



# JANUARY 2025



All activities are subject to change.

## ACTIVITIES CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### 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.'



**1**

**9:30** - Cardio (Fitness Center)

**10:30** - A First Time for Everything (Living Room)

**1:00** - Recording of Cirque du Soleil (Living Room)

**2:00** - Live Music: Carol Ann Jones (Living Room)

**3:00** - Drawing Zentangles (Art Studio)

**4:00** - Idioms in Disguise (Living Room)

**2**

**9:30** - Working with Weights (Fitness Center)

**10:30** - Biography Series: Mozart, the First Rock Star (Living Room)

**1:00** - Mozart Recording, Piano Concerto No. 23 and 27 (Living Room)

**2:15** - Cranium Crunches (Living Room)

**3:30** - Bocce (Fitness Center)

**5:30** - Outing: Winter Lights at Shelburne Museum (Signup at Desk, Limited Seating)

**3**

**9:30** - Seated Yoga (Fitness Center)

**10:15** - Winter Festivals Around the World (Living Room)

**1:00** - Manicures (Signup at Front Desk, Bistro)

**1:30** - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 1 (Living Room)

**2:00** - Bridge (Kitchen)

**3:00** - Knitting Club (Library)

**4:00** - Vermont History Series (Living Room)

**4**

**9:30** - Exercise for Balance (Fitness Center)

**10:30** - Open Art Studio with Bay (Art Studio)

**10:30** - Games (Bistro)

**1:00** - Essex Alliance Church (Theater)

**1:15** - Balloon Tennis (Fitness Center)

**2:30** - Bingo (Dining Room)

**3:45** - Wheel of Fortune (Living Room)



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## ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Exotic Bird: Dodoes (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Traveling with Virtual Reality Headsets (Theater)</p> <p><b>3:00</b> - Movie Matinee: Alice in Wonderland, 1951 (Theater)</p> <p><b>3:45</b> - Wii Sports (Living Room)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Learning Perspective Drawing (Art Studio)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Trip to Hannaford (Lobby)</p> <p><b>3:30</b> - Visit with Pepper, Therapy Dog (Living Room)</p> <p><b>4:00</b> - Ping Pong Connect 4 (Bistro)</p>	<p><b>9:30</b> - Core Strength &amp; Posture (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Oreo Truffles (Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Resident Social: January Birthdays (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Spelling Bee (Living Room)</p>	<p><b>9:30</b> - Cardio (Fitness Center)</p> <p><b>10:30</b> - Making Our Own Snow Globes (Art Studio)</p> <p><b>1:00</b> - Recording of Cirque du Soleil (Living Room)</p> <p><b>2:00</b> - Drum Circle (Fitness Center)</p> <p><b>3:15</b> - Book Club (Library)</p> <p><b>4:00</b> - Elvis Sing Along (Living Room)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography: Lewis Carroll (Living Room)</p> <p><b>1:00</b> - What's Your Verdict? (Living Room)</p> <p><b>2:15</b> - Resident Council Meeting (Dining Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p> <p><b>5:45</b> - Games with Maggie (Bistro)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Bob Ross Painting Party: Winter Snow (Art Studio)</p> <p><b>1:00</b> - Manicures (Signup at Front Desk, Bistro)</p> <p><b>1:30</b> - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 2 (Living Room)</p> <p><b>2:00</b> - Bridge (Kitchen)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Scrapbooking (Art Studio)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Balloon Volleyball (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Real Estate: Guess the Asking Price (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Family Feud (Bistro)</p> <p><b>2:45</b> - Movie Matinee: Wicked (Theater)</p> <p><b>3:45</b> - Seated Soccer (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:30</b> - Popsicle Stick Snowmen (Art Studio)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Shooting Pool (Bistro)</p> <p><b>3:00</b> - Down the Rabbit Hole: A Review of Alice's Adventures in Wonderland (Living Room)</p> <p><b>4:00</b> - Can You See the Big Picture? (Living Room)</p>	<p><b>9:30</b> - Core Strength &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Lemon Blueberry Tart (Kitchen)</p> <p><b>1:00</b> - Catholic Communion with Deacon Gerry (Theater)</p> <p><b>2:00</b> - Live Music: 2/3 Dimmer (Living Room)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Word Mining (Living Room)</p>	<p><b>9:30</b> - Seated Dance, Heather (Fitness Center)</p> <p><b>10:15</b> - Origami Peace Doves (Art Studio)</p> <p><b>11:30</b> - Outing: Lunch at Casa Grande (Signup at Desk)</p> <p><b>1:00</b> - Recording of Cirque du Soleil (Living Room)</p> <p><b>2:00</b> - The Flowers of Wonderland (Living Room)</p> <p><b>2:30</b> - Flower Arranging (Bistro)</p> <p><b>3:30</b> - Mindfit with Gena from Home Health (Living