

# Mocha News

## January 2012

Cheers to a new year and another chance for us to get it right.  
~Oprah Winfrey



# mocha cabana

patio · wine bar · coffee lounge · restaurant

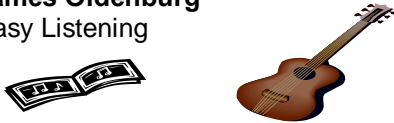
*"not far away, just far enough"*

## Entertainment

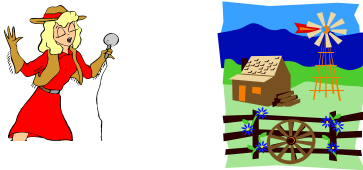
Friday, January 6<sup>th</sup> 6pm-9pm  
Saturday, January 7<sup>th</sup> 6pm-9pm  
**Herb Hicks Jazz Quartet**  
Featuring Singer Sheena Lawson



Friday, January 13<sup>th</sup> 6pm-9pm  
**James Oldenburg**  
Easy Listening



Saturday, January 14<sup>th</sup> 6pm-9pm  
**Alyssa McQuaid**  
Country Rock  
[www.myspace.com/alyssamcquaid](http://www.myspace.com/alyssamcquaid)



Friday, January 20<sup>th</sup> 6-9pm &  
Saturday, January 21<sup>st</sup> 6 - 9pm  
**Dale Ketcheson**  
Classical & Jazz Guitar



Friday, January 27th 6-9pm  
**Bridgette Yarwood**  
Easy listening



Saturday, January 28th 6-9 pm  
**Riviera Paradise**  
Blues



Europe may be in a mess but they still have great food! Take a culinary tour of these financially strapped countries with us:

**Portugal** January 13<sup>th</sup> & 14<sup>th</sup>  
Chefs Marc & Anthony

**Italy** January 20<sup>th</sup> & 21<sup>st</sup>  
Sous Chef Katie

**Ireland** January 27<sup>th</sup> & 28<sup>th</sup>  
Executive Chef Marc

**Greece** February 3<sup>rd</sup> & 4<sup>th</sup>  
Apprentice Chef Anthony

**Spain** February 10<sup>th</sup> & 11<sup>th</sup>  
Sous Chef Katie

*Make your reservation for  
Valentine's Day*



*Tuesday, February 14<sup>th</sup>*

## Monthly Wine Tasting

Monday January 9th 7pm-8pm

*Hosted by  
Kyle Baines  
Andrew Hilton  
Wine & Spirits*

\$20.00 per person Includes wine samples & appetizer buffet

**The first non-holiday  
Monday of every month.  
Reservations Recommended**

## *Meatless Mondays*

# Join the Movement

**7 am to Close**  
Help the earth and your health.  
Cut meat out of your diet 1 day a week.  
regular menu also available

## **Fiesta Thursdays**

**11 am to Close**  
Mexican inspired dining specials  
Shaken Lime Margaritas  
4.50! Olé

**Friday & Saturday 5 pm - 9 pm**  
**Locovore 3 Course Prix Fixe Menu**  
January 6<sup>th</sup> & 7<sup>th</sup>  
Apprentice Chef, Anthony  
**Buffalo**

**Sunday Brunch**  
The Next Best Thing to Breakfast in Bed  
Breakfast: 9 am - 2 pm  
Sundays only:  
French Toast  
Corned Beef Hash  
Lunch: 11am - 4 pm

## 14 New Year's Resolutions for 2012 and 7 Tips on How to Keep Them

It's that time of year again! Canadians across the country take this time to reflect on the past year and decide what parts of themselves they hope to change and improve for the upcoming year. To embrace 2012, we took a look at the top 14 New Year's Resolutions and offer you tips for how to keep them unlike years in the past.

### Most Popular New Year's Resolutions

- Spend More Time with Friends and Family
- Get Fit, Exercise More
- Lose Weight
- Quit Smoking
- Enjoy Life, Manage Stress
- Get Out of Debt, Manage Money
- Learn Something New
- Drink Less Alcohol
- Eat Healthier
- Be More Eco-Conscious and Recycle
- Save Money
- Volunteer to Help Others
- Read More Books, Watch Less TV
- Go to Sleep Earlier

### Tips for Keeping Your New Year's Resolutions This Year

#### Start small and pick only one resolution

Instead of making a list of all the things you hope to change about yourself in 2012, start small and make one straightforward, simple resolution.

### Make a specific resolution

It is a lot more difficult to stick to a vague resolution than it is to be consistent with a very specific resolution. If you want to lose weight set a specific goal about how much weight you hope to lose and by when. If you hope to lose 20 pounds in 2012, set a goal of 2 pounds a month.

### Make a plan for how to achieve your goals

If you have one specific resolution, you will be able to achieve it so long as you make a plan. Outline a clear plan for how to get to your goal and you will be able to accomplish it.

### Avoid repeating past failures by setting new habits

New Year's resolutions most often fall apart because people fall back on old habits and cannot stick to their new choices. Avoid repeating past failures by setting new habits and sticking to them. Of course, this is easier said than done, but by taking your new resolutions slowly, you can achieve your resolution rather than jumping into it and expecting too much.

### Positive reinforcement

Remember that change takes time! The only way you will achieve your resolution is through positive reinforcement. If you slip up, don't give up. If you can stick to your resolution for thirty days, you should be able to reset your habits for 2012.

### Make your resolution public

Sometimes peer pressure and public shame can help you in moments of weakness. By telling friends and family members your New Year's resolution, they may encourage you to stick with it and tease you gently if you fall behind.

## Join our Facebook Group

facebook.com/mocha.cabana1



Our Friends on Facebook are the first to hear about entertainment, dining features and special events. You can ask questions, post comments, enter our contests and receive discount offers.

Disclaimer: We are not responsible for hunger pangs, drooling and food cravings resulting from viewing the photos of our Chefsqfantastic food.

## Cat Walk Salon & Spa

Need a New Year's Rejuvenation?  
Let the Fritz sisters pamper you

Stylist Jordy Fritz &  
Esthetician Shanna Fritz

(403) 327-4555

[www.catwalksalonspa.com](http://www.catwalksalonspa.com)

## We're open every day

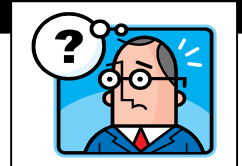
Mon - Thur	7 am - 9 pm
Friday	7 am - 10 pm
Saturday	8 am - 10 pm
Sun & Holiday	9 am - 4 pm

Join the Mocha Page on Facebook  
and stay connected

Visit our website for events,  
entertainment and our menu  
[www.mochacabana.ca](http://www.mochacabana.ca)

## Resolve to take better care of your investments in 2012

Call us to help



Lynn Pearson & Karen Ohno Wealth Advisors

lynn\_pearson@scotiamcleod.com karen\_ohno@scotiamcleod.com

(403) 317-4836 (403) 317-4840

319 - 4<sup>th</sup> Street South, Lethbridge, AB "right next door"

*With over 60 years of combined experience we help our clients achieve  
peace of mind by providing trusted advice*

*and personalized solutions to meet their financial goals.*

*\$150,000 minimum*

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hard

Thanks to all our  
customers for making  
2011 a great year.  
We look forward to  
seeing you in 2012.

Happy New Year!  
Karen & Lynn



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*"not far away, just far enough"*

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