

JANUARY, 2023

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Welcome Back, Columbian Park Zoo!

Joyful Journey is overJOYed to have the zoo's Creature Comforts program back on a regular basis. This program brings a variety of fun creatures right to our door. The program presenters are extremely knowledgeable about each of the creatures, sharing all sorts of interesting facts about them. With most of the animals, you even get to feed or pet them, and say hello. Friends instantly fell in love with this cute armadillo! Joyful Journey will be hosting the Creature Comforts program monthly in 2023. Please check the activity calendar for specific dates.



Activity Spotlight:

What's In Common?

What's in Common is a great game to get you thinking in a new way. When we try something new or approach an activity from a different angle it creates what is called cognitive reserve. Think of building cognitive reserve like weight lifting for your brain. It makes it a little stronger. What's in Common is simple. We name three things and then try to figure out what they have in common. For example, Question: Box, Sea, and Snapping...Answer: They are all types of turtles. Question: Ballet, Glass, and Bedroom...Answer: They are all types of slippers. This game is fun for all ages and you can create your own version at home!

Building Relationships in 2023

As we look ahead to the new year, a uniting theme found in each of our goals is one of building and deepening relationships with the families we have the pleasure of serving and within the community at large. What can you expect from Joyful Journey in pursuit of this goal? With our families, we will offer more opportunities to connect with our Team about care plans, services and activities. In the community, we will be reaching out to community service groups, faith based organizations and physician networks to make sure they know what kind of health and wellness benefits Joyful Journey provides. We will also be prioritizing volunteer opportunities.

If you are connected to a community group that would benefit from learning more about Joyful Journey, please contact Bess at bess@joyfuljourneywl.org. If you are interested in volunteer opportunities, please contact Brittney at brittney@joyfuljourneywl.org.

Blue Moon Rising

Thank you, Denise Wilson and members of Blue Moon Rising! We had a JOYful time at your choral event on December 6th. For more information about Blue Moon Rising go to www.denisewilson.net/blue-moon-rising.



THANK YOU!

Monthly Quote Selected by Joyful Journey Friends

"You never fail until you stop trying." -Albert Einstein