

MOUTHPIECE

Ode to a New Year

The clock struck 12, and we shouted Hooray!
The new year had started with a brand-new day.
Just what will we do with this '26 start
To make our world better and do our part.

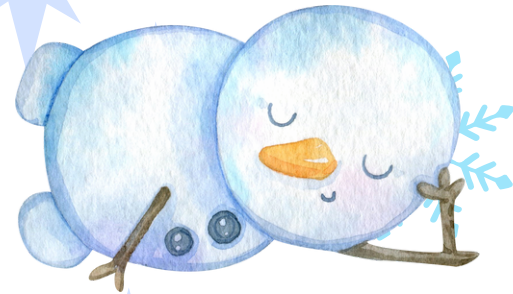
Will we compliment someone every day?
Will we smile at our neighbor along the way?
Will we give God the glory He is due?
And be kind to others whenever they're blue?

Well, I know the answers to these questions and more
Because I know who's reading this poem; therefore,
I know YOU will be the one that offers a smile
That will lift-up our world - that's just your style.

How do I know these things are true?
You're a member of FARSP, aren't you?

*Thanks for being YOU. YOU are enough, and I am
honored to know you.*

Karol



29 and HOLDING

3 EDWIN KNIGHT

4 LINDA LONGFELLOW

8 BARBARA LEDERMANN

11 KAREN LEGOCQ

11 TERI MEYERS

15 BARBARA POPE

25 KIM NEESE

23 JODI SWEENEY

27 RITA CROWDER

27 DORIS OWUSU

KAROL'S KOMMENTS



**THERE'S
SNOWBODY
LIKE YOU!**





THANKS TO ALL
WHO
PARTICIPATED IN
SECRET SANTA! IT
WAS a Ho Ho Ho
Lot of FUN!

GOOD JOB, FRIENDS!

Congrats to Mary and our members
for raising the most money EVER for
TRTF in December! It was fun AND
very worthwhile! Nice work, Mary!
Thanks for organizing it!

DATES TO
REMEMBER

January 6th - FARSP
Meeting

CTE Center

9:30 visit

10:00 meeting

WHAT'S HAPPENING AT OUR
JANUARY MEETING?

WELL, IT'S TIME TO MOVE
INTO THE NEW YEAR!

Join us as we exercise our way into 2026! Frisco ISD
High School trainers will join us to demonstrate some
simple yet effective moves and grooves to help keep
us young and healthy!

Come dressed in your exercise best and get
ready to have some fun
and get fit!

yoga/stretch

Strength

Cardio

*trunk/core
stabilization*

20 RIDICULOUS NEW YEAR'S RESOLUTIONS

1. Stop procrastinating... tomorrow.
2. Only hit snooze once per morning. Or twice. Or thrice.
3. Go to the gym just to use the massage chairs.
4. Avoid things that make me fat... like scales and mirrors.
5. Replace my Netflix binges with productive YouTube spirals.
6. Unsubscribe from emails I don't read... except the ones with discounts.
7. Wake up before noon on weekends... occasionally.
8. Stop buying books I'll never read.
9. Use reusable bags for shopping. Unless I forget them. Again.
10. Finally learn how to fold a fitted sheet. Or just keep rolling it up.

what!

11. Speak fluent sarcasm.
12. Find more hobbies I can quit.
13. Grow a plant. Keep it alive for 5 whole days.
14. Invent a new holiday.
15. Become rich and mysterious. Or just mysterious.
16. Do things that spark joy... like not answering my phone.
17. Stop buying mugs. I have enough.
18. Learn how to say no... politely.
19. Read the terms and conditions. Psych!
20. Be the main character. Even when no one asked.

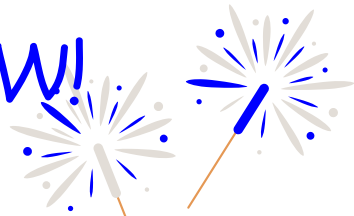


LAST CALL, FRIENDS!!

SEND IN
THOSE VOLUNTEER
HOURS
TO
SUSAN
BURKETT!



NOW!



It's coming in
February...



DETAILS AT
THE JANUARY
MEETING!

GET READY
TO CLEAN
OUT YOUR
CLOSET!

Care Crew

The "Care Crew" has been reaching out to our members that need our help or our attention and they are appreciative! Please let us know if you know of someone in need. There are forms on the check-in table, you can follow the link below, OR, you can email Paige directly.



