

# REFLECTIONS - JANUARY 2025

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## January Highlights

1/6: Bowling League at Wamesit Lanes in Tewksbury, MA

1/13: Coffee Outing to Coffee Time Bakeshop in Salem, MA

1/20: teaCAMILLA in Danvers, MA

1/27: Museum of Science in Boston, MA

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care



**1** Happy New Year  
9:45 Weight Training for Bone Density  
10:45 Student Nurse's Presentation  
11:00 Flower Arranging Workshop  
1:30 Group Rhythm with Dylan  
2:00 Cornhole Tournament  
4:00 Finish the Phrase  
6:00 Netflix Documentary Series: The Comeback: 2004

**2**  
9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Baking: Cinnamon Rolls  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:30 Famous Faces  
4:00 Life Legacy Discussion  
4:00 Signature Sip Social: Caramel Iced Latte

**3**  
9:45 Barre and Balance  
10:00 Expressive Art Workshop: Beaded Jewelry  
10:30 Scattergories  
11:45 Therapy Dog LuLu Visits  
1:15 Mindful Meditation & Yoga  
1:30 Music and Memories  
1:30 Virtual Tour: Alaska  
3:30 Puzzler's Corner  
6:00 Traveler's Club

**4**  
9:30 Yoga With Marianne  
9:45 Low-Intensity Cardio Circuit  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

**5**  
9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie Night

**6**  
9:45 Weight Training for Bone Density  
10:30 Cardio Drumming  
11:15 Continued Learning: French for Beginners  
1:15 Reading and Reminiscing  
1:30 Bowling League: Wamesit Lanes  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams

**7**  
9:00 Mass at St. Athanasius  
9:45 Zumba  
10:15 Today in History  
11:00 Resident Council  
11:00 Play Script Reading  
1:30 Barre and Balance  
2:00 Community Engagement Planning Session  
3:00 Afternoon High Tea  
3:30 History Buffs Discuss

**8**  
9:45 Weight Training for Bone Density  
10:45 Student Nurse's Presentation  
11:00 Flower Arranging Workshop  
1:30 Group Rhythm with Dylan  
2:00 Volleyball Tournament  
4:00 Finish the Phrase  
6:00 Netflix Documentary Series: The Comeback: 2004

**9**  
9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Continued Learning: French for Beginners  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:30 Famous Faces  
4:00 Life Legacy Discussion  
6:00 Hand Spa

**10**  
9:45 Barre and Balance  
10:00 Expressive Art Workshop: Gratitude Journaling  
10:30 Scattergories  
11:45 Therapy Dog LuLu Visits  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Chicago  
3:00 Rosary and Communion  
3:30 Puzzler's Corner  
6:00 Traveler's Club

**11**  
9:30 Yoga With Marianne  
9:45 Beginner Resistance Band Training  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

**12**  
9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie Night

**13** Happy B-day Tom D!  
9:45 Weight Training for Bone Density  
10:30 Neighborhood Walk  
11:15 Continued Learning: French for Beginners  
1:15 Reading and Reminiscing  
1:30 Coffee Time Bakeshop: Salem, MA  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams

**14**  
9:00 Mass at St. Athanasius  
9:45 Zumba  
10:15 Today in History  
11:00 Play Script Reading  
1:30 Barre and Balance  
2:00 MaryBeth Maes: Guitar & Vocals  
3:00 Afternoon High Tea  
3:30 History Buffs Discuss  
4:00 Word in a Word

**15**  
9:45 Weight Training for Bone Density  
10:30 Veteran's Cafe  
10:45 Student Nurse's Presentation  
11:00 Flower Arranging Workshop  
1:30 Group Rhythm with Dylan  
2:00 Cornhole Tournament  
4:00 Finish the Phrase  
6:00 Netflix Documentary

**16**  
9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Baking: Personal Pizza  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:30 Famous Faces  
4:00 Life Legacy Discussion  
4:00 Signature Sip Social: Fresh Fruit Smoothie

**17**  
9:45 Barre and Balance  
10:00 Expressive Art Workshop: Beaded Jewelry  
10:30 Scattergories  
11:45 Therapy Dog LuLu Visits  
1:15 Mindful Meditation & Yoga  
1:30 Music and Memories  
1:30 Virtual Tour: Key West  
3:30 Puzzler's Corner  
6:00 Traveler's Club

**18** Happy B-day Smidge!  
9:30 Yoga With Marianne  
9:45 Low-Intensity Cardio Circuit  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

**19**  
9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie Night

**20**  
9:45 Weight Training for Bone Density  
10:30 Cardio Drumming  
11:15 Continued Learning: French for Beginners  
1:15 Reading and Reminiscing  
1:30 teaCAMILLA: Danvers, MA  
2:00 Protestant Service  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams

**21**  
9:00 Mass at St. Athanasius  
9:45 Zumba  
10:15 Today in History  
11:00 Play Script Reading  
1:30 Barre and Balance  
2:00 Community Engagement  
3:00 Afternoon High Tea  
3:30 History Buffs Discuss  
4:00 Word in a Word  
6:00 Game Show Night

**22**  
9:45 Weight Training for Bone Density  
10:45 Student Nurse's Presentation  
11:00 Flower Arranging Workshop  
1:30 Group Rhythm with Dylan  
2:00 Volleyball Tournament  
4:00 Finish the Phrase  
6:00 Netflix Documentary Series: The Comeback: 2004

**23**  
9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Continued Learning: French for Beginners  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:30 Famous Faces  
4:00 Life Legacy Discussion  
6:00 Hand Spa

**24**  
9:45 Barre and Balance  
10:00 Expressive Art Workshop: Aromatherapy  
10:30 Scattergories  
11:45 Therapy Dog LuLu Visits  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Denmark  
3:00 Rosary and Communion  
3:30 Puzzler's Corner  
6:00 Traveler's Club

**25** Happy B-day Margot!  
9:30 Yoga With Marianne  
9:45 Beginner Resistance Band Training  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

**26**  
9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie Night

**27** Happy B-day Marie!  
9:45 Weight Training for Bone Density  
10:30 Museum of Science Outing  
11:15 Continued Learning: French for Beginners  
1:15 Reading and Reminiscing  
1:30 Neighborhood Walk  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams  
4:00 Cognitive Challenge

**28**  
9:00 Mass at St. Athanasius  
9:45 Zumba  
10:15 Today in History  
11:00 Play Script Reading  
1:30 Barre and Balance  
3:00 Afternoon High Tea  
3:30 History Buffs Discuss  
4:00 Word in a Word  
6:00 Game Show Night

**29**  
9:45 Weight Training for Bone Density  
10:45 Student Nurse's Presentation  
11:00 Flower Arranging Workshop  
1:30 Group Rhythm with Dylan  
2:00 Cornhole Tournament  
2:00 MaryBeth Maes: Guitar & Vocals  
4:00 Finish the Phrase

**30**  
9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Baking  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:30 Famous Faces  
4:00 Signature Sip Social: Life Legacy Discussion  
6:00 Hand Spa

**31**  
9:45 Barre and Balance  
10:00 Expressive Art Workshop: Watercolors  
10:30 Scattergories  
11:45 Therapy Dog LuLu Visits  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Mount Everest  
3:30 Puzzler's Corner  
6:00 Traveler's Club