


January 2024 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	New Year's Day 1 10:00 🔄 Zumba and Laughter Yoga [Mez] 10:45 💡 News and Views [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🎲 Table Games 2:30 💡 Funny New Years Resolutions and Jokes 3:00 📺 Documentary Hour-Being the Queen [Mez] 4:00 💡 Word Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Move & Groove with Suzanne [Mez] 10:30 📰 Daily Chronicle [Mez] 11:00 🎵 Music Therapy with Nancy [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodle Ball [Mez] 2:00 🎲 Bingo [Mez] 3:00 🎲 Table Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Sit and Be Fit [Mez] 10:30 💡 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Exercise with Arthur [FC] 2:15 🎲 Social Time [Mez] 3:00 🎲 Happy Hour [BST] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Noodle Ball [Mez] 10:30 💡 News and Views 10:45 🌿 Nature Talks with Alyse [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🦋 Rosary and Communion with Cozetta [ML] 1:30 🔄 Exercise with Arthur [FC] 2:00 🔄 Dancing with Martha [FC] 3:00 💡 Bird Trivia 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Dance Party Friday! [Mez] 10:30 💡 News and Views [Mez] 10:45 💡 Word Games [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Fitness with Arthur [AAR] 2:30 🎲 Friday Movie Musical - An American in Paris [Mez] 4:30 🦋 Shabbat [BST] 5:30 ❤️ Relax and Unwind [Mez]	9:30 🦋 Carrington Community Church [BST] 10:30 💡 Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 12:30 🌿 Refresh and Recharge [Mez] 2:00 🔄 Bowling [Mez] 3:00 🎲 Game Time [Mez] 3:30 🎲 Puzzles [Mez] 5:30 ❤️ Relax and Unwind [Mez]	
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	14 10:00 🔄 Move and Groove [Mez] 10:30 💡 Daily Chronicle [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodleball [Mez] 2:00 🎲 Plant Nursery 3:00 🎲 Puzzles and Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	Martin Luther King, Jr. Day 15 10:00 🔄 Zumba and Laughter Yoga [Mez] 10:45 💡 News and Views [Mez] 11:00 💡 Remembering Dr. King 12:30 🌿 Refresh and Recharge [Mez] 1:00 🎲 Table Games 2:00 🔄 Dancing with Martha [FC] 2:30 💡 We Shall Overcome [Mez] 4:00 💡 Word Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	16 10:00 🔄 Move & Groove with Suzanne [Mez] 10:30 💡 Daily Chronicle [Mez] 11:00 🎵 Music Therapy with Nancy [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodle Ball [Mez] 2:00 🎲 Bingo [Mez] 3:00 🎲 Table Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	17 10:00 🔄 Sit and Be Fit [Mez] 10:30 💡 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 11:30 🎲 Lunch Outing 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Exercise with Arthur [FC] 2:15 🎲 Social Time [Mez] 3:00 🎲 Happy Hour [BST] 5:30 ❤️ Relax and Unwind [Mez]	18 10:00 🔄 Chair Volleyball [Mez] 10:30 💡 News and Views 10:45 💡 Trivia [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🦋 Rosary with Cozetta [ML] 1:30 🔄 Exercise with Arthur [FC] 3:15 🎨 Moments from Hollywood Musicals [ALT] 5:30 ❤️ Relax and Unwind [Mez]	19 10:00 🔄 Dance Party Friday! [Mez] 10:30 💡 News and Views [Mez] 10:30 🎲 Veteran's Club [ILGR] 10:45 💡 Word Games [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Fitness with Arthur [AAR] 2:30 🎲 Friday Movie Matinee - Grumpy Old Men [Mez] 4:30 🦋 Shabbat [BST] 5:30 ❤️ Relax and Unwind [Mez]	20 9:30 🦋 Carrington Community Church [BST] 10:30 💡 Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 12:30 🌿 Refresh and Recharge [Mez] 2:00 🔄 Bowling [Mez] 3:00 🎲 Game Time [Mez] 3:30 🎲 Puzzles [Mez] 5:30 ❤️ Relax and Unwind [Mez]