<https://www.surveymonkey.com/r/P66HHZP>

Paige Almond

469-964-2206 paige.almond@sbcglobal.net



SAVE FLYER

Understanding your TRS Retirement Benefits

We invite you to attend a VIRTUAL retirement seminar hosted by the Texas Retired Teachers Association (TRTA) with a presentation by the Teacher Retirement System of Texas (TRS)!

Whatever your years of school experience, you are invited to attend! To register today, go to the link below.

Come learn more about:

- General review of TRS benefits available
- Focus on retirement information
- Eligibility, tiers and calculation of benefits
- Retirement plans and death benefits
- Employment after retirement and insurance

For more information, contact:

GWEN CRAIG gwen.craig@yahoo.com
214.493.8412

DISTRICT 10 RETIREMENT

EDUCATION SEMINAR

SATURDAY, JANUARY 31, 2026

10:00 A.M. - 12:00 P.M. (CST)

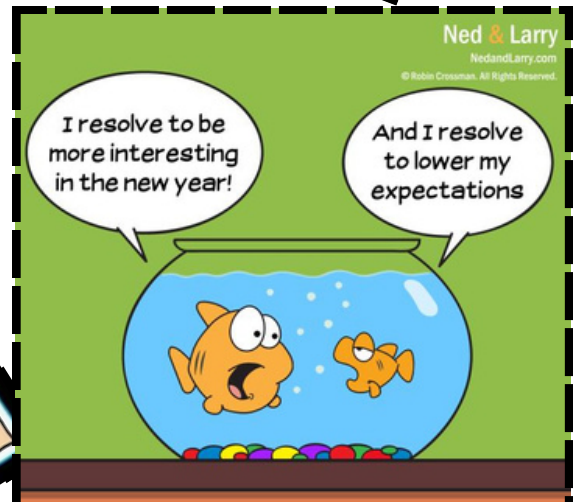
To register, visit www.trta.org/retirementseminars.

TRTA
Texas Retired Teachers Association

-Teri

Do you
know
anyone
who is
retiring?
Pass this
on!!

JANUARY TESTS



I don't call them New Year's resolutions. I prefer the term "casual promises to myself that I'm under no legal obligation to fulfill."

IS IT IMPORTANT TO EXERCISE AS WE AGE?

YES!!!

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep
Improves sleep quality



Less Anxiety
Reduces feelings of anxiety



Blood Pressure
Reduces blood pressure



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Independent Living

Helps people live independently longer



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html>

June 2023

-COACH K.

2 THINGS TO DO IN FRISCO IN JANUARY

Illuminate: Video Game Classics

Thursday, January 15, 2026

1. Get ready to level up your evening at the Illuminate Candlelight Concert: Video Game Classics, where nostalgia meets symphonic splendor! Surrounded by the soft flicker of hundreds of candles, you will be transported into the pixelated worlds of timeless video games as a stunning blend of piano, violin, and cello breathes life into legendary soundtracks. From the epic overtures of Zelda and the whimsical themes of Mario to the haunting melodies of Final Fantasy, every note echoes the thrill and emotion of your favorite quests and battles. It's a magical fusion of music and memory in a one-of-a-kind setting.

6:30 PM - 7:30 PM

Frisco Heritage Center

City of Frisco residents - \$20.00

Non Frisco Resident - \$30.00



Frisco Maker Faire

Saturday, January 24, 2026

2. Join us at the Discovery Center for the Frisco Maker Faire! Hosted by Sci-Tech in partnership with Play Frisco, this community event for all ages brings together makers and creators from a diverse range of skills, hobbies, and interests. Guests will be able to meet individual makers, organizations, and businesses from the Frisco and DFW area who range from game enthusiasts to traditional crafters to giant catapult builders! Admission to the Frisco Maker Faire is FREE and generously sponsored by a grant from the Manning Van Lopik Memorial Foundation. All-ages Maker booths will be located primarily in the publicgallery spaces of the Frisco Discovery Center. Children's activities will be located inside Sci-Tech.

Find more event details on Sci-Tech's website.



Is it time for you to join the FARSP board?

Do you have great ideas that could benefit FARSP?
Do you want to get to know your FARSP-ers better?
Do you wonder why we don't do this or that as a group?
Do you want to help lead FARSP to greatness?
Do you want to get involved?
Do you want to plan programs?
Do you want to recruit new members?
Are you good at fundraising?
Do you like to talk on the phone?
Do you like to decorate?
Are you friendly?

**If you answered “yes” to any of these questions,
your time has come! Don't be shy!!
Contact Karol to find out how!!**



DID YOU KNOW THIS ABOUT JANUARY?

