



JANUARY 2024



All activities are subject to change.

ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core Strength & Posture (Fitness Center)	9:30 - Seated Dance w/ Heather (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga w/Meagan (Fitness Center)	9:30 - Exercise for Balance (Fitness Center)
10:30 - Predictions of the Future from 100 Years Ago (Living Room)	10:30 - Cooking Club: Walnut Crescent Cookies (Activities Kitchen)	10:30 - History of Cinematography (Living Room)	10:30 - Biography Series: Sam Elliott (Living Room)	10:15 - Winter Festivals Around the World (Living Room)	10:30 - Making Winter Snow Votives (Art Studio)
1:00 - Classical Music Matinee (Living Room)	1:00 - Catholic Communion with Deacon Gerry (Theater)	1:00 - Comedy Series: The Muppets Show (Living Room)	1:15 - Song & Prayer with Pastor Bill (Theater)	1:30 - Manicures (Bistro)	1:00 - Movie Matinee: Sabrina (Theater)
2:00 - Golf (Fitness Center)	2:00 - Resident Social (Bistro)	2:00 - Live Music: Steve on Guitar (Living Room)	2:15 - Bingo (Dining Room)	3:00 - Knitting Club (Living Room)	3:15 - 2024 Activities To Do List (Living Room)
2:45 - Popsicle Stick Snowflakes (Art Studio)	2:45 - Games (Bistro)	3:15 - Winter in Vermont Painting Series (Art Studio)	3:30 - Bocce (Fitness Center)	4:00 - Cranium Crunches (Living Room)	3:45 - Wheel of Fortune (Living Room)
3:45 - Feel-Good News Stories from 2023 (Living Room)	4:00 - Trivia (Bistro)	4:00 - Rick Steves Travel Series (Living Room)	3:30 - Dominoes (Bistro)		



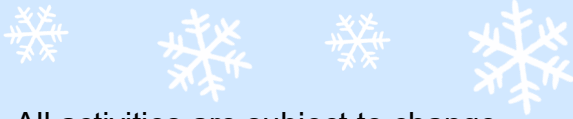
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ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
9:30 - Full Body Stretch (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core Strength & Posture (Fitness Center)	9:30 - Seated Dance with Heather (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga w/Meagan (Fitness Center)	9:30 - Exercise for Balance (Fitness Center)
10:30 - A Look Back at Local Spots (Living Room)	10:15 - Painting (Art Studio)	10:15 - Cooking Club: Spanish Almond Cake (Activities Kitchen)	10:30 - History of Kites (Living Room)	10:30 - Wellness Presentation with Katie Jewett, Bayada (Living Room)	10:15 - Outing: Claussen's Greenhouse (Signup at Desk)	10:30 - Learning About the Harlem Globe Trotters (Living Room)
1:00 - Essex Alliance Church (Theater)	1:00 - Classical Music Matinee (Living Room)	10:45 - Travel Series: Spain (Living Room)	1:00 - Comedy Series: Bob Hope (Living Room)	1:00 - Recording of Herb Alpert Concert (Living Room)	1:30 - Manicures (Bistro)	1:00 - Movie Matinee: Gone with the Wind, Part 1 (Theater)
1:00 - Rummikub (Bistro)	1:30 - Trip to Hannaford (Lobby)	1:00 - Catholic Service (Theater)	2:00 - Drum Circle (Fitness Center)	2:15 - Bingo (Dining Room)	3:00 - Knitting Club (Living Room)	3:15 - Basketball (Fitness Center)
2:30 - Pictionary (Living Room)	2:00 - Golf (Fitness Center)	2:00 - Resident Social: A Taste of Spain (Bistro)	3:15 - Winter in Vermont Painting Series (Art Studio)	3:30 - Bocce (Fitness Center)	4:00 - Group Crossword Puzzle (Living Room)	3:45 - Jeopardy (Living Room)
3:45 - Balloon Tennis (Fitness Center)	3:00 - Where in the World, Islands (Living Room)	3:00 - Spanish Crafts (Art Studio)	4:00 - Rick Steves Travel Series (Living Room)	3:30 - Dominoes (Bistro)		
	4:00 - Recording of Cirque du Soleil (Living Room)	4:00 - Spanish Music (Living Room)				



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ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
9:30 - Full Body Stretch (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core Strength & Posture (Fitness Center)	9:30 - Seated Dance with Heather (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga w/Meagan (Fitness Center)	9:30 - Exercise for Balance (Fitness Center)
10:30 - Who Am I? (Living Room)	10:30 - Painting (Art Studio)	10:30 - Cooking Club: Lemon Squares (Activities Kitchen)	10:30 - History of the Underground Railroad (Living Room)	10:30 - Biography: Diana Ross (Living Room)	10:15 - History of Silly Putty (Living Room)	10:30 - Flower Arranging (Bistro)
1:00 - Essex Alliance Church (Theater)	1:00 - Classical Music Matinee (Living Room)	1:00 - Catholic Communion with Deacon Gerry (Theater)	1:00 - Comedy Series: Popeye the Sailor Man, (Living Room)	1:00 - Recording of Diana Ross Concert (Living Room)	10:45 - Making Our Own Silly Putty (Art Studio)	1:00 - Movie Matinee: The Sound of Music, Part 1 (Theater)
1:00 - Rummikub (Bistro)	2:00 - Golf (Fitness Center)	2:00 - Resident Social (Bistro)	2:00 - Live Music: Dan Levine (Living Room)	2:15 - Bingo (Dining Room)	1:30 - Manicures (Bistro)	3:00 - Putting the Past in Order: Sports Milestones (Bistro)
2:00 - Movie Matinee: Gone with the Wind, Part 2 (Theater)	3:00 - King, Gandhi and Thoreau on Peace and Justice (Living Room)	2:45 - Games (Bistro)	3:15 - Winter in Vermont Painting Series (Art Studio)	3:30 - Bocce (Fitness Center)	3:00 - Knitting Club (Living Room)	3:45 - The Price WAS Right (Living Room)
3:45 - Bean Bag Toss (Fitness Center)	4:00 - Listening to the "I Have a Dream" Speech (Living Room)	4:00 - Trivia (Bistro)	4:00 - Rick Steves Travel Series (Living Room)	3:30 - Dominoes (Bistro)	4:00 - Choir, Introduction/ Assessing Interest (Living Room)	