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10:00 🔄 Move and Groove [Mez] 21 10:30 💡 Daily Chronicle [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodleball [Mez] 2:00 🏠 Puzzles and Games [Mez] 2:30 🌿 Tea and Tchaikovsky [ML] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Zumba and Laughter Yoga [Mez] 22 10:45 💡 News and Views [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🏠 Table Games 2:00 🔄 Dancing with Martha! [FC] 4:00 💡 Word Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 💡 Daily Chronicle [Mez] 23 10:30 🔄 Fitness with Arthur [Mez] 11:00 🏠 Karaoke [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodle Ball [Mez] 2:00 🏠 Picture Bingo [Mez] 3:00 🌿 Nature Documentary 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Sit and Be Fit [Mez] 24 10:30 💡 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Exercise with Arthur [FC] 2:15 🏠 Social Time [Mez] 3:00 🏠 Happy Hour [BST] 5:30 ❤️ Relax and Unwind [Mez]	10:00 💡 News and Views 25 10:30 ❤️ Drumming with Chris! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🏠 Rosary with Cozetta [ML] 1:30 🔄 Exercise with Arthur [FC] 2:30 🏠 Monthly Birthday Bash! [2LVR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🏠 Swaddled Sock Babies & Hot Cocoa [Mez] 26 10:30 💡 News and Views [Mez] 11:00 🌿 Sing-Along with Annamarie [2LVR] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Fitness with Arthur [AAR] 2:30 🏠 Friday TV Time - Happy Days [Mez] 4:30 🦋 Shabbat [BST] 5:30 ❤️ Relax and Unwind [Mez]	9:30 🦋 Carrington Community Church [BST] 27 10:30 💡 Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 12:30 🌿 Refresh and Recharge [Mez] 2:00 🌿 Storks & Snacks [Mez] 3:00 🏠 Game Time [Mez] 5:30 ❤️ Relax and Unwind [Mez]

10:00 🔄 Move and Groove [Mez] 28 10:30 💡 Daily Chronicle [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodleball [Mez] 2:00 🏠 Puzzles and Games [Mez] 3:00 🎹 Piano Parlor with Patrick: Mozart! [BST] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Zumba and Laughter Yoga [Mez] 29 10:45 💡 News and Views [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🏠 Table Games 4:00 💡 Word Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 💡 Daily Chronicle [Mez] 30 10:30 🔄 Exercise with Suzanne [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Noodle Ball [Mez] 2:00 🏠 Picture Bingo [Mez] 3:00 🏠 Arm Chair Travels to France [AAR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🔄 Sit and Be Fit [Mez] 31 10:30 💡 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🔄 Exercise with Arthur [FC] 2:15 🏠 Social Time [Mez] 3:00 🏠 Happy Hour [BST] 5:30 ❤️ Relax and Unwind [Mez]	<div style="display: flex; justify-content: space-between;"> <div> <ul style="list-style-type: none"> 🎨 Creative Arts ❤️ Emotional 🔄 Health and Wellness 💡 Intellectual 🌿 Nature 🏠 Purposeful 🏠 Recreation and Leisure 🌿 Restorative 🦋 Spiritual </div> <div> <p>Location Keys</p> <table border="0"> <tr> <td>2nd FL Living Room</td> <td>2LVR</td> </tr> <tr> <td>AL 2nd FL Activity Room</td> <td>AAR</td> </tr> <tr> <td>AL 4th FL Theater</td> <td>ALT</td> </tr> <tr> <td>Bistro</td> <td>BST</td> </tr> <tr> <td>Fitness Center</td> <td>FC</td> </tr> <tr> <td>Independent Living Game Room-4th Floor</td> <td>ILGR</td> </tr> <tr> <td>Mezzanine Activity Room</td> <td>Mez</td> </tr> <tr> <td>Mezzanine Library</td> <td>ML</td> </tr> </table> </div> </div>	2nd FL Living Room	2LVR	AL 2nd FL Activity Room	AAR	AL 4th FL Theater	ALT	Bistro	BST	Fitness Center	FC	Independent Living Game Room-4th Floor	ILGR	Mezzanine Activity Room	Mez	Mezzanine Library	ML
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Resident Birthdays
 Norene T. 1/17
 Chester S. 1/24
 Vincent M. 1/29

“You must be the change you wish to see in the world.”
 – Mohandas Gandhi

- 🎨 Creative Arts
- ❤️ Emotional
- 🔄 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🏠 Purposeful
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- 🌿 Restorative
- 🦋 Spiritual

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All activities are subject to change.
 Please refer to the Daily Sheet for the most up to date schedule of programs