

Activity Calendar - February 2025

The Director's Corner

As we enter the middle portion of the winter season, we would like to remind our clients, caregivers and care partners of our snow policy and procedures. If inclement weather does occur, please call the main number at 203-365-6470 to listen for our open or closed status, which is updated by 7am.





Finally, a reminder to our members to wear your favorite red outfit on Friday, February 14th to celebrate Sweetheart's Day with a special performance by John Valerio!



Care Partner Meetings

This month the virtual session will take place on February 18th, 7:15-8:15pm, RSVP to receive a link. The in-person session will be February 19th 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
<p>Join us for Coffee Hour Every Morning at 9:00am</p> 				
3	4	5	6	7
<p>10:00am Sit and Be Fit 10:30am Facts or Fiction 10:30am Men's Group LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Chair Zumba 10:30am Categories 10:30am Men's Group LUNCH 1:00pm Fitness Ball Exercise 1:30pm Entertainment w/ Lynn Lewis 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Fusion Fitness 10:30am Word in a Word 10:30am Men's Group/Rummikub LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Silver Sneaker Fitness 10:30am Hangman 10:30am Men's Group LUNCH 1:00pm Fitness Ball Exercises 1:30pm Mozaic Karaoke 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Chair Exercise 10:30am Intergenerational Program w/ The Child Development Center LUNCH 1:00pm Chair Stretches 1:30pm Bowling Match 2:30pm Refreshments 2:45pm Table Topics</p>
10	11	12	13	14
<p>10:00am Fusion Fitness 10:30am Celebrating Black History Month/Trivia 10:30am Men's Group LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversation</p>	<p>10:00am Silver Sneaker Fitness 10:30am Celebrity Faces 10:30am Men's Group LUNCH 1:00pm Fitness Ball Exercise 1:30pm Sing Along and Dance! 2:30pm Refreshments 2:45pm Golden Conversation</p>	<p>10:00am Zumba Exercise 10:30am Entertainment w/ Shawn Taylor LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversation</p>	<p>10:00am: Sit and Be Fit 10:30am Puzzle Vision 10:30am Men's Group LUNCH 1:00pm Fitness Ball Exercise 1:30pm Ring Toss 2:30pm Refreshments 2:45pm Golden Conversation</p>	<p>♥ WEAR RED DAY ♥ 10:00am: Chair Exercise 10:30am: Sweetheart Dance w/ John Valerio ♥♥ LUNCH 1:00pm: Chair Stretches 1:30pm Golf Match 2:30pm Refreshments 2:45pm Golden Conversation</p>
17	18	19	20	21
<p>10:00am Zumba Exercise 10:30am Presidents' Day Trivia 10:30am Men's Group LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversation</p>	<p>10:00am Sit and Be Fit 10:30am Wordle 10:30am Men's Group LUNCH 1:00pm Sand Bag Movements 1:30pm Miniature Golf 2:30pm Refreshments 2:45pm Casual Conversation</p>	<p>10:00am Silver Sneaker Exercise 10:30am Family Feud 10:30am Men's Group LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversation</p>	<p>10:00am Fusion Fitness 10:30am Sing Along and Dance! 10:30am Men's Group LUNCH 1:00pm Fitness Ball Exercise 1:30pm Balloon Noodle Volley 2:30pm Refreshments 2:45pm Casual Conversation</p>	<p>10:00am Chair Exercise 10:30am Pictionary LUNCH 1:00pm Price was Right Then! 1:30pm Tai Chi w/ Jonathon Table Games 2:30pm Refreshments 2:45pm Casual Conversation</p>
24	25	26	27	28
<p>10:00am Silver Sneaker Fitness 10:30am Entertainment w/ Carl Lindquist 10:30am Men's Group LUNCH 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Trivia Pursuit 10:30am Chair Yoga w/ Doris 10:30am Men's Group LUNCH 1:00pm Fitness Ball Exercise 1:30pm 28 Letter Word 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Sit and Be Fit 10:30am Matching the Antonyms 10:30am Men's Group LUNCH Out Trip 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Zumba Exercise 10:30am Wheel of Fortune 10:30am Men's Group LUNCH 1:00pm Sand Bag Movements 1:30pm Pass the Mic 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Chair Exercise 10:30am Woodwork w/Chris 10:30am Hangman LUNCH 1:00pm Chair Stretches 1:30pm Miniature Golf 2:30pm Refreshments 2:45pm Table Topics</p>

Lunch Menu - February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>3</p> <p>GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL JAPANESE BLEND VEGGIES PEACHES</p>	<p>4</p> <p>WISCONSIN CHEESE SOUP MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER</p>	<p>5</p> <p>POTATO LEEK SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS CHOCOLATE CAKE</p>	<p>6</p> <p>CHICKEN & RICE SOUP STUFFED SHELLS MARINARA QUINOA FRUIT STUFFING GREEN BEAN CASSEROLE APPLE PIE</p>	<p>7</p> <p>MINISTRONE SOUP MOROCCAN STYLE CHICKEN RED SMASHED POTATOES SAUTEED MIXED VEGGIES PUMPKIN CHEESECAKE</p>
<p>10</p> <p>EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES JAPANESE BLEND VEGGIES PEANUT BUTTER BROWNIE</p>	<p>11</p> <p>ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD</p>	<p>12</p> <p>POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW LEMON PIE</p>	<p>13</p> <p>PASTA FAGIOLI SOUP CHICKEN PARMESAN CAPELLINI RATATOUILLE CHOCOLATE CREAM PIE</p>	<p>14</p> <p>QUINOA VEGETABLE SOUP BAKED ZITI WITH MEAT SAUCE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING</p>
<p>17</p> <p>ESCAROLE & BEAN SOUP VEGETABLE LASAGNA BAKED YAM GARLIC BROCCOLI MINT BROWNIES</p>	<p>18</p> <p>BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE</p>	<p>19</p> <p>TURKEY & WILD RICE SOUP HAMBURGER OR HOT DOG THREE BEAN SALAD BAKED BEANS TAPIOCA PUDDING</p>	<p>20</p> <p>WISCONSIN CHEESE SOUP TERIYAKI CHICKEN THAI STYLE VEGETABLE SALAD WHITE RICE CINNAMON ROLL APPLE PIE</p>	<p>21</p> <p>PIZZA DAY TURKEY NOODLE SOUP CHEESE PIZZA GARDEN SALAD CARROT CAKE CUPCAKE W/CREAM CHEESE FROSTING</p>
<p>24</p> <p>ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE</p>	<p>25</p> <p>BEEF BARLEY SOUP HOMESTYLE BEEF STEW BOW TIE PASTA ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING</p>	<p>26</p> <p>POTATO LEEK SOUP VEGETABLE QUICHE GARDEN SALAD PEACH PIE</p>	<p>27</p> <p>BUTTERNUT SQUASH SOUP CHEESE TORTELLINI WITH PRIMAVERA SAUCE SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY CHOCOLATE CREAM PIE</p>	<p>28</p> <p>CREAM OF BROCCOLI SOUP MOROCCAN STYLE CHICKEN COCONUT RICE SAUTEED RATATOUILLE CHERRY PIE</p>

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST