




Activity Calendar - December 2024

The Director's Corner
Happy December to all our Caregivers, Partners and Members! We have a jam-packed month of engaging activities including a new Holiday Arts & Crafts program with Caryn on Friday, December 13th. A Friendly reminder, we are closed this month on Wednesday, December 25th and next month on Wednesday, January 1st for the New Year!



Care Partner Meetings
This month the virtual session will take place on December 17th, 7:15-8:15pm, RSVP to receive a link. The In-Person session will be December 18th 3-4:00pm.
For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Sit and Be Fit 10:30 Hangman 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Table Topics	10:00 Fusion Exercise 10:30 Family Feud 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Golf Match 2:30 Refreshments 2:45 Table Topics	10:00 Silver Sneakers Exercise 10:30 Creating Words 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Table Topics	10:00 Chair Zumba 10:30 Celebrity Faces 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Bean Bag Toss 2:30 Refreshments 2:45 Table Topics	10:00 Reminiscing to the 60's 10:30 Tai Chi with Jonathon 10:30 Rummikub/Dominoes 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bottom's Up! 2:30 Refreshments 2:45 Table Topics
9	10	11	12	13
10:00 Silver Sneakers Exercise 10:30 Healthy Trivia 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercise 1:30 Bingo 2:30 Refreshments 2:45 Golden Conversation	10:00 Chair Zumba 10:30 Scattergories 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bowling Match 2:30 Refreshments 2:45 Golden Conversation	10:00 Fusion Exercise 10:30 Power Word Building 10:30am Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercise 1:30 Bingo 2:30 Refreshments 2:45 Golden Conversation	10:00 Sit and Be Fit 10:30 Matching the Antonyms 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Mozaic Karaoke/Pass the Mic 2:30 Refreshments 2:45 Golden Conversation	10:00 Chair Exercise 10:30 Pictionary 11:45-12:45 LUNCH 1:00 Stretches 1:30 Table Games 1:30 Holiday Arts & Crafts w/Caryn 2:30 Refreshments 2:45 Golden Conversation
16	17	18	19	20
10:00 Sit and Be Fit 10:30 Cultural Trivia 10:30 Holiday Sip and Paint w/ Morgan 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Bingo 2:30 Refreshments 2:45 Casual Conversation	10:00 Silver Sneaker Exercise 10:30 Notre Dame School Choir 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Horseshoe Toss 2:30 Refreshments 2:45 Casual Conversation	10:00 Chair Zumba 10:30 Jeopardy 10:30 Men's Club Out trip 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercises 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversation	10:00 Fusion Exercise 10:30 Facts or Fiction 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretch 1:30 Holiday Entertainment w/ Lynn 2:30 Refreshments 2:45 Casual Conversation	10:00 Exercises 10:30 Rummikub/Weaving Arts and Crafts 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Entertainment w/ John Valerio 2:30 Refreshments 2:45 Casual Conversation
23	24	25	26	27
10:00 Silver Sneakers Exercise 10:30 Matching the Synonyms 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Table Topics	10:00 Sit and Be Fit 10:30 Puzzle Vision 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Entertainment w/ Carl Lindquist 2:30 Refreshments 2:45 Table Topics	 CENTER CLOSED	10:00 Chair Zumba 10:30 Bottom's Up! 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Stretches 1:30 Holiday Bingo 2:30 Refreshments 2:45 Table Topics	10:00 Unscrambling Words 10:30 Chair Yoga w/ Doris 10:30 Table Games Wood Work w/ Chris 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Holiday Sing Along 2:30 Refreshments 2:45 Table Topics
30	31	 Join us for Coffee Hour Every Morning at 9:00am		
10:00 Exercise 10:30 Test Your Knowledge 10:30 Men's Club 11:45-12:45 LUNCH 1:00 Fitness Ball Exercises 1:30 Bingo 2:30 Refreshments 2:45 Golden Conversation	10:00 Chair Zumba 10:30 New Years Eve Celebration w/ Warren Bloom 11:45-12:45 LUNCH 1:00 Stretch 1:30 Holiday Unscrambling Words 2:30 Refreshments 2:45 Golden Conversation			

Lunch Menu – December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE</p>	<p>3</p> <p>BEEF BARLEY SOUP ROAST TURKEY WITH GRAVY CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING</p>	<p>4</p> <p>POTATO LEEK SOUP PATTY MELT ON RYE OR HOT DOG SWEET POTATO WEDGES BAKED BEANS PEACH PIE</p>	<p>5</p> <p>BUTTERNUT SQUASH SOUP CHEESE TORTELLINI WITH PRIMAVERA SAUCE SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY CHOCOLATE CREAM PIE</p>	<p>6</p> <p>CREAM OF BROCCOLI SOUP MOROCCAN STYLE CHICKEN COCONUT RICE SAUTEED RATATOUILLE CHERRY PIE</p>
<p>9</p> <p>GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE JAPANESE BLEND VEGGIES EGG ROLL PEACHES</p>	<p>10</p> <p>WISCONSIN CHEESE SOUP MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBLER</p>	<p>11</p> <p>POTATO LEEK SOUP VEGETABLE QUICHE GARDEN SALAD CHOCOLATE CAKE</p>	<p>12</p> <p>CHICKEN & RICE SOUP HERB ROASTED TURKEY W/GRAVY QUINOA FRUIT STUFFING GREEN BEAN CASSEROLE APPLE PIE</p>	<p>13</p> <p>MINISTRONE SOUP BEEF BURGUNDY RED SMASHED POTATOES SAUTEED MIXED VEGETABLES PUMPKIN CHEESECAKE</p>
<p>16</p> <p>EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES JAPANESE BLEND VEGGIES PEANUT BUTTER BROWNIE</p>	<p>17</p> <p>ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD</p>	<p>18</p> <p>POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW LEMON PIE</p>	<p>19</p> <p>PASTA FAGIOLI SOUP CHICKEN PARMESAN CAPELLINI RATATOUILLE CHOCOLATE CREAM PIE</p>	<p>20</p> <p>QUINOA VEGETABLE SOUP BAKED ZITI WITH MEAT SAUCE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING</p>
<p>23</p> <p>ESCAROLE & BEAN SOUP VEGETABLE LASAGNA BAKED YAM GARLIC BROCCOLI MINT BROWNIES</p>	<p>24</p> <p>BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE</p>	<p>25</p> <p> <i>Center Closed</i></p>	<p>26</p> <p>WISCONSIN CHEESE SOUP TERIYAKI CHICKEN THAI STYLE VEGETABLE SALAD WHITE RICE CINNAMON ROLL APPLE PIE</p>	<p>27</p> <p>PIZZA DAY TURKEY NOODLE SOUP CHEESE PIZZA GARDEN SALAD CARROT CAKE CUPCAKE W/CREAM CHEESE FROSTING</p>
<p>30</p> <p>ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE</p>	<p>31</p> <p>BEEF BARLEY SOUP ROAST TURKEY WITH GRAVY CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING</p>	<p>HAPPY Hanukkah </p>	<p></p>	<p>DECEMBER </p>