

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2019</h1>		<b>1</b> 10:00 Seated Exercise 10:30 New Years Day Activities 	<b>2</b> 10:00 Seated Exercise 10:30 Arm Chair Travel : London 10:30 Sensory 1:30 Sit and Get Fit 1:30 Sensory 2:00 Tickle Your Funny Bone 3:00 Refreshments 4:00 Afternoon with Andre Rieu 6:30 Classic TV : “ Kids Say the Dard- nest Things”	<b>3</b> 8:30 Early Bird 1:1 Visits 10:00 Scarf Exercises 10:30 Biographies : George Burns and Gracie Allen /Sensory 1:30 Daily Chronicles/New Years Res- olutions 1:30 Sensory 3:00 Refreshments 4:00 Sentimental Sing alongs 6:30 Family Films : “Flipper”	<b>4 Happy Birthday, Paul!</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 Science Corner /Sensory 3:00 Refreshments 4:00 Bingo 4:00 1:1 Visits with Ally 6:30 Fridays with Frank Sinatra : “On the Town”	<b>5</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 All about the Twelfth Night 1:30 Sensory 3:00 Refreshments 4:00 Music with Diane Dexter 4:00 1:1 Visits 6:30 Andre Rieu in Concert : “ Live from Maastricht”
	<b>6</b> 10:00 Seated Exercise 10:30 Who Has A Birthday in Janu- ary?? 10:30 Sensory 1:30 Epiphany Discussion/Sensory 3:00 Refreshments 3:30 Sunday Worship on Caswell 3:30 Tabletop Activities 6:30 Gene Kelly Classics : “ Singing in the Rain”	<b>7</b> 10:00 <b>Barn Babies</b> 10:30 Sensory 10:45 Music with Matt 1:30 Pizza Game 1:30 Sensory 3:00 Refreshments 3:30 1:1 Visits 4:00 Bingo 6:30 Monday Night Musicals : “ The Wizard of Oz”	<b>8</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Music with Matt 1:30 Sensory 1:45 Spiritual Circle with Chaplain Arnold 3:00 Refreshments 4:00 Yoga with Ally 6:30 Evening with Lauren	<b>9</b> 10:00 Seated Exercise 10:30 National Bird Day 10:30 Sensory 1:30 Sit and Get Fit 1:30 Sensory 2: 00 <b>Watercolors with Linda</b> 3:00 Refreshments 4:00 Musical Afternoon 6:30 Evening with Victoria	<b>10</b> 8:30 Early Bird 1:1 Visits 10:00 Scarf Exercises 10:30 Guess that Famous Saying 10:30 Sensory 1:30 Daily Chronicles/Bingo 1:30 Sensory 3:00 Refreshments 4:00 Andre Rieu Concert 6:30 Family Films : “Charlie and the Chocolate Factory”	<b>11</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 Crystal Suncatchers 1:30 Sensory 3:00 Refreshments 4:00 Bingo 4:00 1:1 Visits with Ally 6:30 Fridays with Frank Sinatra : “Take Me Out to the Ballgame”
<b>13</b> 10:00 Seated Exercise 10:30 Winter Gardening Club : Kale Pots and Plants 10:30 Sensory 1:30 Snowman Bowling /Sensory 3:00 Birthday Refreshments 3:30 Sunday Worship on Caswell 3:30 Tabletop Activities 6:30 Gene Kelly Classics : “An American in Paris”	<b>14</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Music with Matt 1:30 What’s My Line Game 1:30 Sensory 3:00 Refreshments 3:30 1:1 Visits 4:00 Bingo 6:30 Monday Night Musicals : “Top Hat”	<b>15</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Hymn Sing with Chaplain Ar- nold 1:30 Helping Hands Volunteer Club : Blankets for The Snuggles Project 1:30 Sensory 3:00 Refreshments 4:00 Yoga with Ally 6:30 Evening with Lauren	<b>16</b> 10:00 Seated Exercise 10:30 Weird Foods Day 10:30 Sensory 1:30 Sit and Get Fit 1:30 Sensory 2: 00 <b>Watercolors with Linda</b> 3:00 Refreshments 4:00 Bingo 6:30 Evening with Victoria	<b>17</b> 8:30 Early Bird 1:1 Visits 10:00 Scarf Exercises 10:30 White Board Games 10:30 Sensory 1:30 Daily Chronicles/ Trivia 1:30 Sensory 3:00 Refreshments 4:00 Afternoon Meditation 6:30 Family Films : “Dr Doolittle”	<b>18</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 Science Corner 1:30 Sensory 3:00 Refreshments 4:00 Bingo 4:00 1:1 Visits with Ally 6:30 Fridays with Frank Sinatra : “Anchors Aweigh”	<b>19</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 Winter Crafts 1:30 Sensory 3:00 Refreshments 4:00 Music with Diane Dexter 4:00 1:1 Visits 6:30 Andre Rieu in Concert : “Radio City Music Hall”
<b>20</b> 10:00 Seated Exercise 10:30 Cranium Crunches 10:30 Sensory 1:30 Penguin Awareness Month 1:30 Sensory 3:00 Refreshments 3:30 Sunday Worship on Caswell 3:30 Tabletop Activities 6:30 Gene Kelly Classics : “Brigadoon”	<b>21</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Music with Matt 1:30 Who am I Game 1:30 Sensory 3:00 Refreshments 3:30 1:1 Visits 4:00 Bingo 6:30 Monday Night Musicals : “A Star is Born”	<b>22</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Music with Matt 1:30 Sensory 1:45 Spiritual Circle with Chaplain Arnold 3:00 Refreshments 4:00 Yoga with Ally 6:30 Evening with Lauren	<b>23 Happy Birthday, Sally!</b> 10:00 Seated Exercise 10:30 <b>Music with Anne Marie and  Ice</b> 10:30 Sensory 1:30 Sit and Get Fit /Sensory 2: 00 <b>Watercolors with Linda</b> 3:00 Refreshments 4:00 BeanBag Toss 6:30 Evening with Victoria	<b>24</b> 8:30 Early Bird 1:1 Visits 10:00 Scarf Exercises 10:30 Crossword Puzzles 10:30 Sensory 1:30 Daily Chronicles/ Crafting 1:30 Sensory 3:00 Refreshments 4:00 Afternoon Meditation 6:30 Family Films : “Chitty, Chitty Bang, Bang”	<b>25</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 Science Corner 1:30 Sensory 3:00 Refreshments 4:00 Bingo 4:00 1:1 Visits with Ally 6:30 Fridays with Frank Sinatra : “Til the Clouds Roll By”	<b>26</b> 10:00 Chair Yoga with Ally 10:30 Sensory 10:45 Music with Matt 1:30 Let’s Build a Snowman 1:30 Sensory 3:00 Refreshments 4:00 Bingo 4:00 1:1 Visits 6:30 Andre Rieu in Concert : “Magic of Waltz”
<b>27</b> 10:00 Seated Exercise 10:30 ABC Word Games 10:30 Sensory 1:30 Baking: Blueberry Coffee Cake 1:30 Sensory 3:00 Refreshments 3:30 Sunday Worship on Caswell 3:30 Tabletop Activities 6:30 Gene Kelly Classics : “For Me and My Gal”	<b>28</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Music with Matt 1:30 Australia Day 1:30 Sensory 3:00 Refreshments 3:30 1:1 Visits 4:00 Bingo 6:30 Monday Night Musicals : “Everybody Sing”	<b>29 Happy Birthday, Phyllis!</b> 10:00 Seated Exercise 10:30 Sensory 10:45 Hymn Sing with Chaplain Ar- nold 1:30 Cheese Lover’s Day 1:30 Sensory 3:00 Refreshments 4:00 Yoga with Ally 6:30 Evening with Lauren	<b>30</b> 10:00 Seated Exercise 10:30 Artist’s Corner : Norman Rock- well/ Sensory 1:30 Sit and Get Fit/ Sensory 2:00 The Don’t Burst My Bubble! Game 3:00 Refreshments 4:00 Yoga with Ally 6:30 Evening with Victoria	<b>31</b> 8:30 Early Bird 1:1 Visits 10:00 Scarf Exercises 10:30 White Board Games 10:30 Sensory 1:30 Daily Chronicles/Bean Bag Toss 1:30 Sensory 3:00 Refreshments 4:00 Afternoon Meditation 6:30 Family Films : “Flubber”		

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

**Happy  
New Year!**

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase auld lang syne roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.

★ **HAPPY** ★  
**BIRTHDAY!**

**Paul 1/4**

**Phyllis 1/29**

**Sally 1/23**

### **Ringling in the New Year Around the World**

2019

Though we often use fireworks to celebrate the new year, Puerto Rican children throw water out of the window at midnight to rid their homes of evil spirits. In France, a stack of pancakes is eaten for luck and good health. In Spain, it’s traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year. What’s your tradition?