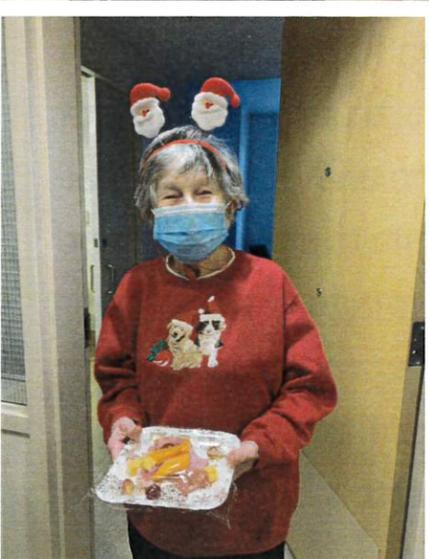


# What's Happening At Granville Gardens



# JANUARY 2021

**Granville Gardens Gazette**

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## January Special Events

*\*Please ensure you sign-up ahead of time if you are interested in any of these programs as there is limited seating.*

THURSDAY JANUARY 7TH AT 2:30PM

*NEW YEAR VISION BOARD WORKSHOP*

THURSDAY JANUARY 14TH AT 3:00PM

*WINE & CHEESE TASTING EVENT*

THURSDAY JANUARY 21ST AT 3:00PM

*CULINARY DEMO WITH CHEF MICHAEL*

THURSDAY JANUARY 28TH AT 3:00PM

*MONTHLY BOOK CLUB MEETING WITH JENNIFER*

## January Overview

Ring in a new year means new beginnings and endings. But the world didn't always see January that way. Even when January replaced March as the first month of the year after Roman king Numa Pompilius revised the calendar around 700 B.C., many religions held to celebrating the new year either on March 25th or December 25th according to their church calendars. Even the Julian calendar didn't motivate a clear beginning and end to the year. It wasn't until the Gregorian calendar, developed by Pope Gregory who introduced it in 1582, that most of the world began to see January 1 as the beginning of the New Year.

## 12 Positive Affirmations For 2021

QUOTESZOOMIN

1. This is my year.
2. I am living my best life.
3. Love is looking for me.
4. Great things are happening to me.
5. I am working towards my goals.
6. I am letting go of all negativity.
7. I am thankful for everything that did not work out for me.
8. I am walking in my purpose.
9. I am leaving my past behind me.
10. I am healed from all past hurts.
11. I am making progress everyday.
12. I am at peace in my life.

## JANUARY BIRTHDAYS

Isobel F. January 14th

Happy Birthday from all of us here at Granville Gardens!

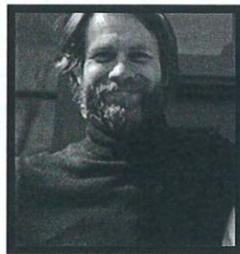


# MoMA

### Meet me at the MoMA

### Weekly Art Program at Granville Gardens

Join us this month as we learn about the following artists:



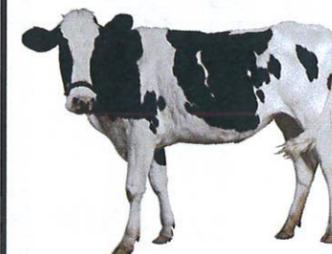
#### Greg Cunroe

Greg Cunroe was a Canadian painter known for his concentration on subjects associated with regionalism and London, Ontario. Cunroe is part of the Canadian art movement labeled London Regionalism.



#### Helen McNicoll

Helen Galloway McNicoll was a Canadian impressionist painter. She was one of the most notable female artists in Canada in the early twentieth century and achieved considerable internal success during her decade-long career.



### Living Loving Local

### Alberta Beef Month



All Canadian beef, regardless of the province of origin, is managed with exceptional attention to detail, and high animal welfare and food safety standards. Nowhere is this truer than Alberta. As Canada's largest cattle producing province, the volume and economic value of beef far exceeds all other agricultural activities within the province and the country. Just the mention of Alberta conjures up the image cattle grazing on an open field and farm hands on horseback. Alberta is proud of the delicious and high quality product they produce and we Canadians eat it up! Almost half the beef on our table has passed through Alberta's beef industry