



January 2024 Memory Care		Monthly Activities						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>MEMORY CARE embrace BY SENIOR LIFESTYLE</p><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div> <div><p>ADDINGTON PLACE OF STUART</p><p><i>a Senior Lifestyle community</i></p></div> <div><p> *BOOKMARKS</p><p> *Better Together</p><p> *SNAPSHOTS</p><p> *THYMELESS</p><p> CONNECT</p><p> CONTRIBUTE</p><p> FEEL</p><p> GROW</p><p> MOVE</p><p> REFLECT</p></div> <div><p>Location Keys</p><p>Lyric Dining Room LD</p><p>Lyric Dining Room LDR</p><p>Lyric Living Room LLR</p><p>Lyric Patio LP</p><p>Melody M</p><p>Melody Dining Room MDR</p><p>Melody Game Tables MGT</p><p>Melody Library ML</p><p>Melody Living Room MLR</p><p>Melody Patio MP</p><p>Memory Care Salon MCS</p><p>Outside Community Theater OOC</p><p>T</p></div>	<p>“You must be the change you wish to see in the world.”</p> <p>— Mohandas Gandhi</p>	<div>New Year's Day 1</div> <div>10:00 Chair Jazzercise</div> <div>10:30 Walking Club</div> <div>11:30 Thymeless Gardening Harvest [MP]</div> <div>1:30 Talk to me Alphabet Word Game [MLR]</div> <div>2:30 Thymeless Cooking [LD]</div> <div>3:30 Happy Hour with Conversation Cards</div> <div>5:30 People Puzzler Game Show CH.233 [MLR]</div>	<div>2</div> <div>10:00 Zumba with GIGI [MLR]</div> <div>11:00 Theatre Outing: Grand Theater [T]</div> <div>1:30 Music Jams and Instruments</div> <div>1:30 iN2L Trivia</div> <div>2:30 Sing Along with Ron</div> <div>3:15 Thymeless Cooking</div> <div>5:30 Evening Game Shows: Family Feud CH 34 [MLR]</div>	<div>3</div> <div>10:00 Morning Walk About [OOO]</div> <div>10:00 Wake up workout</div> <div>1:30 Thymeless Cooking [MDR]</div> <div>3:00 How Many words in that Phrase? [MLR]</div> <div>3:30 Bookmarks: Reading Club [ML]</div> <div>5:30 Word Search with Care [MLR]</div>	<div>4</div> <div>10:00 Chair Exercise</div> <div>10:00 Morning Walk About [OOO]</div> <div>11:00 Thymeless Gardening Club [LP]</div> <div>1:30 Thymeless Cooking [LLR]</div> <div>2:30 Ice Cream Socials [MDR]</div> <div>3:30 Guitar Solo [MDR]</div> <div>5:30 Movie Night [LLR]</div>	<div>5</div> <div>10:00 Chair Zumba with GiGi [MLR]</div> <div>10:30 MC Outing: Scenic Drive [OOO]</div> <div>1:30 Crafting Corner [MGT]</div> <div>1:30 iN2L How Much did that Cost?</div> <div>2:30 Thymeless Cooking [LDR]</div> <div>3:30 Busy Board Unscramble Words [MGT]</div> <div>5:30 Puzzle Hour with Care [MLR]</div>	<div>6</div> <div>10:00 Chair Yoga [MLR]</div> <div>10:30 B. Stylish Nails and Manicures [MCS]</div> <div>10:30 Morning Walk About</div> <div>1:00 Busy Board: Word Game [MGT]</div> <div>2:00 Bookmarks: Reading Club [ML]</div> <div>3:00 Thymeless Cooking</div> <div>3:30 "Musical" It's my turn to answer [LLR]</div> <div>5:30 Move Night</div>	
		<div>7</div> <div>10:00 Morning Garden Walk [MP]</div> <div>10:30 iN2L Travel</div> <div>10:45 Hymns Archdiocese of Palm Beach [MLR]</div> <div>11:00 Mass Archdiocese of Palm Beach Church Service</div> <div>1:15 Game Table Time! Pool, Cards and Puzzles</div> <div>2:15 Thymeless Cooking</div> <div>4:00 Music Down Memory Lane [MLR]</div> <div>5:30 Coloring with Care [MLR]</div>	<div>8</div> <div>10:00 Chair Jazzercise</div> <div>10:30 Walking Club</div> <div>11:30 Thymeless Gardening Harvest [MP]</div> <div>1:30 Talk to me Alphabet Word Game [MLR]</div> <div>2:30 Thymeless Cooking [LD]</div> <div>3:30 Happy Hour with Conversation Cards</div> <div>5:30 People Puzzler Game Show CH.233 [MLR]</div>	<div>9</div> <div>10:00 Zumba with GIGI [MLR]</div> <div>11:00 Theatre Outing: Grand Theater [OOO]</div> <div>1:30 Music Jams and