



January 2026

## FRESH STARTS, SIMPLER STEPS

### Small Ways to Start the New Year Strong

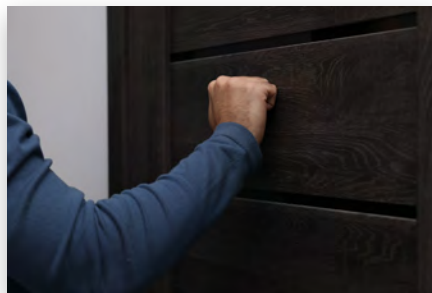
January is often called a “fresh start.” A new year can feel exciting—but it can also feel quiet, cold, and even a little overwhelming. The good news is that a fresh start doesn’t have to mean big changes or difficult goals. Sometimes, the smallest steps make the biggest difference.

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

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## JANUARY 2026 CALENDAR

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

## COMMUNITY CORNER

- ▶ Happy New Year to all!
- ▶ Quarterly inspections will take place on January 22nd.
- ▶ A friendly reminder: rent is due on the 1st of the month. Please do not drop blank or incomplete money orders/checks in the drop box. Money orders/checks should be made payable to "Lakeside Manor," and include your name, and apartment number in the memo. To pay your rent by card, please use the link provided. If you do not have the link, contact the office, and we will be happy to provide it for you. Do not forget to add the \$5 technology fee. Please be sure to pay rent on time to avoid late fees. Late fees will be applied to rent not paid by 10:00 am on the 10th.
- ▶ The exterminator will be coming to each apartment on the 1st Wednesday of each month, January 7th. Please make sure to have your key with you if you are not home, as he will lock your door when he leaves.
- ▶ Resident parking permits are available. To receive your Lakeside Manor permit, residents must present a valid driver's license and current vehicle registration.
- ▶ If you have an after-hours maintenance emergency, please call 1-800-224-4787. This number is to be used for maintenance emergencies only.