendly hello!

Someone caught Mary kissing Santa Clause!

**Reminders of This and That**

- There may be an activity scheduled, so please ask before turning off any lights in the rooms.
- If you experience an emergency, please pull your emergency cord or call the front desk. We will come to your apartment and call 911 if needed.

Harold B. 2nd  
Pat F. 15th  
Arla M. 17th  
Gail T. 17th  
Bud H. 26th

Join us in the Lobby at 4:00 p.m. on Monday, January 7th for a musical performance by Mark Wardt. Followed by Birthday cake for dessert in the Dining Room at 5:00 p.m. Thank you Dietary Staff for making our Birthday Cakes.
The Fifth Avenue
500 W. Hendrickson Rd.
Sequim WA 98382

NOW THIS I'M READY FOR!

Want to take a closer look? Come on in!
Have questions, or want to schedule a tour?
Contact us at 360.683.3345 or info@thefifthavenue.com

Our Mission:
"To inspire healthy, active lifestyles and vibrant community interaction for our residents."

MANAGEMENT STAFF

Administrator: Donna Ingram
Activity Director: Denise Aguilar
Dietary Manager: Peg Burris
Facilities Director: Stan Halvorson

If you would like to be added to our email distribution, prefer to receive a printed copy of our newsletter, or discontinue service, please let us know! 360-683-3345 or info@thefifthavenue.com

From Hwy 101, take the Sequim Avenue Exit.
Head north on Sequim Avenue.
Turn left on Hendrickson Road.
Fifth Avenue is on the right — just past the signal light on 5th Avenue.