

January 2021 Come Embrace The Day- Monthly Calendar										Monthly Activities																													
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday									
 your <i>life</i>, your <i>style</i> *SPARK *THYMELESS Connect Feel Grow Move Reflect  MEMORY CARE embrace BY SENIOR LIFESTYLE WWW.SENIORLIFESTYLE.COM Activities are subject to change					January cont'd 31					Resident Birthdays Jane S. 1/24										2 The Boulevard Newtown, CT 06470 203-745-0968					National Bloody Mary Day New Year's Day 1					10:15 ● Movement/ Meditation 10:30 ● Morning Chronicle Reading 11:00 ● Green Thumbs Garden Club 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Celebrity TV 4:00 ● Saturday Sports TV 5:30 ● Table Tactic Entertainment 6:00 ● Classic Film									
					Today is National Hot Chocolate Day 10:30 ● Live Stream Church Service 10:30 ● The Story of God 1:30 ● Soul Surfers- Bible Study 2:00 ● Soul Surfers- Bible Study Karaoke 3:00 🍴 Thymeless Snack Program 4:00 ● Bingo Social Hour Sundays 5:30 ● Celebrity TV- Dr. Phill 5:30 ● Sunday TV Sports Game's 7:00 ● Classic Sitcom Sunday's					Today is National Trivia Day! 10:15 ● Monday Mini Golf On The Green 11:00 ● Baking Club 11:30 ● North Pole Chronicles 1:30 ● Craft Corner 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Trivia Challenge! 5:30 ● Evening Puzzle's 6:00 ● Classic TV Monday's 8:00 ● Monday Night Football- ESPN					Today is National Bird Day 10:15 ● Let's Get Physical 10:30 ● Bird Brain Smarter Than We Thought: National Geographic Documentary 2020 11:00 ● Artist's Studio 1:30 ● AM Chatter Brain Exercises- Things would find 1:30 ● Jungle Rescue Adventure- interactive 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 5:30 ● Tuesday Night Sports TV 6:00 ● Classic Frosty Feature					10:15 ● AM Community Stroll 10:30 ● Morning Relaxation Program: Warm Drinks 11:00 ● History 101 : 1:30 ● Watercolor Wednesday's: Seasonal Inspirations 2:30 🍴 Thymeless Snack Program 3:00 ● Brain Fitness Social Hour: Name 10 4:00 ● Celebrity TV- Judge Judy 5:30 ● Evening Documentary 6:00 ● Festive Feature -Movie Night Free Choice					Today is Old Rock Day! 10:15 ● Morning Movement- Dancercise 10:30 ● Hydration Program 11:00 ● Am Documentary:The Making of Planet Earth from Rocks and Dust - Documentary National Geographic 11:30 ● Daily Chronicle Paper 1:30 ● Cranium Crunches 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Winter Classic's: Sitcom TV 5:30 ● Evening Activity- Table Game Fun! 6:00 ● Night at the Cinema					10:15 ● Movement/ Meditation 10:30 ● Morning News Reading 11:00 ● December Documentary 1:30 ● Artist's Studio 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Evening Documentary 5:30 ● Song Reminisce- Karaoke Night 6:00 ● Classic TV					10:15 ● Movement/ Meditation 10:30 ● Morning Chronicle Reading 11:00 🍴 Green Thumbs Garden Club 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Celebrity TV 4:00 ● Saturday Sports TV 5:30 ● Table Tactic Entertainment 6:00 ● Classic Film				
