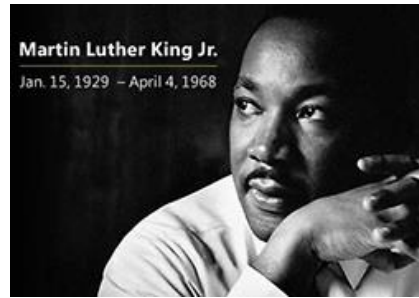


Early History of Martin Luther King Day



Most of us remember Martin Luther King Jr. as a stirring orator. His “I Have a Dream” speech is considered by

many to be one of the most important speeches of the twentieth century, ranking with British Prime Minister Winston Churchill’s “Blood, Sweat and Tears” speech and President Roosevelt’s “Nothing to Fear but Fear Itself” speech. The difficult—but ultimately successful—struggle Dr. King led against racial segregation and discrimination in the late 1950s and 1960s changed our country forever. Most can also remember his tragic assassination in 1968. But not many of us realize that the campaign to create a federal holiday honoring him actually began soon after his death. It took 15 years for the holiday to become official. Within a year of his assassination, U.S. Representative John Conyers, a Michigan Democrat, and U.S. Senator Edward Brooke, a Massachusetts Republican, introduced a bill in Congress that would make Dr. King’s birthday a federal holiday. The bill enjoyed some popular support and was vigorously promoted by labor unions. However, it took 11 years to even come up for a vote in the House of Representatives (1979), and then it fell short of passage by just five votes. Opponents of the holiday said that giving federal employees another paid day off would cost the government too much money. And, they argued, creating a public holiday to honor someone who had never held public office would fly in the face of a longstanding federal tradition. While Conyers and Brooke continued their fight in Congress, the Martin Luther King Jr. Center for Nonviolent Social Change, established in 1968 by Dr. King’s widow, Coretta Scott King, tried to rally public support for a holiday commemorating King’s birthday.

January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

Bob S – January 1
Rick C – January 2
Bill S – January 5
Lee P – January 6
Mick M – January 9
Mary A – January 10
Ronnie S – January 11
Bud L – January 13
Betty J – January 19
Kathy S – January 20
Dorothy G – January 22
Bud K – January 23
Audrey G – January 23
Robert L – January 27
Stanley V – January 28
Jeanne D – January 28

Important political figures and well-known entertainers came to her aid. World-famous musician Stevie Wonder helped popularize the cause by releasing his own version of Happy Birthday as a single in 1980 and by hosting the Rally for Peace Conference in 1981.

We will be having a program on January 20th to celebrate Martin Luther King Jr. Day!
Monday, January 20th, 2020
Game Room, 3rd Floor
1:30pm

See you there!

Aurora Happenings

Aurora on France * 6500 France Ave S. Edina MN 55435 * 952-848-8888 * www.auroraonfrance.com



Celebrating January

New Year’s Day

January 1

Martin Luther King Jr. Day

January 20

Chinese New Year

January 25

The End of a Decade Brings New Beginnings

As the year 2019 draws to a close, the most exciting thing about 2020 is not just that we’re entering a new year — we’re also starting an entirely new decade. Looking back on the year alone is crazy enough — but attempting to wrap your head around the past 10 years? Here’s a quick trip down memory lane:

December 2012: People thought the world would end. Some folks totally thought that December 21, 2012 would be the end of the world as we know it – after all, the Mayan calendar said it would be.

March 2014: An airplane disappeared. When a Malaysia Airlines passenger jet disappeared without a trace in early 2014, the fate of the plane and it’s 239 passengers/crew on board became one of the biggest aviation mysteries in history.

August 2017: We experienced a total solar eclipse. It was the first solar eclipse visible across the entire US since June of 1918. The next one is coming in 2024!

January 2018: There was a false missile warning in Hawaii. It was only a little over two years ago in January 2018 when more than a million people in Hawaii woke up to their worst nightmare- an emergency alert on their cell phones warning them of an incoming ballistic missile threat, only to discover 38 minutes later that it was a false alarm sent by mistake. Needless to say, it wasn’t exactly the best way to start off the new year.

Happy New Year, everybody! I hope you all had a great 2019. Now let’s get the ball rolling into 2020!

~Melanie Godding, Active Living Director

Fun Had Last Month



The Last Shall Be First

New Year's Day is also Z Day, a day when those who are always last on alphabetical lists are finally allowed to be first. The holiday was created by Tom Zager, who decided that alphabetical order should be reversed so that all those with "Z" names might finally enjoy the pleasure of being first. This begs a larger question, though: Why is our alphabet in ABC order? To answer these questions, we must go all the way back to the Phoenicians, who inhabited Egypt 4,000 years ago. While Egyptian writing was based on hieroglyphics, the Phoenicians developed a set of symbols to represent the sounds of their language. Their first alphabet evolved from hieroglyphics and consisted of 22 simple symbols, an alphabet that was used by maritime merchants sailing around modern Lebanon, Syria, and Israel. Over the millennia, this alphabet slowly transformed into Greek, Latin, Old English, Middle English, and then Modern English. Despite these transformations, the letter order has largely stayed the same. Some of the earliest Phoenician alphabets begin with *abcdef*.

Grocery Store Rotation



There have been some additions to our weekly grocery store rotation. Last month "Whole Foods" was added, and this month "Aldi" was added! We now have a lengthy rotation of: Aldi,

Lund's & Byerly's, Target, Whole Foods, Cub Foods, and Trader Joes. We go every Tuesday at 2:00pm, everyone is welcome to join but a reminder to please sign up with guest services prior to Tuesday. These trips are often quite full! And remember to bring your quarter when we go to Aldi if you want to use a cart!



LUNDS & BYERLYS

Brain Games



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

Life Changes

The group "Life Changes" will begin this month on Wednesdays. We have all heard the quote, "There is only one thing in life for certain, and that is change." Some changes we have no control over, and other changes we choose. Either way; there are usually challenges, learning experiences, fluctuating emotions, losses, and acceptance. This group will be what we make of it. It is not intended to be a support group, but rather a social group.

Quilt Show and Sewing Demo

Joanne's daughter, Lia, is coming with 3 of her friends to do a quilt show and sewing demo! This will take place in the Community Room on Friday, January 10th at 1:30pm. They are bringing sewing machines for you to try and beautiful quilts that they made. Here are a couple samples:

