

Activity Calendar - January 2025

The Director's Corner
Wishing all our members, caregivers, and care partners a happy and healthy new year!

Join us for
Coffee Hour
Every Morning
at 9:00am



Reminder, with the winter season in full swing comes a variety of different upper respiratory illnesses. PLEASE keep your loved one home if they are experiencing any symptoms and feel free to call our nursing team with any questions at 203-365-6468 or 365-6469. Thank you.

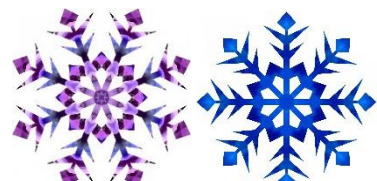


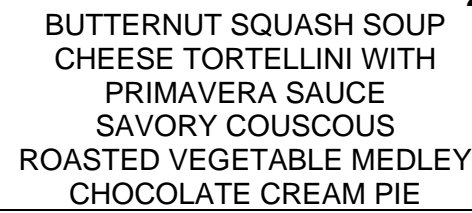
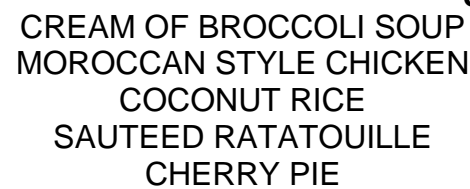
Care Partner Meetings

This month the virtual session will take place on January 21st, 7:15-8:15pm, RSVP to receive a link. The in-person session will be January 15th 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>		<p>Center Closed</p>	<p>10:00am Chair Zumba 10:30am Entertainment w/ Larry Batter 10:30am: Men's Group 11:45-12:45 LUNCH 1:00pm: Fitness Ball Exercise 1:30pm: Bingo 2:30pm Refreshments 2:45pm Golden Conversation</p>	<p>10:00am: Prices Right Then! 10:30am: Chair Yoga w/ Doris 10:30am Rummikub/Dominoes 11:45-12:45 LUNCH 1:00pm: Stretches 1:30pm: Let's Sing and Dance! 2:30pm: Refreshments 2:45pm Golden Conversations</p>
<p>10:00am Chair Zumba 10:30am Trivia 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Silver Sneaker Exercise 10:30am Family Feud 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:30pm Ring Toss 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Sit and Be Fit 10:30am Sing Along and Dance! 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Fusion Fitness 10:30am Hangman 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:30pm Golf Match 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Chair Exercise 10:30am Entertainment w/ John Valerio 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Tai Chi w/ Jonathon 2:30pm Refreshments 2:45pm Casual Conversations</p>
<p>10:00am Fusion Fitness 10:30am Facts or Fiction 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Sit and Be Fit 10:30am Jeopardy 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:30pm Bowling Match 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Chair Zumba 10:30am Scattergories 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Silver Sneaker Exercise 10:30am Family Feud 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:30pm Mozaic Karaoke/ Pass the Mic 2:30pm Refreshments 2:45pm Table Topics</p>	<p>10:00am Chair Exercise 10:30am Wordle 10:30am Wood Workshop 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Entertainment w/ Carl Linquist 2:30pm Refreshments 2:45pm Table Topics</p>
<p>10:00am Chair Zumba 10:30am Celebrating Martin Luther King Jr. 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversations</p>	<p>10:00am Chair Exercise 10:30am Hangman 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm: Fitness Ball Exercise 1:30pm Finish The Lyrics 2:30pm Refreshments 2:45pm Golden Conversations</p>	<p>10:00am Silver Sneaker Exercise 10:30am Wheel of Fortune 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversations</p>	<p>10:00am Sit and Be Fit 10:30am Matching Words 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:15pm Bean Bag Toss 2:30pm Refreshments 2:45pm Golden Conversations</p>	<p>10:00am Fusion Fitness 10:30am Riddles 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Reminiscing to the 50's 2:30pm Refreshments 2:45pm Golden Conversations</p>
<p>10:00am Chair Zumba 10:30am Family Feud 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Fusion Fitness 10:30am Price was Right Then! 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:30pm Golf Match 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Sit and Be Fit 10:30am Facts or Fiction 10:30am Men's Group 11:45-12:45 LUNCH/Out Trip 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Silver Sneaker Exercise 10:30am Fairfield Garden Club 10:30am Men's Group/Wordle 11:45-12:45 LUNCH 1:00pm Fitness Ball Exercise 1:30pm Sing Along to the 60's! 2:30pm Refreshments 2:45pm Casual Conversations</p>	<p>10:00am Chair Exercise 10:30am Pictionary 10:30am Table Games 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Bull's Eye Toss 2:30pm Refreshments 2:45pm Casual Conversations</p>

Lunch Menu - January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		 Center is Closed Happy New Year!		
6 GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE JAPANESE BLEND VEGGIES EGG ROLL PEACHES	7 WISCONSIN CHEESE SOUP MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	8 POTATO LEEK SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS CHOCOLATE CAKE	9 CHICKEN & RICE SOUP HERB ROASTED TURKEY W/GRAVY QUINOA FRUIT STUFFING GREEN BEAN CASSEROLE APPLE PIE	10 MINISTRONE SOUP MOROCCAN STYLE CHICKEN RED SMASHED POTATOES SAUTEED MIXED VEGETABLES PUMPKIN CHEESECAKE
13 EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES JAPANESE BLEND VEGGIES PEANUT BUTTER BROWNIE	14 ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD	15 POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW LEMON PIE	16 PASTA FAGIOLI SOUP CHICKEN PARMESAN CAPELLINI RATATOUILLE CHOCOLATE CREAM PIE	17 QUINOA VEGETABLE SOUP BAKED ZITI WITH MEAT SAUCE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING
20 ESCAROLE & BEAN SOUP VEGETABLE LASAGNA BAKED YAM GARLIC BROCCOLI MINT BROWNIES	21 BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE	22 TURKEY & WILD RICE SOUP VEGETABLE QUICHE GARDEN SALAD TAPIOCA PUDDING	23 WISCONSIN CHEESE SOUP TERIYAKI CHICKEN THAI STYLE VEGETABLE SALAD WHITE RICE CINNAMON ROLL APPLE PIE	24 TURKEY NOODLE SOUP COUNTRY FRIED CHICKEN CUTLET POTATOES O'BRIEN CALIFORNIA BLEND VEGGIES CARROT CAKE CUPCAKE W/CREAM CHEESE FROSTING
27 ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	28 BEEF BARLEY SOUP HOMESTYLE BEEF STEW BOW TIE PASTA ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING	29 POTATO LEEK SOUP PATTY MELT ON RYE SWEET POTATO WEDGES BAKED BEANS PEACH PIE	30 BUTTERNUT SQUASH SOUP CHEESE TORTELLINI WITH PRIMAVERA SAUCE SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY CHOCOLATE CREAM PIE	31 PIZZA DAY CREAM OF BROCCOLI SOUP CHEESE PIZZA GARDEN SALAD CHERRY PIE