Instruments</div> <div>1:30 iN2L Trivia</div> <div>2:30 Sing Along with Ron</div> <div>3:15 Thymeless Cooking</div> <div>5:30 Evening Game Shows: Family Feud CH 34 [MLR]</div>	<div>10</div> <div>10:00 Morning Walk About [OOO]</div> <div>10:00 Wake up workout</div> <div>1:30 Thymeless Cooking [MDR]</div> <div>3:00 How Many words in that Phrase? [MLR]</div> <div>3:30 Bookmarks: Reading Club [ML]</div> <div>5:30 Word Search with Care [MLR]</div>	<div>11</div> <div>10:00 Chair Exercise</div> <div>10:00 Morning Walk About [OOO]</div> <div>11:00 Thymeless Gardening Club [LP]</div> <div>1:30 Thymeless Cooking [LLR]</div> <div>2:30 Ice Cream Socials [MDR]</div> <div>3:30 Guitar Solo [MDR]</div> <div>5:30 Movie Night [LLR]</div>	<div>12</div> <div>10:00 Chair Zumba with GiGi [MLR]</div> <div>10:30 MC Outing: Scenic Tour [OOO]</div> <div>1:30 Crafting Corner [MGT]</div> <div>1:30 iN2L How Much did that Cost?</div> <div>2:30 Thymeless Cooking [LDR]</div> <div>3:30 Busy Board Unscramble Words [MGT]</div> <div>5:30 Puzzle Hour with Care [MLR]</div>	<div>13</div> <div>10:00 Chair Yoga [MLR]</div> <div>10:30 B. Stylish Nails and Manicures [MCS]</div> <div>10:30 Morning Walk About</div> <div>1:00 Busy Board: Word Game [MGT]</div> <div>2:00 Bookmarks: Reading Club [ML]</div> <div>3:00 Thymeless Cooking</div> <div>3:30 "Musical" It's my turn to answer [LLR]</div> <div>5:30 Move Night</div>
		<div>14</div> <div>10:00 Morning Garden Walk [MP]</div> <div>10:30 iN2L Travel</div> <div>10:45 Hymns Archdiocese of Palm Beach [MLR]</div> <div>11:00 Mass Archdiocese of Palm Beach Church Service</div> <div>1:15 Game Table Time! Pool, Cards and Puzzles</div> <div>2:15 Thymeless Cooking</div> <div>4:00 Music Down Memory Lane [MLR]</div> <div>5:30 Coloring with Care [MLR]</div>	<div>15</div> <div>10:00 Chair Jazzercise</div> <div>10:30 Walking Club</div> <div>11:30 Thymeless Gardening Harvest [MP]</div> <div>1:30 Talk to me Alphabet Word Game [MLR]</div> <div>2:30 Thymeless Cooking [LD]</div> <div>3:30 Happy Hour with Conversation Cards</div> <div>5:30 People Puzzler Game Show CH.233 [MLR]</div>	<div>16</div> <div>10:00 Zumba with GIGI [MLR]</div> <div>11:00 Theatre Outing: Grand Theater [OOO]</div> <div>1:30 Music Jams and Instruments</div> <div>1:30 iN2L Trivia</div> <div>2:30 Sing Along with Ron</div> <div>3:15 Thymeless Cooking</div> <div>5:30 Evening Game Shows: Family Feud CH 34 [MLR]</div>	<div>17</div> <div>10:00 Morning Walk About [OOO]</div> <div>10:00 Wake up workout</div> <div>1:30 Thymeless Cooking [MDR]</div> <div>3:00 How Many words in that Phrase? [MLR]</div> <div>3:30 Bookmarks: Reading Club [ML]</div> <div>5:30 Word Search with Care [MLR]</div>	<div>18</div> <div>10:00 Chair Exercise</div> <div>10:00 Morning Walk About [OOO]</div> <div>11:00 Thymeless Gardening Club [LP]</div> <div>1:30 Thymeless Cooking [LLR]</div> <div>2:30 Ice Cream Social [MDR]</div> <div>3:30 Guitar Solo [MDR]</div> <div>5:30 Movie Night [LLR]</div>	<div>19</div> <div>10:00 Chair Zumba with GiGi [MLR]</div> <div>10:30 Audible Hearing [M]</div> <div>10:30 MC Outing: Scenic Tour [OOO]</div> <div>1:30 Crafting Corner [MGT]</div> <div>1:30 iN2L How Much did that Cost?</div> <div>2:30 Thymeless Cooking [LDR]</div> <div>3:30 Busy Board Unscramble Words [MGT]</div> <div>5:30 Puzzle Hour with Care [MLR]</div>	<div>20</div> <div>10:00 Chair Yoga [MLR]</div> <div>10:30 B. Stylish Nails and Manicures [MCS]</div> <div>10:30 Morning Walk About</div> <div>1:00 Busy Board: Word Game [MGT]</div> <div>2:00 Bookmarks: Reading Club [ML]</div> <div>3:00 Thymeless Cooking</div> <div>3:30 "Musical" It's my turn to answer [LLR]</div> <div>5:30 Move Night</div>