FOR MUCH OF THE UNITED STATES, THE FINAL WEEKS OF JANUARY ARE THE COLDEST OF THE YEAR. IN 2025, AVERAGE TEMPERATURES IN THE CONTIGUOUS UNITED STATES HOVERED AROUND 29.2 DEGREES FAHRENHEIT. THAT CAN FEEL DOWNRIGHT BALMY COMPARED WITH THE SAKHA REPUBLIC OF RUSSIA, WHERE JANUARY TEMPS PLUNGE TO A BONE-CHILLING AVERAGE OF -51.5 DEGREES, ACCORDING TO GUINNESS WORLD RECORDS.

THE MONTH'S MOON NAMES REFLECT THAT DEEP FREEZE. INDIGENOUS GROUPS REFERRED TO JANUARY'S FULL MOON AS THE COLD MOON, FROST EXPLODING MOON, SEVERE MOON OR HARD MOON. TODAY, IT'S MOST COMMONLY KNOWN AS THE WOLF MOON, INSPIRED BY THE HOWLS OF WOLVES HEARD DURING WINTER NIGHTS.

JANUARY ALSO DELIVERS ONE OF THE YEAR'S MOST DRAMATIC METEOR DISPLAYS. EARLY IN THE MONTH, THE QUADRANTIDS—ONE OF THE STRONGEST ANNUAL METEOR SHOWERS—REACH THEIR PEAK. ORIGINATING FROM AN ASTEROID, THE QUADRANTIDS FEATURE BRIGHT FIREBALLS, THOUGH THEIR PEAK LASTS ONLY A FEW HOURS, RATHER THAN SEVERAL NIGHTS, ACCORDING TO NASA.

ON JANUARY 15, 1919, A 50-FOOT-LONG STORAGE TANK BURST IN BOSTON'S NORTH END, UNLEASHING 2.3 MILLION GALLONS OF MOLASSES. THE STICKY FLOOD RACED THROUGH THE STREETS AT UP TO 35 MILES PER HOUR, TOPPLING BUILDINGS, DERAILING A TRAIN AND KILLING 21 PEOPLE WHILE INJURING 150.

YOU KNOW CHARLES DICKENS THE NOVELIST—BUT WHAT ABOUT CHARLES DICKENS THE JOURNALIST? ON JANUARY 21, 1846, THE FAMED BRITISH AUTHOR LAUNCHED LONDON'S DAILY NEWS AS A LIBERAL ALTERNATIVE TO THE CONSERVATIVE TIMES. BUT HIS EDITORSHIP DIDN'T LAST LONG: AFTER JUST 17 ISSUES, DICKENS RETURNED TO FICTION.

ON JANUARY 30, 1835, ANDREW JACKSON BECAME THE FIRST U.S. PRESIDENT TARGETED IN AN ASSASSINATION ATTEMPT WHEN RICHARD LAWRENCE TRIED TO SHOOT OLD HICKORY OUTSIDE THE CAPITOL. BOTH OF LAWRENCE'S PISTOLS MISFIRED, AND JACKSON FAMOUSLY CHARGED AT HIM WITH HIS CANE BEFORE BYSTANDERS INTERVENED.

TWELFTH NIGHT, TYPICALLY CELEBRATED ON THE NIGHT OF JANUARY 5 (THE EVENING BEFORE THE EPIPHANY), WRAPPED UP THE 12 DAYS OF CHRISTMAS WITH A MEDIEVAL ENGLISH CELEBRATION FILLED WITH REVELRY, GIFTS AND FEASTING, INCLUDING A SPECIAL CAKE. ACCORDING TO HISTORIC UK, RECORDS DESCRIBE A FRUITCAKE-STYLE DESSERT MADE FOR QUEEN ELIZABETH I'S GUESTS THAT CONTAINED A HIDDEN DRIED BEAN. WHOEVER FOUND IT BECAME "QUEEN" OR "KING" FOR THE NIGHT. WHILE THE TRADITION FADED BY THE VICTORIAN ERA, THE CAKE LIVES ON—ESPECIALLY IN NEW ORLEANS, WHERE JANUARY 6 MARKS THE START OF KING CAKE SEASON.

PREFER MODERN CELEBRATIONS? MARK YOUR CALENDARS NOW FOR FRUITCAKE TOSS DAY (JANUARY 3), DRESS UP YOUR PET DAY (JANUARY 14), AND NATIONAL BUBBLE WRAP APPRECIATION DAY, HELD ON THE LAST MONDAY OF THE MONTH.



FARSP BOARD CHRISTMAS PARTY



DECEMBER MEETING

