


January 2025 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>AL 2nd FL Activity Room AAR AL 2nd FL Living Room 2LVR AL 4th FL Theater ALT Bistro BST Fitness Center FC</p>	<p>Location Keys</p> <p>MC North Living Room MCNLR Mezzanine Activity Room Mez Mezzanine Library ML Mezzanine Living Room MLR We Come to You WCY</p>	<p>New Year's Day 1</p> <p>10:00 ❤️ SingFit! [Mez]</p> <p>10:45 ➡️ Zumba and Laughter Yoga [Mez]</p> <p>2:00 ❤️ Fresh Start Game [MLR]</p> <p>3:00 🎸 Happy Hour with Hector Fernandez on Spanish Guitar [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>4:30 🕯️ Hanukkah Candle Lighting [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 News and Views 2</p> <p>10:30 💰 Nature Project with Alyse [Mez]</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 ➡️ Express Fitness with Arthur [FC]</p> <p>2:15 💡 Music and Memories-The Blues</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🦋 Creativity Corner [Mez] 3</p> <p>1:30 ➡️ Afternoon Stretches [Mez]</p> <p>2:00 🎬 Movie Matinee [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🦋 Carrington Community Church [BST] 4</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 ➡️ Moving For Mobility [AAR]</p> <p>2:00 🎮 Puzzles and Games [Mez]</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>		
		<p>10:00 ➡️ Chair Yoga [Mez] 5</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Singfit! [Mez]</p> <p>1:30 ➡️ Noodle Ball [Mez]</p> <p>2:30 🐦 National Bird Day! Bird Feeder Craft [Mez]</p> <p>4:00 💡 Daily Rewind [MLR]</p>	<p>10:00 ➡️ Noodle Ball! 6</p> <p>10:30 💡 News and Views</p> <p>11:00 ❤️ Music Therapy with Nancy</p> <p>2:00 ➡️ Dancing with Martha! [FC]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 ➡️ Sit and Be Fit! [Mez] 7</p> <p>11:00 🦋 Jewish Services with Rabbi Levi Liberow [MCNLR]</p> <p>1:30 ➡️ Exercise with Arthur [FC]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 ➡️ Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 ❤️ Music and Memories: Elvis! [Mez] 8</p> <p>10:30 ➡️ Zumba and Laughter Yoga [Mez]</p> <p>1:45 ➡️ Rock Steady Boxing [MLR]</p> <p>3:00 🎸 Happy Hour with Wayne Messmer [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 ➡️ Chair Volleyball! [MLR] 9</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 ➡️ Express Fitness with Arthur [FC]</p> <p>2:30 💡 Documentary Hour [Mez]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎮 Dance Party Friday! [Mez] 10</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:30 🎖️ Veteran's Club</p> <p>11:00 🎮 Spill the Tea [Mez]</p> <p>1:30 ➡️ Afternoon Stretches [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>
		<p>10:00 ➡️ Chair Yoga [Mez] 12</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Singfit! [Mez]</p> <p>1:30 💡 Let's Learn About Tea [Mez]</p> <p>3:00 🦋 Hymn Sing with Annamarie [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p>	<p>10:00 ➡️ Sit and Be Fit! [Mez] 13</p> <p>10:30 💡 News and Views</p> <p>11:00 🎮 Name that Tune [Mez]</p> <p>2:00 ➡️ Dancing with Martha! [FC]</p> <p>3:00 🎮 Classic Comedy Hour [BST]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎖️ Helping Hands [Mez] 14</p> <p>1:15 🎮 Opera Club</p> <p>1:30 ➡️ Exercise with Arthur [FC]</p> <p>2:00 ❤️ Visits with Myra! [WCY]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 ➡️ Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 News and Views [Mez] 15</p> <p>10:30 ➡️ Zumba and Laughter Yoga [Mez]</p> <p>1:45 ➡️ Rock Steady Boxing [MLR]</p> <p>3:00 🎸 Happy Hour