



## WINDSOR COURT PALM SPRINGS

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### New Year's Resolutions

The top focuses for New Year's resolutions are health, finances and relationships, according to the Pew Research Center. Nearly half of adults under 30 make resolutions, while a third of adults aged 30 to 49 do so. Only 21% of adults over 50 make a resolution.

### Pre-Sleep Snacks

These pre-bedtime snacks can help provide a better night's rest.

*Tried and true.* A glass of warm milk is a symbol of bedtime routines, and for good reason. Milk contains tryptophan, an amino acid important to the body's creation of serotonin, which is needed to produce the hormone melatonin. Melatonin regulates sleep, and our bodies naturally produce less with age.

*A good nut's sleep.* Almonds and walnuts provide nutrients and healthy fats that benefit your overall health, and they're excellent sources of melatonin.

*Breakfast before bedtime.* Eating a bowl of oatmeal two hours or more before bed may improve sleep quality as a source of carbohydrates and melatonin.

### QR Code Q&A

Quick response (QR) codes get you online without typing or searching. Use your phone's camera to view a square QR barcode. Touch the prompt (often a yellow box with the web address) that appears near the highlighted QR code. And voila! The related website opens automatically.

January 2026



### Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."

—Vern McLellan

### Frozen Wonderland

The annual Harbin Ice Festival in China is the world's biggest ice and snow sculpture festival, featuring incredible frozen creations for two months in the winter. Artists from all over the world make giant snow sculptures in different parks. Famous past favorites have included a to-scale ice train, castles and historical figures like Napoleon carved into the snow. Visitors have wandered giant ice mazes, ridden down ice slides and taken in all the sights from atop the giant Snowflake Ferris Wheel.

### Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.



WINDSOR



Family Harvest Festival



Thanksgiving Brunch



HO HO HO





Residents enjoying carolers from local organizations that bring Christmas cheer to our community.



Desert Chapel Children's Choir



Joslyn Holiday Singers



Cookie decorating with Suncrest Home Health in our Crowns community.



## In the Kitchen

Home cooks use a menu of appliances and gadgets for making meals. Look back at what was cooking in popular kitchen trends from decades past.

Decade	Kitchen Appliance/Gadget
1940s	electric blender, refrigerator
1950s	nonstick pans, Tupperware
1960s	electric can opener, dishwasher
1970s	Crock-Pot, fondue set, salad spinner
1980s	microwave oven, food processor
1990s	George Foreman grill, bread machine
2000s	juicer, Magic Bullet, single-cup coffee brewer
2010s	Instant Pot, air fryer, spiralizer

## "This Month In History"

### JANUARY

**1892:** On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

**1901:** In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

**1915:** An act of Congress creates the U.S. Coast Guard.

**1920:** The Treaty of Versailles, the peace document that ended World War I, goes into effect.

**1932:** Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

**1946:** The first of almost 78 million baby boomers are born.

**1959:** Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

**1962:** Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

**1977:** Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

**1985:** New York begins enforcing its mandatory seat belt law, the first in the nation.

**1997:** Madeleine Albright is sworn in as America's first female secretary of state.

**2001:** Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

**2005:** Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

**2016:** "Star Wars: The Force Awakens" breaks box office records, becoming one of the highest-grossing installments in the film franchise.