					Today is National Covered Cherry & Festival of Sleep Day 3 10:30 ● Live Stream Church Service 10:30 ● The Story of God 1:30 ● Soul Surfers- Bible Study 2:00 ● Soul Surfers- Bible Study Karaoke 3:00 🍴 Thymeless Snack Program: Ice-cream Social w/ Chocolate Covered Cherries 4:00 ● Relaxation Program: Evening Rest 5:30 ● Celebrity TV- Dr. Phill 5:30 ● Sunday TV Sports Game's 7:00 ● Classic Sitcom Sunday's					Today is National Milk Day 11 10:15 ● Morning Movement: Indoor Mini Golf 11:00 🍴 Baking Club: Chocolate Chip Cookies 11:30 ● North Pole Chronicles 1:30 ● Craft Corner 2:30 🍴 Thymeless Snack Program 3:00 ● Bookmarks Social Hour: The Birth of the Chocolate Chip Cookie 5:30 ● Evening Puzzle's 6:00 ● Classic TV Monday's 8:00 ● Monday Night Football- ESPN					International Hot Tea & Poetry At Work Day! 12 10:15 ● Relaxation Program: Morning Yoga 11:00 ● Artist's Studio 1:30 🍴 AM Chatter Brain Exercises- Things would find in winter 1:30 ● Poetry Corner 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Relaxation Program 5:30 ● Tuesday Night Sports TV 6:00 ● Classic Frosty Feature					10:15 ● Wellness Walk: Morning Stroll 10:30 ● Morning Relaxation Program: 11:00 ● History 101 1:30 ● Watercolor Wednesday's: Seasonal Inspirations 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Celebrity TV- Judge Judy 5:30 ● Evening Documentary 6:00 ● Festive Feature -Movie Night Free Choice					10:15 ● Morning Movement- Dancercise 11:00 ● Daily Chronicle and Morning Check In 1:30 🍴 Cranium Crunches: Perfect Pairs Exercise 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Winter Classic's: Sitcom TV 5:30 ● Evening Activity- Table Game Fun! 6:00 ● Night at the Cinema					Today is Fresh Squeezed Juice Day 15 10:15 ● Movement/ Meditation 10:30 🍴 Hydration Program: Homemade Orange Juice! 11:00 ● December Documentary 11:30 ● Morning News Reading 1:30 ● Artist's Studio 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Evening Documentary 5:30 ● Song Reminisce- Karaoke Night 6:00 ● Classic TV					10:15 ● Movement/ Meditation 10:30 ● Morning Chronicle Reading 11:00 🍴 Green Thumbs Garden Club 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Celebrity TV 4:00 ● Saturday Sports TV 5:30 ● Table Tactic Entertainment 6:00 ● Classic Film				
					Today's Celebrity Birthday: Betty White! 17 10:30 ● Live Stream Church Service 10:30 ● The Story of God 1:30 ● Soul Surfers- Bible Study 2:00 ● Soul Surfers- Bible Study Karaoke 3:00 🍴 Thymeless Snack Program 4:00 ● Bingo Social Hour Sundays 5:30 ● Celebrity TV Game Shows- Jeopardy 5:30 ● Sunday TV Sports Game's 6:00 ● Classic Sitcom Sunday's: The Golden Girls					Martin Luther King, Jr. Day 18 10:15 ● Monday Mini Golf On The Green 11:00 ● Baking Club 11:30 ● North Pole Chronicles 1:30 ● Craft Corner 2:30 🍴 Thymeless Snack Program: CHV Theater Popped Popcorn 3:00 ● Social Hour 5:30 ● Evening Puzzle's 6:00 ● Classic TV Monday's 8:00 ● Monday Night Football- ESPN					Today is National Popcorn Day & Dolly Parton's Birthday! 19 10:15 ● Let's Get Physical 11:00 ● Artist's Studio 1:30 ● AM Chatter Brain Exercises- Things would find 1:30 ● Jungle Rescue Adventure- interactive 2:30 🍴 Thymeless Snack Program 3:00 ● Cinema Social Hour: Dolly Parton's Christmas On The Square 5:30 ● Tuesday Night Sports TV 6:00 ● Classic Frosty Feature: Dolly Parton Here I Am					National Coffee Break Day 20 10:15 ● Wellness Walk: Morning Stroll 10:30 ● Morning Relaxation Program: Coffee Break! 