





#### **ACTIVITIES CALENDAR**

**MONDAY** 

**TUESDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

### INTERESTNG 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.'





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)

**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, | (Living Room) Limited Seating)

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** 

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

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

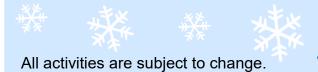
10:30 - Games (Bistro)

1:00 - Essex Alliance Church (Theater)

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

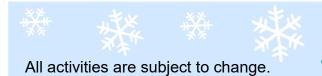
**2:30** - Bingo (Dining Room)

3:45 - Wheel of Fortune (Living Room)





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





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stretch (Fitness Center)  10:30 - Who Am I? (Living Room)  1:00 - Rummikub/ Dominoes (Bistro)  2:00 - Family Feud (Bistro)  2:45 - Movie Matinee: Wicked (Theater)  3:45 - Seated Soccer (Fitness Center)  4:0 See Pic	ining akeup thess Center)  i30 - Popsicle ck Snowmen t Studio)  i0 - Classical sic Matinee ving Room)  i0 - Shooting ol (Bistro)  i0 - Down the bbit Hole: A view of ce's ventures in onderland ving Room)  i0 - Can You e the Big eture?	9:30 - Core Strength & Posture (Fitness Center)  10:30 - Cooking Club: Lemon Blueberry Tart (Kitchen)  1:00 - Catholic Communion with Deacon Gerry (Theater)  2:00 - Live Music: 2/3 Dimmer (Living Room)  3:00 - Golf (Fitness Center)  4:00 - Trivia (Bistro)  5:45 - Word Mining (Living Room)	9:30 - Seated Dance, Heather (Fitness Center)  10:15 - Origami Peace Doves (Art Studio)  11:30 - Outing: Lunch at Casa Grande (Signup at Desk)  1:00 - Recording of Cirque du Soleil (Living Room)  2:00 - The Flowers of Wonderland (Living Room)  2:30 - Flower Arranging (Bistro)  3:30 - Mindfit with Gena from Home Health (Living Room)	16 9:30 - Working with Weights (Fitness Center)  10:30 - Biography: Joan Baez (Living Room)  1:00 - Recording of Neil Diamond Concert (Living Room)  2:00 - Wellness Presentation with Kandi, Bayada (Living Room)  3:30 - Bocce (Fitness Center)  5:45 - Games with Maggie (Bistro)	17 9:30 - Seated Yoga (Fitness Center)  10:30 - Travel Series: Oxford, England (Living Room)  1:00 - Manicures (Signup at Front Desk, Bistro)  1:30 - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 3 (Living Room)  2:00 - Bridge (Kitchen)  3:00 - Knitting Club (Library)  4:00 - Vermont History Series (Living Room)	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 - Baseball (Fitness Center)  2:30 - Bingo (Dining Room)  3:45 - Jeopardy (Living Room)





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





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9:30 - Full Body Stretch (Fitness Center)  10:30 - Who Am I? (Living Room)  1:00 - Rummikub/ Dominoes (Bistro)  2:00 - Family Feud (Bistro)  3:00 - Movie Matinee: March of the Penguins (Theater)  3:45 - Darts (Bistro)	9:30 - Monday Morning Wakeup (Fitness Center) 10:30 -	9:30 - Core Strength & Posture (Fitness Center)  10:30 - Cooking Club: Vanilla Coconut Cookies (Kitchen)  1:00 - Catholic Communion with Deacon Gerry (Theater)  2:00 - Resident Social (Bistro)  3:00 - Golf (Fitness Center)  4:00 - Trivia (Bistro)  5:45 - Hangman (Living Room)	LUNAR NEW YEAR  9:30 - Seated Dance with Heather (Fitness Center)  10:30 - Kumquat: A Symbol of Luck for Chinese New Year (Living Room)  1:00 - Recording of CMG's New Year Gala (Living Room)  2:00 - 2025, Year of the Snake (Dining Room)  3:00 - Making Lunar New Year Red Packet Gifts (Art Studio)  4:00 - Cranium Crunches (Living Room)	9:30 - Working with Weights (Fitness Center)  10:30 - Biography: Kevin Costner (Living Room)  1:00 - 60's Pop Rock Reunion (Living Room)  2:00 - Cranium Crunches (Living Room)  3:30 - Bocce (Fitness Center)	9:30 - Seated Yoga (Fitness Center)  10:30 - Sock Snowmen (Art Studio)  1:00 - Manicures (Signup at Front Desk, Bistro) 1:30 - Documentary: NatGeo, Inside the Enchanted Forests, Ep. 5 (Living Room)  2:00 - Bridge (Kitchen)  3:00 - Knitting Club (Library)  4:00 - Vermont History Series (Living Room)