

REFLECTIONS - JANUARY 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 JANUARY

- 10:00 Virtual Sunday Service
- 10:00 Good Morning Westport!
- 11:00 Manicures & Nail Care
- 1:30 Sunday Matinee Classic Cinema
- 2:00 1:1 Sort & Match
- 3:00 Basketball
- 4:00 Fine Motor Aquapaintings
- 6:00 Puzzling Together



1

- 10:00 Good Morning Westport!
- 10:30 Tai Chi
- 11:00 Guided Meditation
- 2:00 Binary Opposites
- 2:30 Snack & Aromatherapy Spa
- 4:30 Gratitude Circle
- 4:30 Zoom Shabbat Service
- 6:00 Walking Club

2

- 10:00 Good Morning Westport!
- 10:30 Finish the Lines
- 11:00 YogaDance
- 1:30 Chicken Soup for the Soul
- 2:00 Parachute Games
- 2:30 Snack & TED Talks
- 3:30 Link & Think
- 4:00 Afternoon Stretch/ Guided Imagery

3

- 10:00 Virtual Sunday Service
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- 3:00 Basketball
- 4:00 Fine Motor Aquapaintings
- 6:00 Puzzling Together

4

- 10:00 Good Morning Westport!
- 10:30 Tai Chi with Heather
- 11:00 Name 10
- 2:30 Health and Wellness Meeting
- 3:00 Snack & Musical Memories
- 4:00 Walking Club
- 6:00 Finish the Lines
- 6:30 Mindful Coloring

5

- 10:00 Good Morning Westport!
- 10:30 YogaDance
- 11:00 Guided Meditation
- 1:30 Reminiscence Therapy
- 2:30 Snack & Vinyl Appreciation Hour
- 3:30 Fine Motor Skills Brush-Up
- 4:00 Armchair Travel
- 6:00 Chicken Soup for the Soul

6

- 10:00 Good Morning Westport!
- 10:30 Light Weight Training
- 11:00 Songversation & Trivia
- 2:00 New Horizons University
- 2:30 Snack & Gratitude Circle
- 4:00 Word in a Word
- 4:30 Walking Club
- 6:00 Manicures & Nail Care

7

- 10:00 Good Morning Westport!
- 10:30 Chair Yoga/ Resistance Bands
- 11:00 Poetry & Short Stories
- 1:30 Baking Club
- 2:30 Snack & Reminiscence Ball
- 3:30 Whats Your Word?
- 4:00 Interactive Art History
- 6:00 Bowling

8

- 10:00 Good Morning Westport!
- 10:30 Tai Chi
- 11:00 Guided Meditation
- 2:00 Binary Opposites
- 2:30 Snack & Aromatherapy Spa
- 4:30 Gratitude Circle
- 4:30 Zoom Shabbat Service
- 6:00 Walking Club

9

- 10:00 Good Morning Westport!
- 10:30 Finish the Lines
- 11:00 Barre Balance Class
- 1:30 Chicken Soup for the Soul
- 2:00 Parachute Games
- 2:30 Snack & TED Talks
- 3:30 Link & Think
- 4:00 Afternoon Stretch/ Guided Imagery

10

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- 6:30 Mindful Coloring

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- 2:30 Snack & Vinyl Appreciation Hour
- 3:30 Fine Motor Skills Brush-Up
- 4:00 Armchair Travel
- 6:00 Chicken Soup for the Soul

13

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- 10:30 Light Weight Training
- 11:00 Songversation & Trivia
- 2:00 New Horizons University
- 2:30 Snack & Gratitude Circle
- 4:00 What Would You Find...?
- 4:30 Interactive Chef Demo: Cooking Dinner
- 6:00 Reminiscence Ball

14

- 10:00 Good Morning Westport!
- 10:30 Chair Yoga/ Resistance Bands
- 11:00 Poetry & Short Stories
- 1:30 Artistic Expressions
- 2:30 Snack & Virtual Memoirs
- 3:30 Vocational Muscle Memory
- 4:00 Interactive Music History
- 6:00 Basketball

15

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- 10:30 Tai Chi
- 11:00 Guided Meditation
- 2:00 Binary Opposites
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26

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- 10:30 YogaDance
- 11:00 Guided Meditation
- 1:30 Reminiscence Therapy
- 2:30 Snack & Resident Council
- 3:30 Fine Motor Skills Brush-Up
- 4:00 Armchair Travel
- 6:00 Chicken Soup for the Soul

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30

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- 10:30 Finish the Lines
- 11:00 Barre Balance Class
- 1:30 Chicken Soup for the Soul
- 2:00 Parachute Games
- 2:30 Interactive Snack Making w. the Chef!
- 3:30 Link & Think
- 4:00 Afternoon Stretch/ Guided Imagery

Happy New Year!

Alzheimer's Association Caregiver Support Group occurs the last Wednesday of each month at 6pm via Zoom. Please contact Stephanie to confirm your attendance!

PROGRAM

- Cognitive
- Emotional
- Physical
- Social

Events are subject to change.