

Cheers to 2025 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 keep on your radar. And you'll no doubt find more as the year begins. Cheers to 2025!

New Movies and Television Shows

Pop the popcorn and clear your schedule if you're a fan of the big (or small) screen. 2025 will bring several anticipated releases. Movies include *Superman Takes Flight Again*, *Mission Impossible 8*, *Jurassic World Rebirth*, *Alien Earth*, and four Marvel releases. Anticipated television shows include *Stranger Things: The Final Chapter*, Season 2 of *The Last of Us*, *The Handmaid's Tale* Season 6, and *Black Mirror*.

Chinese New Year

The Chinese zodiac gives each year an animal sign. Chinese New Year 2025 begins the Year of the Snake, which is all about wisdom, transformation, and subtly power. The year runs from January 29, 2025 to February 2, 2026.

Solar Eclipse: March 29

A solar eclipse will be visible in the majority of North America. Unlike the total solar eclipse in April 2024, the sun will appear as a crescent this time.

Sports

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

February 9: Super Bowl LVIII

May 25: Indianapolis 500

February 16: NBA All-Star Game

July 15: MLB All-Star Game

May 3: Kentucky Derby

August 25: US Open begins

2025 brings an opportunity for big changes and new beginnings. With a positive mindset, the New Year can bring purpose, growth, and joy.



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