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ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21</p> <p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Learning About Newfoundland and Labrador (Living Room)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Rummikub (Bistro)</p> <p>2:00 - Movie Matinee: The Sound of Music, Part 2 (Theater)</p> <p>3:45 - Paper Airplane Throwing Contest (Living Room)</p>	<p>22</p> <p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Making Winter Birdfeeders (Art Studio)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Golf (Fitness Center)</p> <p>3:00 - Where in the World, Ancient Wonders (Living Room)</p> <p>4:00 - Recording of Cirque du Soleil (Living Room)</p>	<p>23</p> <p>9:30 - Core Strength & Posture (Fitness Center)</p> <p>10:30 - Cooking Club: Buffalo Chicken Dip (Activities Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>2:45 - Games (Bistro)</p> <p>4:00 - Trivia (Bistro)</p>	<p>24</p> <p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Intro to The Humor Project, the Positive Power of Humor (Living Room)</p> <p>1:00 - Rerun of <i>Queen for a Day</i> (Living Room)</p> <p>2:00 - Live Music: Jazzou (Living Room)</p> <p>3:15 - Winter in Vermont Painting Series (Art Studio)</p> <p>4:00 - Rick Steves Travel Series (Living Room)</p>	<p>25</p> <p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography: Louis Braille (Living Room)</p> <p>1:00 - Recording of Hank Williams Concert (Living Room)</p> <p>2:15 - Bingo (Dining Room)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>3:30 - Dominoes (Bistro)</p>	<p>26</p> <p>9:30 - Seated Yoga w/Meagan (Fitness Center)</p> <p>10:45 - Outing: Olive Garden for Lunch (Signup at Desk)</p> <p>1:30 - Manicures (Bistro)</p> <p>3:00 - Knitting Club (Living Room)</p> <p>4:00 - Round Robin Story Writing (Living Room)</p>	<p>27</p> <p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Family Feud (Bistro)</p> <p>1:00 - Movie Matinee: True Grit (Theater)</p> <p>3:00 - Changes in Child Rearing in the Past Few Decades (Living Room)</p> <p>3:45 - Real Estate: Guess the Asking Price (Living Room)</p>



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ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
28	29	30	31
9:30 - Full Body Stretch (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core Strength & Posture (Fitness Center)	9:30 - Seated Dance with Heather (Fitness Center)
10:30 - Who Am I? (Living Room)	10:30 - Making Our Own Snow (Art Studio)	10:30 - Cooking Club: Mini Chocolate Pecan Pies (Activities Kitchen)	10:30 - Historic Travels Across the English Channel (Living Room)
1:00 - Essex Alliance Church (Theater)	1:00 - Classical Music Matinee (Living Room)	1:00 - Catholic Communion with Deacon Gerry (Theater)	1:00 - Comedy Series: The George Burns and Gracie Allen Show (Living Room)
1:00 - Rummikub (Bistro)	2:00 - Reminiscing about Snow Days (Living Room)	2:00 - Resident Social: January Birthdays (Bistro)	2:00 - Resident Council Meeting (Dining Room)
2:30 - Live Music: Classical Viola and Piano (Living Room)	2:30 - Snowball Fight (Fitness Center)	2:45 - Games (Bistro)	3:15 - Winter in Vermont Painting Series (Art Studio)
3:45 - Bean Bag Toss (Fitness Center)	3:00 - Watching <i>March of the Penguins</i> and Drinking Cocoa (Living Room)	4:00 - Trivia (Bistro)	4:00 - Rick Steves Travel Series (Living Room)

INTERESTING FACTS ABOUT JANUARY

- The month of January was named for the Roman god Janus. Janus had two heads, symbolizing one head looking backward and one looking forward.
- Ellis Island opened on January 1st, 1892. Since the opening, over 20 million people have immigrated to the United States.
- It is considered the coldest month of the year in the Northern Hemisphere. It is considered the warmest month of the year in the Southern Hemisphere.
- Alaska became a state on January 3, 1959
- Some celebrities whose birthdays are in January include - Elvis Presley, Oprah Winfrey, Dolly Parton, Betty White, Justin Timberlake, Ellen DeGeneres, Bradley Cooper
- The Portuguese landed in South America (now Brazil) on January 1, 1502. They named the city Rio de Janeiro, which means 'River of January.'

