


JANUARY 2019

REFLECTIONS ACTIVITIES CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																								
<p>ALL TRIPS ARE WEATHER PERMITTING. PROGRAMS ARE SUBJECT TO CHANGE WITH NOTICE. PLEASE REFER TO THE DAILY ACTIVITY SHEET LOCATED OUTSIDE OF OUR DINING ROOM FOR ANY UPDATES</p> <p>Please Contact Vanessa Zocchia, Recreation Director, with any questions regarding activities 516.918.4010</p>	<p><i>Breakfast</i> 8:00 AM</p>  <p><i>Lunch</i> 12:00 PM</p> <p><i>Dinner</i> 5:00 PM</p>	<p>New Year's Day BEAUTY SALON AND MANICURE DAY 1 9:30 Looking Towards 2019 (AR) A 10:00 Communion and Prayers (QR) A 10:15 Stretching With Scarves (AR) A 10:45 Chef's Corner: Snowman String Cheese (CK) A 11:30 Healthy Resolution's Talk (DR) A 12:00 New Year's Day Lunch (DR) 1:45 Keep It Up (AR) A 2:30 Light Jazz Social (AR) A 3:30 Quizno Math Challenge (AR) A 4:00 Before Dinner Stroll (QR) A 6:30 Soothing Songs With Liz (AR) E 7:00 Movie Night! (AR) E</p>	<p>9:30 Greet the Morning (AR) CH 2 10:00 Wednesday Workout (AR) CH 10:30 Flower Arrangements (AR) CH/CR 11:00 Sensory Rice Treasure Hunt (AR) CH/CR 11:30 Finish The Drawing (AR) CR/CH 1:45 Noodling Around (AR) CH 2:30 Perry Como Social (AR) CH 3:15 Did You Know : New York City (AR) CR 3:15 North Shore Estates Tour BD/CH 4:00 This Week in History (AR) CR 6:30 Mid Week Aromatherapy Wind Down (AR) K 7:00 Classical Music and Meditation (AR) K</p>	<p>9:30 Good Morning Conversations (AR) CH 3 10:00 Monday Morning Stretch (AR) CH 10:30 History Of: Belmont State Racetrack (AR) CH 11:00 Horse Racing (AR) CH 11:30 Brain Busters: Animal Match (AR) CH 1:45 Sensory Smells: Aromatherapy (AR) CH 2:30 Snack and Chat Social (P) CH 3:15 Reading Round Table: Chocolate Chip Cookie Recipe (AR) CH 4:00 Hot Potato Scarf Pass (AR) CH 6:30 Resident Choice Games (AR) E 7:00 A Night at the Movies (AR) E</p>	<p>9:30 Coffee And Headlines (AR) A 4 10:00 Friday Fun Fitness (AR) A 10:30 John Clancy Sing-A-Longs (AR) A 11:30 Friday Game Challenge: KAPLONK (AR) A 1:45 Shabbat Service w/ Rabbi Altman (CI) A 2:30 Popcorn Social (DR) A 3:00 Friday's Feature Film (AR) A 4:15 Movie Review and Recap (AC) A 4:15 Relaxation & Coloring to Music (AR) A 6:30 Cloe's Conversations—Poetry Out Loud (AR) C 7:00 Evening In The Cinema (AR) C</p>	<p>Cozy Sweater Day 5 9:30 Good Morning Conversation (AR) A 10:00 Wake Up Warm Up (AR) A 10:30 Balloon Volleyball (AC) A 11:30 Winter Animal Collage (AR) A 1:45 Reading Roundtable: Knitting Sweaters (AR) A 2:30 Fireside Stories And Snacks Social (AC) A 2:30 Cloe's Ballroom Dance Class (AR) C 3:15 BINGO BLAST! (AR) A 4:00 Shake It Off (AR) A 6:30 Self Massages: Hands & Arms (AR) C 7:00 Saturday's Classic Movies (AR) C</p>																								
<p>8:45 Mass At St. Brigid's Chapel BD 6 9:30 Morning News and Views (AR) CH 10:00 Beginners Weight Lifting (AR) CH 10:30 Brain Busters—Match The Vehicles (AR) CH 11:00 Brain Booster Trivia (AR) CH 11:00 Televised Mass (AR) CH 1:45 Sunday Bristol Stroll with Chris (QR) CH 2:15 Ice Cream Soda Social (AR) CH 3:00 Musical Composition With Chris (AR) CH 3:45 Artist Impressions: Franz Marc (AR) CH 6:30 Game Night! (AR) K 7:00 Golden Globe Night! (AR) K</p>	<p>9:30 Greet the Day! (AR) CH 7 10:00 Early Bird Workout (AR) CH 10:30 Balloon Volley Practice (AR) CR 10:30 Individual 1:1 With Chris (QR) CH 11:00 Bristol "Antique" Show (AR) CH 1:30 Chris's Rhythm and Drum Circle (AR) CH 2:30 Broadway Favorites Social (AR) CH 3:15 Scenic Ride BD/CH 3:15 Classic Gameshow Clips (AR) CR 4:00 Evening Meditation (DR) CR 6:30 Tactile Touch Stimulus Cart (AR) K 7:00 Evening In The Cinema (AR) K</p>	<p>Elvis Presley's Birthday BEAUTY SALON AND MANICURE DAY 8 9:30 Review The Day (AR) A 10:00 Communion and Prayers (QR) A 10:15 Wake up and Work Out (AR) A 10:45 Chef's Corner: Wintry Chex Mix (AR) A 11:30 Reminisce : The King of Rock n Roll (AR) A 1:45 Volleyball Practice (AR) A 2:30 Hank Williams Social (AR) A 3:30 Saxophone Performance By Gregory (AC) A 4:00 Winter Mandalas (AR) A 6:30 Biography: Elvis Presley (AR) E 7:00 Movie Night! (AR) E</p>	<p>9:30 Let's Review Our Day! (AR) A 9 10:00 Work it Out Wednesday (AR) A 10:30 Sensory Sorting: Yarn (AR) CH/CR 11:00 Backwards Jeopardy (AR) CH 11:30 Resident Portraits (AR) CR 1:45 Keyboard & Drums Performance (AR) CH/CR 2:30 Ella Fitzgerald Social (AR) CH 3:00 Chinese Auction: Place Your Bets! (AC) CH 4:00 Today in History (AR) CH 6:30 Evening BINGO Bonanza! (AR) K 7:00 Classical Music and Meditation (AR) K</p>	<p>9:30 Greet the Day! (AR) CH 10 10:00 Early Morning Yoga And Meditation (AR) CH 10:30 Weird Foods From Around The World (AR) CH 11:00 Tracing Through Time (AC) CH 11:30 Tennis Circle (AR) CH 1:45 Comedy Corner (AR) CH 2:30 Snack and Chat Social (AR) CH 3:15 Information How To: Folding Shirts (AR) CH 4:00 Short Story Circle (AR) CH 6:30 Comedy Night (AR) C 7:00 A Night at the Movies (AR) C</p>	<p>9:30 Morning News With Amanda (AR) A 11 10:00 Friday Fun Fitness (AR) A 10:30 John Bracco Piano Performance (AR) A 11:30 Friday Game Challenge—Spoons (AR) A 1:45 Shabbat Service w/Rabbi Altman (CI) A 2:30 TGIF Social (AR) A 3:00 Friday's Feature Film (AR) A 4:15 Movie Review and Recap (AC) A 4:15 Relaxation With Coloring And Music (AR) A 6:30 Cloe's Conversations—Antarctica (AR) C 7:00 Friday Night Feature Film (AR) C</p>	<p>Fire & Ice 12 9:30 Morning Stretch (AR) A 10:00 Let's Discuss: Fire And Ice (AR) A 10:30 Balloon Volleyball (AC) A 11:30 Sensory Workshop: Heat Exploration (DR) A 1:45 Science Source: Elements of Fire vs. Elements of Ice (AR) A 2:30 Warm Saturday Social (AR) A 3:15 BINGO BLAST! (AR) A 4:00 Sensory Workshop: Ice Cubes (DR) A 6:30 'Fire And Ice' Robert Frost (AR) C 7:00 Saturday's Classic Movies (AR) C</p>																								
<p>8:45 Mass At St. Brigid's Chapel BD 13 9:30 Today's News Highlights (AR) CH 10:00 Sunday Soccer Circle (AC) CH 10:30 Snowball Table Pass (AC) CH 11:00 Brain Booster Matchup (AR) CH 11:00 Televised Mass (AR) CH 1:45 Sunday Bristol Stroll with Chris (QR) CH 2:15 Ice Cream Sundae Social (AR) CH 3:00 Sensory Salt Garden (AR) CH 3:30 Relaxation & Music (AR) CH 4:00 Artist Impressions: Monet (AR) CH 6:30 Occupations Through History (AR) K 7:00 Sunday Evening Movie (AR) K</p>	<p>9:30 Morning Run Through (AR) CH 14 10:00 Soccer Circle Challenge (AR) CH 10:30 Individual 1:1 With Chris (QR) CH 10:30 Whose Line Is It Anyway? (AR) CR 11:00 Bristol "Antique" Show (AR) CH 1:30 Music Therapy with Patty Kaiser (AR) CH 2:00 Monday Munchies (AR) CR 2:30 Petland Discount Animal Show (AR) CH 3:15 Scenic Ride BD/CH 3:15 Science for Seniors (AR) CR 4:00 Tai Chi with Craig (AR) CR 6:30 Tactile Touch Stimulus Cart (AR) K 7:00 Evening In The Cinema (AR) K</p>	<p>Carmela's Jewelry & Accessories Outside Bistro BEAUTY SALON AND MANICURE DAY 15 9:30 Morning Mingle (AR) A 10:00 Communion and Prayers (QR) A 10:15 Arm Workout With Amanda (AR) A 10:45 Chef's Corner: Winter Fruit Platter (CK) A 11:30 Heart To Heart Healthy Conversations (AR) A 1:45 Volleyball Practice (AR) A 2:30 Benny Goodman Social (AR) A 3:15 Sensory Art: Snowflake Collage (AR) A 4:00 Before Dinner Stroll (P) A 6:00 Evening Tea and Talk (AR) E 7:00 Movie Night! (AR) E</p>	<p>9:30 Morning Mingle (AR) CH 16 10:00 Fun Fitness with Chris! (AR) CH 10:30 Winter Paper Shred (AR) CH/CR 11:00 Team Building: Parachute Pop (AR) CH 11:30 Everyday Object Instruments (AR) CH 1:45 Music & Movement with Scarves (AR) CH/CR 2:30 Andrews Sisters Social (AR) CH 3:15 Did You Know : Romantic European Cities (AR) CR 3:15 Blue Brother's House Tour BD/CH 4:00 Winter Paper Collage (AR) CR 6:30 Mid Week Aromatherapy Wind Down (AR) K 7:00 Classical Music and Meditation (AR) K</p>	<p>9:30 Good Morning Reflections (AR) CH 17 10:00 Tai Chi With Chris (AR) CH 10:30 Balloon Volleyball Practice (AR) CH 11:00 Behind the Music: Classical Composers (AR) CH 11:30 Therapeutic Art Creations (AR) CH 1:45 Stretch It Out (P) CH 2:30 Nat King Cole Social (P) CH 3:00 Reading Roundtable: Leonardo DaVinci (AR) CH 3:30 Walking Club With Chris (QR) CH 4:00 Virtual Tour: The Louvre (AR) CH 6:30 Myths And Legends (AR) C 7:00 A Night at the Movies (AR) C</p>	<p>9:30 Coffee and Chit Chats (AR) A 18 10:00 Vet2Vet Meeting (AC) A 10:30 Friday Fun Fitness (AR) A 11:00 Artist Expressions: Paul Klee (AR) A 11:30 Friday Game Challenge: Hangman (AR) A 1:45 Shabbat Service w/Rabbi Altman (CI) C 2:30 Popcorn Social (DR) A 3:00 Friday's Feature Film (AR) A 4:15 Movie Review and Recap (AC) A 4:15 Relaxation & Coloring to Music (AR) A 6:30 Cloe's Conversations—Snowstorms Through History (AR) C 7:00 Evening In The Cinema (AR) C</p>	<p>Back In Time: 1930's 19 9:30 Good Morning Conversation (AR) A 10:00 Swing Jazz Warm Up (AR) A 10:30 Balloon Volleyball (AC) A 11:30 Fashion Of The 1930's: Flapper Headbands (AR) A 1:45 'Blues' Bash with Amanda (AR) A 2:30 Sweet Saturday Social (AR) A 3:00 The Wizard of Oz 1939 (AR) A 4:00 Virtual Tour: 1930's Ford Models (AR) A 6:30 Hand Massages and Classical Music (AR) C 7:00 Saturday's Classic Movies (AR) C</p>																								
<p>8:45 Mass At St. Brigid's Chapel BD 20 9:30 Coffee and News Headlines (AR) C 10:00 Sunday Sunrise Stretch (AR) CH 10:30 Sensory Dough Creation (AR) CH 11:00 Brain Booster Famous Movie Titles (AR) H 11:00 Televised Mass (AR) CH 1:45 Sunday Bristol Stroll with Chris (QR) CH 2:15 Ice Cream Soda Social (AR) CH 3:15 Word Searching (AR) CH 4:00 Artist Impressions: Sheila Maloney (AR) CH 6:30 Sunday Night Board Games (AR) K 7:00 Evening Movie (AR) K</p>	<p>Martin Luther King Jr. Day 21 9:30 Morning Meet and Greet (AR) CH 10:00 Movement and Music (AR) CH 10:30 Engage your Brain! (AR) CR 10:30 Individual 1:1 With Chris (QR) CH 11:00 Bristol "Antique" Show (AR) CH 1:30 Chris's Rhythm and Drum Circle (AR) CH 2:30 Rat Pack Social and Snack (DR) CH 3:15 Scenic Ride BD/CH 3:15 Incredible Facts: Martin Luther King Jr. (AC) CR 4:00 Stretch Band Cool Down (AR) CR 6:30 Tactile Touch Stimulus Cart (AR) K 7:00 Evening In The Cinema (AR) K</p>	<p>BEAUTY SALON AND MANICURE DAY 22 9:30 Today's Agenda Review (AR) A 10:00 Communion and Prayers (QR) A 10:15 Feel Good Fitness (AR) A 10:45 Chef Corner: Jell-O Parfait (CK) A 11:30 You Be The Judge (DR) A 1:45 Reading Roundtable: How To (AR) A 2:30 Glenn Miller Afternoon Social (AR) A 3:15 Shades Of Blue Ombre Painting (AR) A 4:00 Music & Movement (AR) A 6:30 Kings In The Corner (AR) E 7:00 Movie Night! (AR) E</p>	<p>9:30 Our Day in Review (AR) CH 23 10:00 Core Crunch With Chris (AR) CH 10:30 Brain Booster: Winter Weather (AR) CH 11:00 Snowball Table Pass (AR) CH/CR 11:30 Therapeutic Journaling (AR) CH/CR 1:45 Three Pin Bowling (AR) CH 2:30 Rosemary Clooney Social (AR) CH 3:00 Jerry Cardone Performance (AC) CH 3:15 Walt Whitman Birth Place BD/CR 4:00 Artistic Expressions (AR) CH 6:30 Evening BINGO Bonanza! (AR) K 7:00 Classical Music and Meditation (AR) K</p>	<p>9:30 Rise and Shine Conversations (AR) CH 24 10:00 Stretchband Warm Up (AR) CH 10:30 Folktales And Fables (AR) CH 11:00 Deck Match (AR) CH 11:30 Chris' Brain Buster Math (AR) CH 1:45 One Thing Is Not Like The Others (P) CH 2:30 Engelbert Humperdinck Social (P) CH 3:00 History Of: Lady Liberty (AR) CH 3:30 Walking Club With Chris (QR) CH 4:00 Virtual Travel Talk: Mount Etna (AC) CH 6:30 Today in History (AR) C 7:00 A Night at the Movies (AR) C</p>	<p>9:30 Morning Topic Train (AR) A 25 10:00 Friday Fun Fitness (AR) A 10:30 Chef's Corner: Crudit� (CK) A 11:30 Before Lunch Stroll (QR) A 1:45 Shabbat Service w/Rabbi Altman (CI) A 1:45 Therapeutic Art Making (AR) A 2:30 Veggie Platter Social (DR) A 3:00 Friday's Feature Film (AR) A 4:15 Movie Review and Recap (AC) A 4:15 Relaxation & Coloring to Music (AR) A 6:30 Cloe's Conversations—Beating The Cold (AR) C 7:00 Friday Night Feature Film (AR) C</p>	<p>Cultures Around The Globe 26 9:30 Good Morning Conversation : Dishes from Around The World (AR) A 10:00 Morning Warm Up: Irish Jig (AR) A 10:30 Balloon Volleyball (AC) A 11:30 German Architecture (DR) A 1:45 Relaxation Sounds of China (AR) A 2:30 Italian Pastry Social (AR) A 3:15 Macarena & La Bamba Dancing (AR) A 4:00 History Of The Hijab (AR) A 6:30 Dollar Wine Social Dancing (AR) C 7:00 French Romantic Film (AR) C</p>																								