11:00 ● History 101: Tiny Creatures 1:30 ● Water Color Wednesday's- Seasonal Inspirations 1:30 ● Watercolor Wednesday's: Seasonal Inspirations 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Celebrity TV- Judge Judy 5:30 ● Evening Documentary: Absurd! Planet 6:00 ● Festive Feature -Movie Night Free Choice					Today's Monthly Food Observance: National Granola Bar Day 21 10:15 ● Morning Movement- Dancercise 11:00 ● Daily Chronicle and Morning Check In 1:30 🍴 Positive Building Workshop: Let's Chat 2:30 🍴 Thymeless Snack Program- Brain Fuel: Fruit & Granola 3:00 ● Social Hour 4:00 ● Winter Classic's: Sitcom TV 5:30 ● Evening Activity- Table Game Fun! 6:00 ● Night at the Cinema					10:15 ● Wellness Workout 10:30 ● Morning News Reading 11:00 ● December Documentary 1:30 ● Artist's Studio 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Evening Documentary 5:30 ● Song Reminisce- Karaoke Night 6:00 ● Classic TV					10:15 ● Movement/ Meditation 10:30 ● Morning Chronicle Reading 11:00 🍴 Green Thumbs Garden Club 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Celebrity TV 4:00 ● Saturday Sports TV 5:30 ● Table Tactic Entertainment 6:00 ● Classic Film				
					Today is National Peanut Butter & Complement Day 24 10:15 ● Wellness Workout: Positive Group Motivation Building 10:30 ● Live Stream Church Service 10:30 ● The Story of God 10:45 🍴 Morning Relaxation Program: Specialty Warm Drink 1:30 ● Soul Surfers- Bible Study 2:00 ● Soul Surfers- Bible Study Karaoke 3:00 🍴 Thymeless Snack Program 4:00 ● Bingo Social Hour Sundays 5:30 ● Celebrity TV- Dr. Phill 5:30 ● Sunday TV Sports Game's 7:00 ● Classic Sitcom Sunday's					10:15 ● Monday Mini Golf On The Green 11:00 ● Baking Club 11:30 ● North Pole Chronicles 1:30 ● Craft Corner 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 5:30 ● Evening Puzzle's 6:00 ● Classic TV Monday's 8:00 ● Monday Night Football- ESPN					Today is the anniversary of Phantom of the Opera 26 10:15 ● Let's Get Physical 10:30 🍴 Hydration Program 11:00 ● Artist's Studio 1:30 ● AM Chatter Brain Exercises- Things would find 1:30 ● Jungle Rescue Adventure- interactive 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 5:30 ● Tuesday Night Sports TV 6:00 ● Classic Frosty Feature					Today is National Geographic Society Day 27 10:15 ● Wellness Walk: Morning Stroll 10:30 ● Morning Relaxation Program: 11:00 ● History 101 1:30 ● Water Color Wednesday's- Seasonal Inspirations 1:30 ● Watercolor Wednesday's: Seasonal Inspirations 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 3:15 ● Resident Counsel and Food Committee Meeting 4:00 ● Celebrity TV- Judge Judy 5:30 ● Evening Documentary 6:00 ● Festive Feature -Movie Night Free Choice					10:15 ● Morning Movement- Dancercise 11:00 ● Daily Chronicle and Morning Check In 1:30 ● Cranium Crunches 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Winter Classic's: Sitcom TV 5:30 ● Evening Activity- Table Game Fun! 6:00 ● Night at the Cinema					Today is Puzzle Day 29 10:15 ● Movement/ Meditation 10:30 ● Morning News Reading 11:00 ● December Documentary 1:30 ● Artist's Studio 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Evening Documentary 5:30 ● Song Reminisce- Karaoke Night 6:00 ● Classic TV					10:15 ● Morning Movement: Bowling For Dollars! 10:30 ● Morning Chronicle Reading 11:00 🍴 Green Thumbs Garden Club 2:30 🍴 Thymeless Snack Program 3:00 ● Social Hour 4:00 ● Saturday Sports TV 4:00 ● Ted Talk TV: Austin Yoder - The End of New Years Resolutions 5:30 ● Table Tactic Entertainment 6:00 ● Classic Film				
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