Room)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography: Joan Baez (Living Room)</p> <p><b>1:00</b> - Recording of Neil Diamond Concert (Living Room)</p> <p><b>2:00</b> - Wellness Presentation with Kandi, Bayada (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p> <p><b>5:45</b> - Games with Maggie (Bistro)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Travel Series: Oxford, England (Living Room)</p> <p><b>1:00</b> - Manicures (Signup at Front Desk, Bistro)</p> <p><b>1:30</b> - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 3 (Living Room)</p> <p><b>2:00</b> - Bridge (Kitchen)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Open Art Studio with Bay (Art Studio)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Baseball (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Jeopardy (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Nobel Prize Winners (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Traveling with Virtual Reality Headsets (Theater)</p> <p><b>3:00</b> - Movie Matinee: Oliver Twist, 1951 (Theater)</p> <p><b>3:45</b> - Horseshoes (Fitness Center)</p>	<p>MLK JR. DAY</p> <p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:30</b> - Trip to Hannaford (Lobby)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Memorial to a Great Man, MLK, Jr. (Living Room)</p> <p><b>3:00</b> - Ping Pong Connect 4 (Bistro)</p> <p><b>3:30</b> - Visit with Pepper, Therapy Dog (Living Room)</p> <p><b>4:00</b> - Guess the Instrument You Hear (Living Room)</p> <p><b>5:45</b> - Sing Along (Living Room)</p>	<p><b>9:30</b> - Core Strength &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Banana Bread (Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Resident Social (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Scategories (Living Room)</p>	<p><b>9:30</b> - Seated Dance with Heather (Fitness Center)</p> <p><b>10:30</b> - Learning How to Weave a Basket (Art Studio)</p> <p><b>1:00</b> - Recording of Cirque du Soleil (Living Room)</p> <p><b>2:00</b> - Live Music: Steve on Guitar (Living Room)</p> <p><b>3:15</b> - Book Club (Library)</p> <p><b>4:00</b> - You Be the Judge (Living Room)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography: Etta James (Living Room)</p> <p><b>1:00</b> - Recording of Etta James Concert (Living Room)</p> <p><b>2:00</b> - Mad Libs (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p> <p><b>5:45</b> - Games with Maggie (Bistro)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Remembering the Flexible Flyer Sled (Living Room)</p> <p><b>1:00</b> - Manicures (Signup at Front Desk, Bistro)</p> <p><b>1:30</b> - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 4 (Living Room)</p> <p><b>2:00</b> - Bridge (Kitchen)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - The Billionaire's Club: Richest People in the World (Living Room)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Bowling (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Famous Home Quiz (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30	31
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Family Feud (Bistro)</p> <p><b>3:00</b> - Movie Matinee: <i>March of the Penguins</i> (Theater)</p> <p><b>3:45</b> - Darts (Bistro)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:30</b> - Travel Series: Montreux, Switzerland (Living Room)</p> <p><b>1:00</b> - Rick Steves, Switzerland (Living Room)</p> <p><b>2:00</b> - Live Music: Dan Levine (Living Room)</p> <p><b>3:00</b> - Making Lunar New Year Lanterns (Art Studio)</p> <p><b>4:00</b> - Poetry Share (Living Room)</p> <p><b>5:45</b> - Sing Along (Living Room)</p>	<p><b>9:30</b> - Core Strength &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Vanilla Coconut Cookies (Kitchen)</p> <p><b>1:00</b> - Catholic Communion with Deacon Gerry (Theater)</p> <p><b>2:00</b> - Resident Social (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Hangman (Living Room)</p>	<p>LUNAR NEW YEAR</p> <p><b>9:30</b> - Seated Dance with Heather (Fitness Center)</p> <p><b>10:30</b> - Kumquat: A Symbol of Luck for Chinese New Year (Living Room)</p> <p><b>1:00</b> - Recording of CMG's New Year Gala (Living Room)</p> <p><b>2:00</b> - 2025, Year of the Snake (Dining Room)</p> <p><b>3:00</b> - Making Lunar New Year Red Packet Gifts (Art Studio)</p> <p><b>4:00</b> - Cranium Crunches (Living Room)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography: Kevin Costner (Living Room)</p> <p><b>1:00</b> - 60's Pop Rock Reunion (Living Room)</p> <p><b>2:00</b> - Cranium Crunches (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Sock Snowmen (Art Studio)</p> <p><b>1:00</b> - Manicures (Signup at Front Desk, Bistro)</p> <p><b>1:30</b> - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 5 (Living Room)</p> <p><b>2:00</b> - Bridge (Kitchen)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>