



**EXTRA! EXTRA!
READ ALL ABOUT IT!!**



Issue 1

JANUARY 2022

JAN 1ST	NEW YEARS DAY 2022
JAN 15TH	HAT DAY
JAN 17TH	MARTIN LUTHER KING DAY
JAN 23RD	PIE DAY
JAN 24TH	COMPLIMENT DAY

ALL NEW-Workshops For the New Year !
Check your monthly Property events Calendars for times and dates.

ZOOMS ARE STILL ON! 1ST & 3RD FRIDAYS @ NOON

NATIONAL DAYS



Your "GOOD TO KNOW" Many Mansions Resident Info Newsletter for JANUARY 2022

Simi Bus Fares - Full Fare and Reduced Fare

Full Fare and Reduce Fare prices are listed below. Cash/Coin only- exact fare required. Drivers are unable to give change. Passes are also accepted. No credit cards or personal checks are accepted.

Seniors age 65 and over, ADA-certified individuals, and Medicare card holders are eligible for reduced fares. Passengers using Reduced Fare passes must supply proper identification upon boarding busses that show they are a senior aged 65 and over, an ADA-certified individual, and/or a Medicare card holder.

- Single trip - \$1.50 full fare/\$0.75 reduced fare
- Unlimited day pass - \$5.00 full fare/\$2.50 reduced fare
- Unlimited monthly pass - \$50.00 full fare/\$25.00 reduced fare
- Ride passes available at discounted full and reduced fare rates
- Transfers available for connections to Ventura County Transportation Commission InterCity Bus upon request

THOUSAND OAKS BUSES:

All Services Are Currently Free

RESIDENT BOWL PAINTING WORKSHOPS ARE COMING BACK IN JANUARY AND FEBRUARY FOR :

VCTC INTERCITY TRANSIT FARES

Per-trip fares are half off through June 30, 2022.

CASH FARES

	Full Fare	Reduced Fare	Child Under 5
ZONE 1 - In Ventura County Good on VCTC regular routes only.	\$1.25 \$.80	\$0.60* \$.40*	Free**



**DO YOU HAVE A NEW YEARS RESOLUTION FOR 2022?
TURN THE PAGE !**

"The Warm Line"

A new peer support phone line for a warm and friendly person to webchat or talk with !

www.mentalhealthsf.org/peer-run-warmline/

855-845-7415

Picking the Right Resolution for 2022 !

You'll give yourself your best shot at success if you set a goal that's doable — and meaningful too.

A lot of these resolutions fail because they're not the right resolutions. And a resolution may be wrong for one of three main reasons:

1. It's a resolution created based on what someone else (or society) is telling you to change.....2. It's too vague.....3. You don't have a realistic plan for achieving your resolution. Be S.M.A.R.T.

—S.pecific. Your resolution should be absolutely clear. “Making a concrete goal is really important rather than just vaguely saying ‘I want to lose weight.’ You want to have a goal: How much weight do you want to lose and at what time interval “Five pounds in the next two months — that’s going to be more effective.”

—M.easurable. This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

—A.chievable. This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail.

—R.elevant. Is this a goal that really matters to you, and are you making it for the right reasons? “If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long “But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life who will reinforce that resolution, then you have a fighting chance.”

—T.ime-bound. Like “achievable,” the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way.

Be S.M.A.R.T. with your 2022 New Years Resolutions