



January 2026

FRESH STARTS, SIMPLER STEPS

Small Ways to Start the New Year Strong

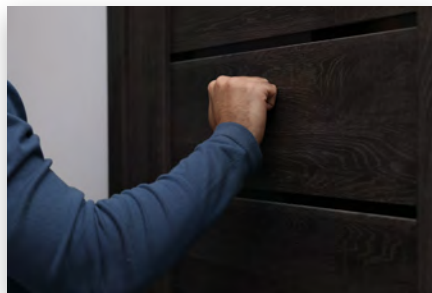
January is often called a “fresh start.” A new year can feel exciting—but it can also feel quiet, cold, and even a little overwhelming. The good news is that a fresh start doesn’t have to mean big changes or difficult goals. Sometimes, the smallest steps make the biggest difference.

As winter settles in, January gives us a chance to slow down. It’s a time to rest, reflect, and take care of ourselves and one another. Instead of making long lists of resolutions, try focusing on just a few simple habits that fit your life.



One easy step is to move a little more each day. A short walk, light stretching, or even standing up and moving around your home

can help keep your body strong. For seniors, gentle movement helps with balance and energy. For families, it’s a great way to spend time together.



Another small step is staying connected. Winter can feel lonely, especially when it gets dark early. A quick phone call, a friendly wave, or a short visit with a neighbor can brighten the day—for both people. Simple moments of kindness help build a stronger community.



Taking care of your space can also help your mood. Try organizing one

drawer, clearing off a table, or opening the curtains to let in more light. You don’t have to do everything at once—one small task is enough.

Finally, remember to be kind to yourself. January is not about being perfect. It’s about doing what you can, when you can. Rest when you need to. Celebrate small wins. Every day is a chance to begin again.



This new year doesn’t have to start fast or loud. With small steps, steady care, and a little patience, January can be a strong and peaceful beginning—for you and for our community..

AIR FRYER - EVERYTHING BAGEL CHICKEN

INGREDIENTS:

- 1 1/4 pounds chicken tenders
- 1 Tablespoon olive oil
- 1/3 cup Everything Bagel seasoning



DIRECTIONS:

1. Gather all ingredients. Preheat an air fryer to 400 degrees F (200 degrees C), or according to manufacturer's instructions.
2. Place tenders in a bowl. Add oil and toss to coat. Add everything seasoning and toss to coat again.
3. Place tenders in the air fryer basket in a single layer; cook in batches if necessary. Cook until no longer pink at the center and juices run clear, about 12 minutes. An instant read thermometer inserted near the center should read at least 165 degrees F (74 degrees C).
4. Transfer to a serving plate and serve with desired dipping sauce.

PUZZLE CORNER

LETTER SUDOKU

I					D		B	H
H				G	B			
		C	A			F		
E	G			C		A		
	I		H	B	G		C	
		B		F			I	G
		E			C	B		
			G	H				A
D	C		B					I

CRAIGMONT MANOR

262 Robertson Road
Craigsville, VA 24430
(540)997-0328
www.MarkDanaVa.com



JANUARY 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Office Closed New Year's Day	2 Rent Due	3
4	5	6	7 Pest Control	8	9	10
11	12 Late Notices at 10:00 am <u>Inspections</u> Hot Tea Day	13 Inspections	14 Inspections	15 Inspections	16	17
18	19 Martin Luther King, Jr. Day	20 National Cheese Lovers' Day	21	22	23	24 National Compliment Day
25	26	27	28	29	30	31

COMMUNITY CORNER

- ▶ Happy New Year to all!
- ▶ Please remember to check your smoke detector each month.
- ▶ A friendly reminder that rent is due on the 1st of the month. To avoid a late fee and court costs, be sure your rent and water are paid before 10 am on the 10th. If you pay with your credit or debit card, include the \$5 fee.
- ▶ The after-hours maintenance emergency number is (800)224-4787. This number is to be used for maintenance emergencies only.
- ▶ Augusta Health Free Mobile Clinic will be at Town Hall from 10:00 am - 2:00 pm on the 4th Tuesday of each month. They offer acute care, wellness checks, vaccinations, and more!
- ▶ If you have a live tree, please do not dispose of it in the dumpster. It is considered brush, not trash.
- ▶ **Resident of the Month: Billy Jordan**
Hats off to Billy Jordan! He is always willing to lend a helping hand! He's kind, unselfish, and willing to give his time to anyone in need. If you run into Billy, be sure to give him a big 'ole thank you!