

Villas - January 2023 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	New Year's Day 	2		3		4		5		6	12pm Snow Social Bistro 	7	1pm Chair Yoga Clubhouse 
8		9		10		11		12		13	12pm Nat'l Pizza Week Luncheon 	14	
15		16	Martin Luther King Day	17		18		19		20	2:30pm Butler Health System Healthy Eating Seminar Clubhouse (Tasting/Refreshments) 	21	1pm Chair Yoga Clubhouse 
22	Chinese New Year Year of the Rabbit 	23		24		25		26		27	Nat'l Chocolate Cake Day Delivery 	28	
29		30		31		  						Christine Vacanti, Director: 814-849-4131	
					Calendar is subject to change								

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814-849-4131

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Santa Brunch

Residents enjoyed a festive lunch prepared by Dennis Snyder from The Bistro. They also a special visit from Santa!



Villas at Water Run

JANUARY 2023

Hobby Month

The etymology behind the word hobby can be traced back to the 16th century word “hobyn” meaning “small horse and pony.” The term “hobby horse” was a toy horse purchased in Reading, England in 1557. Hobbies are often referred to as a “pastime,” derived from the use of hobbies to pass the time. From “hobby horse” came the expression “to ride one’s hobby horse” meaning “to follow one’s favorite pastime.” Over several centuries the term “hobby” grew to be associated with recreation and leisure.

Today hobbies are embraced all over the world and people’s passion for their hobbies has taken them places they never would have thought possible. From reading, writing, and collecting, to art and video games, whatever it is that gets your gears going, this January is your opportunity to kick it into full swing and let your inner hobbler out!

Smoky Spanish Chicken



Ingredients

3 teaspoons smoked paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon water
4 bone-in chicken thighs
1-1/2 cups baby portobello mushrooms, quartered

1 cup chopped green onions, divided
1 can (14-1/2 ounces) fire-roasted diced tomatoes, undrained

Directions

-Mix the first four ingredients; rub over the chicken.
-Place a large skillet over medium heat. Add chicken, skin side down. Cook until browned, 4-5 minutes per side; remove from pan. Remove all but 1 tablespoon of drippings from the pan.
-In drippings, saute mushrooms and 1/2 cup green onions over medium heat until tender, 1-2 minutes. Stir in tomatoes. Add chicken; bring to a boil. Reduce heat; simmer, covered until a thermometer inserted in chicken reads 170°, 10-12 minutes. Top with remaining green onions.

Winter

by Barbara Vance



When the geese are flying south
And the sky is grey, my dears,
Close your eyes and lift your nose;
Listen with your careful ears.

Feel the winter coming on;
Hear it in the crackling trees;
Note the crisping, quivering wind
Sharply snapping at their leaves.

Feel it on the windowpanes -
Chilly glass on fingertips -
Mark the biting of the air,
Heated breath on numbing lips.

See it in the early eves,
In the glowing sunset where
Shadows of the naked trees
Rattle in the biting air.

Watch the nuthatch and the wren;
They know it is on time once more
To abandon careful nests,
As they’ve done each year before.

Let the frost rest on your face;
Sense a shiver on your skin.
See how pretty nature is
When she ushers winter in.

Feeding Winter Birds

Although most birds fly south for the winter, there are still many that stick around. Feeding birds can serve as wonderful entertainment and joy during the cold winter months. Here are some common types of winter birds and their preferred food!



Northern Cardinal:
seeds (sunflower, safflower), grains, fruits, weed seeds



Downy Woodpecker:
they eat insects in the wild, but a suet feeder will draw them in



White-breasted Nuthatch: seeds, peanuts, suet



Tufted Titmouse:
primary diet is insects, but they also like peanuts and seeds



Blue Jay: peanuts, cracked corn, and sunflower seeds



House Sparrow: they eat grains, weeds, seeds, and insects in the wild. Try seeds, milo, and millet.

A song that takes 1000 years to play launched on January 1, 2000. Composer Jem Finer wrote the piece called “Longplayer,” which can be heard at London’s Trinity Buoy Wharf (or over this live stream). It’s being performed by singing bowls and is set to start all over again immediately after it finishes in 2999.