

Cheers to 2024 and What's to Come



Our vision, in everything we do, is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity.

We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's **The Caraday Way!**

A New Year brings with it all sorts of things to look forward to, which can be inspiring and energizing. Here are a few suggestions of things to have on your radar, and cheers to 2024!

New Movies

The new year brings with it exciting films including the musical adaptation of *Mean Girls*, a third *Avatar*, and *Bad Boys 4*. The 80s are back in style, so look forward to *Beetlejuice II*, a movie version of *The Fall Guy*, and *Ghostbusters: Frozen Empire*. Other notable movies: *Wicked Part 1*, *Deadpool 3*, and *Bob Marley: One Love*.

Chinese New Year

The Chinese zodiac gives each year an animal sign, and Chinese New Year 2024 begins the Year of the Dragon (specifically, Wood Dragon.) The year runs from Feb. 10, 2024 to Jan. 28, 2025.

Leap Year: Feb. 29

According to NASA, the reason for an extra day in February approximately every four years is the length of time it takes for the Earth to orbit the sun: 365.2422 days.

Total Solar Eclipse: April 8

A total solar eclipse will be visible in the central and northeastern United States, with the path of total eclipse over parts of Texas.

Sports

Consider becoming a fan of a new sport, or plan a watching party for your favorite teams.

February 11: *Super Bowl LVIII*

May 26: Indianapolis 500

February 18: *NBA All-Star Game*

July 16: *MLB All-Star Game*

May 4: *Kentucky Derby*

July 26-Aug. 11: *Olympics*

2024 brings a time for big changes and new beginnings, not just for you but for everyone. At the beginning of 2024, Jupiter, a lucky planet, stops moving backwards, making people feel more hopeful and positive about the future.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com