<p>8:45 Mass At St. Brigid's Chapel BD 27 9:30 Current Events With Chris (AR) CH 10:00 Tai Chi Exercise (AR) CH 10:30 Artist Impressions: Frida Kahlo (AR) CH 11:00 Brain Booster: What In The World? (AR) 11:00 Televised Mass (AR) CH 1:45 Keyboarding With Chris (AR) CH 2:15 Ice Cream Sundae Social (AR) CH 3:15 Water & Oil Sensory Box (AR) CH 4:00 Before Dinner Stroll (QR) CH 6:30 Sounds Of The Season (AC) K 7:00 Sunday Evening Movie (AR) K</p>	<p>9:30 Monday Morning Mingle (AR) CH 28 10:00 Music and Motion (AR) CH 10:30 Creative Writing: I AM... (AR) CR 10:30 Individual 1:1 With Chris (QR) CH 11:00 Bristol "Antique" Show (AR) CH 1:30 Music Therapy with Patty Kaiser (AR) CH 2:30 Billie Holiday Social (AR) CH 3:15 Scenic Ride BD/CH 3:15 Cracking Jokes With Craig (AR) CR 4:00 Pre-Dinner Stroll (AR) CR 6:30 Tactile Touch Stimulus Cart (AR) K 7:00 Music and Meditation (AR) K</p>	<p>BEAUTY SALON AND MANICURE DAY 29 9:30 Review the Day (AR) A 10:00 Communion and Prayers (QR) A 10:15 Working Out with Amanda (AR) A 10:45 Chef Corner: Poppin Winter Punch (AR) A 11:30 Reminiscing: Warm Winter Meals (DR) A 1:45 Minute To Win It (AR) A 2:30 Dorsey Brothers Social (AR) A 3:15 Create Your Own Book Marks (AR) A 4:00 Before Dinner Stroll (P) A 6:30 Body and Soul Meditation (AR) E 7:00 <i>Movie Night! (AR) F</i></p>	<p>Happy Birthday January Babies! 30 9:30 Good Morning America (AR) A 10:00 Core Crunch With Chris (AR) CH 10:30 Drama Club With Chris And Craig (AR) CH 11:00 Freeze Dance Disco Style (AR) CH/CR 11:30 Musical Snowballs (AR) CH/CR 1:45 Movin' and Groovin' (AR) A 2:30 Birthday Cake Social (AR) CH 3:00 Flo Michael's Performance (AR) CH 4:00 Pre Dinner Stroll (AR) CH 6:30 Mid Week Aromatherapy Wind Down (AR) K 7:00 Classical Music and Meditation (AR) K</p>	<p>9:30 Morning Conversations (AR) CH 31 10:00 Monday Morning Stretch (AR) CH 10:30 Information How To: Tie A Knot (AR) CH 11:00 Knot Tying Practice (AR) CH 11:30 Toss N Talk (AR) CH 1:45 Instrumentals With Chris & Craig (AR) CH/CR 2:30 Snack and Chat Social (P) CH 3:15 Keep It Up (AR) CH 4:00 Zen Salt Garden Design (AR) CH 6:30 Resident Choice Games (AR) C 7:00 A Night at the Movies (AR) C</p>	<p>ACTIVITY ROOM KEY Sun Room—SR The Bistro —BI Activity Room—AR Quiet Room—QR Lobby—L Billiard Room—BR Dining Room—DR Cinema—CI Activity Center Lower Level—AC Patio—P Bus Trip</p>	<p>Our Talented Staff</p> <table border="0"> <tr> <td>Vanessa</td> <td>Recreation Director , LCAT</td> <td>V</td> </tr> <tr> <td>Amanda</td> <td>Recreation Assistant</td> <td>A</td> </tr> <tr> <td>Cloe</td> <td>Recreation Assistant, CDP</td> <td>C</td> </tr> <tr> <td>Chris</td> <td>Recreation Assistant</td> <td>CH</td> </tr> <tr> <td>Craig</td> <td>Recreation Assistant</td> <td>CR</td> </tr> <tr> <td>Elizabeth</td> <td>Recreation Assistant</td> <td>E</td> </tr> <tr> <td>Katie</td> <td>Recreation Assistant</td> <td>K</td> </tr> <tr> <td>Lillian</td> <td>Recreation Assistant</td> <td>L</td> </tr> </table>	Vanessa	Recreation Director , LCAT	V	Amanda	Recreation Assistant	A	Cloe	Recreation Assistant, CDP	C	Chris	Recreation Assistant	CH	Craig	Recreation Assistant	CR	Elizabeth	Recreation Assistant	E	Katie	Recreation Assistant	K	Lillian	Recreation Assistant	L
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