with John Adair [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 ➡️ Chair Volleyball [MLR] 16</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 ➡️ Express Fitness with Arthur [FC]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🦋 Creativity Corner [Mez] 17</p> <p>2:15 🎮 Monthly Birthday Bash! [2LVR]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 🚶 Chair Yoga [Mez] 10:30 📺 News and Views [Mez] 10:45 🎤 Singfit! [Mez] 1:30 🍝 Noodle Ball [Mez] 2:30 🍿 Popcorn Bar! [Mez] 4:00 📺 Daily Rewind [MLR]	Martin Luther King, Jr. Day 20 10:30 📺 News and Views 11:00 🎵 Music Therapy with Nancy [MLR] 2:00 🍻 Dancing with Martha! [FC] 2:30 📅 Remembering MLK 3:00 🍷 Cheese Tasting 4:00 📺 Daily Rewind [Mez] 5:30 🌿 Relax and Unwind [Mez]	21 10:00 🚶 Helping Hands [Mez] 1:30 🚶 Exercise with Arthur [FC] 2:30 🎮 Picture Bingo [Mez] 4:00 🚶 Leisurely Walk 5:30 🌿 Relax and Unwind [Mez]	22 10:00 📺 News and Views [Mez] 10:30 🍻 Zumba and Laughter Yoga [Mez] 1:45 🍻 Rock Steady Boxing [MLR] 3:00 🍷 Happy Hour with the Vince Micari Trio [BST] 4:00 📺 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]	23 10:00 🎮 This or That [MLR] 10:30 🎮 Drumming with Chris 11:00 🎮 The Round-up: Winnie the Pooh [MLR] 1:00 🦋 Rosary with Cozetta [ML] 1:30 🍻 Express Fitness with Arthur [FC] 2:30 📺 Documentary Hour [Mez] 4:00 📺 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]	24 10:00 🎮 Dance Party Friday! [Mez] 10:30 📺 News and Views [Mez] 11:00 🎲 Roll a Memory Dice Game [Mez] 1:30 🍻 Afternoon Stretches [Mez] 2:00 ❤️ Movie Matinee [Mez] 4:00 📺 Daily Rewind [Mez] 4:30 🦋 Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez]	25 9:30 🦋 Carrington Community Church [BST] 10:30 📺 Daily Chronicle [AAR] 11:00 🍻 Moving For Mobility [AAR] 2:00 🎮 Bowling! [MLR] 3:00 🍷 Social Hour [MLR] 5:30 🌿 Relax and Unwind [Mez]
26 10:00 🚶 Chair Yoga [Mez] 10:30 📺 News and Views [Mez] 10:45 🎤 Singfit! [Mez] 1:30 🍝 Noodle Ball [Mez] 4:00 📺 Daily Rewind [MLR]	27 10:00 🍻 Sit and Be Fit! [Mez] 10:30 📺 News and Views 11:00 🎮 Name that Tune [Mez] 2:00 🍻 Dancing with Martha! [FC] 4:00 📺 Daily Rewind [Mez] 5:30 🌿 Relax and Unwind [Mez]	28 10:00 🚶 Helping Hands [Mez] 1:30 🚶 Exercise with Arthur [FC] 2:30 ❤️ Moments from Hollywood Musicals [ALT] 4:00 🚶 Leisurely Walk 5:30 🌿 Relax and Unwind [Mez]	29 10:00 📺 News and Views [Mez] 10:30 🍻 Zumba and Laughter Yoga [Mez] 1:45 🍻 Rock Steady Boxing [MLR] 3:00 🍷 Happy Hour with Jane Allyson [BST] 4:00 📺 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]	30 10:00 🍻 Chair Volleyball [MLR] 1:00 🦋 Rosary with Cozetta [ML] 1:30 🍻 Express Fitness with Arthur [FC] 2:30 📺 Documentary Hour [Mez] 2:30 🚶 Road Trip Across America! [2LVR] 4:00 📺 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]	31 10:00 🎮 Dance Party Friday! [Mez] 10:30 📺 News and Views [Mez] 11:00 🎵 Sing-Along with Annamarie [2LVR] 1:30 🍻 Afternoon Stretches [Mez] 4:00 📺 Daily Rewind [Mez] 4:30 🦋 Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez]	

- 🎨 Creative Arts
- ❤️ Emotional
- 🍻 Health and Wellness
- 💡 Intellectual
- 🌿 Nature

- 🚶 Purposeful
- 🎮 Recreation and Leisure
- 🌿 Restorative
- 🦋 Spiritual

Resident Birthdays

Norene T. 1/17 Vincent M. 1/29
 Chester S. 1/24

Location Keys

AL 2nd FL Activity Room	AAR	MC North Living Room	MCNLR
AL 2nd FL Living Room	2LVR	Mezzanine Activity Room	Mez
AL 4th FL Theater	ALT	Mezzanine Library	ML
Bistro	BST	Mezzanine Living Room	MLR
Fitness Center	FC	We Come to You	WCY

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