		<div>21</div> <div>10:00 Morning Garden Walk [MP]</div> <div>10:30 iN2L Travel</div> <div>10:45 Hymns Archdiocese of Palm Beach [MLR]</div> <div>11:00 Mass Archdiocese of Palm Beach Church Service</div> <div>1:15 Game Table Time! Pool, Cards and Puzzles</div> <div>2:15 Thymeless Cooking</div> <div>4:00 Music Down Memory Lane [MLR]</div> <div>5:30 Coloring with Care [MLR]</div>	<div>22</div> <div>10:00 Chair Jazzercise</div> <div>10:30 Walking Club</div> <div>11:30 Thymeless Gardening Harvest [MP]</div> <div>1:30 Talk to me Alphabet Word Game [MLR]</div> <div>2:30 Thymeless Cooking [LD]</div> <div>3:30 Happy Hour with Conversation Cards</div> <div>5:30 People Puzzler Game Show CH.233 [MLR]</div>	<div>23</div> <div>10:00 Zumba with GIGI [MLR]</div> <div>11:00 Theatre Outing: Grand Theater [OOO]</div> <div>1:30 Music Jams and Instruments</div> <div>1:30 iN2L Trivia</div> <div>2:30 Sing Along with Ron</div> <div>3:15 Thymeless Cooking</div> <div>5:30 Evening Game Shows: Family Feud CH 34 [MLR]</div>	<div>24</div> <div>10:00 Morning Walk About [OOO]</div> <div>10:00 Wake up workout</div> <div>10:30 iN2I Beach Travel [OOO]</div> <div>1:30 Thymeless Cooking [MDR]</div> <div>3:00 How Many words in that Phrase? [MLR]</div> <div>3:30 Bookmarks: Reading Club [ML]</div> <div>5:30 Word Search with Care [MLR]</div>	<div>25</div> <div>10:00 Chair Exercise</div> <div>10:00 Morning Walk About [OOO]</div> <div>11:00 Thymeless Gardening Club [LP]</div> <div>1:30 Thymeless Cooking [LLR]</div> <div>2:30 Ice Cream Socials [MDR]</div> <div>3:00 Tea Time with Soyna [MDR]</div> <div>5:30 Movie Night [LLR]</div>	<div>26</div> <div>10:00 Chair Zumba with GiGi [MLR]</div> <div>10:30 MC Outing: Scenic Tour [OOO]</div> <div>1:30 Crafting Corner [MGT]</div> <div>1:30 iN2L How Much did that Cost?</div> <div>2:30 Thymeless Cooking [LDR]</div> <div>3:30 Busy Board Unscramble Words [MGT]</div> <div>5:30 Puzzle Hour with Care [MLR]</div>	<div>27</div> <div>10:00 Chair Yoga [MLR]</div> <div>10:30 B. Stylish Nails and Manicures [MCS]</div> <div>10:30 Morning Walk About</div> <div>1:00 Busy Board: Word Game [MGT]</div> <div>2:00 Bookmarks: Reading Club [ML]</div> <div>3:00 Thymeless Cooking</div> <div>3:30 "Musical" It's my turn to answer [LLR]</div> <div>5:30 Move Night</div>
		<div>28</div> <div>10:00 Morning Garden Walk [MP]</div> <div>10:30 iN2L Travel</div> <div>10:45 Hymns Archdiocese of Palm Beach [MLR]</div> <div>11:00 Mass Archdiocese of Palm Beach Church Service</div> <div>1:15 Game Table Time! Pool, Cards and Puzzles</div> <div>2:15 Thymeless Cooking</div> <div>4:00 Music Down Memory Lane [MLR]</div> <div>5:30 Coloring with Care [MLR]</div>	<div>29</div> <div>10:00 Chair Jazzercise</div> <div>10:30 Walking Club</div> <div>11:30 Thymeless Gardening Harvest [MP]</div> <div>1:30 Talk to me Alphabet Word Game [MLR]</div> <div>2:30 Thymeless Cooking [LD]</div> <div>3:30 Happy Hour with Conversation Cards</div> <div>5:30 People Puzzler Game Show CH.233 [MLR]</div>	<div>30</div> <div>10:00 Zumba with GIGI [MLR]</div> <div>11:00 Theatre Outing: Grand Theater [OOO]</div> <div>1:30 Music Jams and Instruments</div> <div>1:30 iN2L Trivia</div> <div>2:30 Sing Along with Ron</div> <div>3:15 Thymeless Cooking</div> <div>5:30 Evening Game Shows: Family Feud CH 34 [MLR]</div>	<div>31</div> <div>10:00 Morning Walk About [OOO]</div> <div>10:00 Wake up workout</div> <div>1:30 Thymeless Cooking [MDR]</div> <div>3:00 How Many words in that Phrase? [MLR]</div> <div>3:30 Bookmarks: Reading Club [ML]</div> <div>5:30 Word Search with Care [MLR]</div>	