



Morningside Community Calendar

JANUARY 2026

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Programs subject to change, please use the daily sheets for updates!</p> <p><u>Mind & Spirit Support</u> <u>Creative Expression</u> <u>Physical Fitness</u> <u>Brain Fitness</u> <u>Entertainers/Instructors</u> <u>Music</u> <u>Cooking & Social</u></p>	<p>Making the Moose-t of January in Alaska</p> 	<p>Birthdays</p>  <p>1/1 Deb 1/18 Mary</p>	<p>SAVE THE DATE</p> <p>The 2026 Olympics theme is "IT's Your Vibe," a motto that celebrates energy, passion, and human connection.</p> <p>February 6-22, 2026</p>	<p>1 NEW YEAR'S DAY</p> <p>9:30 Morning Check In 10:00 WORDLE & Daily Chronicle 10:30 Balance Class 11:00 Cooking Group 1:00 Reading Group – Ellis Island 2:00 BINGO w/Prizes 2:45 Social Hour w/Refreshments 3:00 Banana Grams 4:00 Lifelong Learners – Activity Connection 6:00 Comedy Movie</p>	<p>2</p> <p>9:30 Morning Check In 10:00 Who, What, When 10:30 Twist & Turn Exercise 11:15 Daily Chronicle 1:00 Montessori Tables 1:30 Afternoon Game Tables 2:00 Music & Memories (karaoke) 3:00 Bananagrams 4:00 Mindfulness - Mindfulness on The Go Book 6:00 Classic Show Golden Girls</p>	<p>3 WOLF SUPERMOON</p> <p>9:30 Morning Check In 10:00 Word in a Word 10:30 Light & Lively CD 11:15 Daily Chronicle 1:00 Easy Listening CD 1:30 Paint Afternoon w/Nancy 1:30 Walking Group 2:00 Creative Expression – Moose Tracks 3:00 Board Games w/staff 4:00 Armchair Travel – Italy 6:00 Resident Choice</p>
<p>4</p> <p>9:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/ Severin 1:30 Afternoon Spa & Nails 2:00 Walking Group 2:30 Virtual Concert Live at the Acropolis 4:00 Puzzles/Cards/Games 6:00 Resident Choice</p>	<p>5</p> <p>9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 Chaboom w/Pam 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group - 3:00 Reading Group - Charles Dickens 4:00 YouTube Playlist - Gospel 6:00 Musical Movie</p>	<p>6 EPIPHANY ENDS</p> <p>9:00 Morning Check In 10:00 Word In A Word & Daily Chronicle 10:30 Movement & Music 1:00 Montessori Group w/staff 1:30 Jeopardy 2:00 Tuesday Tidbits 3:00 Classical Music & Zen Drawing 4:00 Tuesdays Talks 6:00 Hollywood Classics Bonanza</p>	<p>7</p> <p>9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 SingFIT 11:00 Guess Who What 1:00 Creative Expression – Paint by Numbers Winter Scenes 1:00 Card Games w/staff 2:30 Tunefoolery Music 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie</p>	<p>8</p> <p>9:30 Morning Check In 10:00 WORDLE & Daily Chronicle 10:30 Balance Class 11:00 Cooking Group 1:00 Reading Group – The Game of Chess 2:00 BINGO w/Prizes 2:45 Social Hour w/Refreshments 3:00 Banana Grams 4:00 Lifelong Learners – Activity Connection 6:00 Comedy Movie</p>	<p>9</p> <p>9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle 10:30 Twist & Turn Exercise 11:15 Daily Chronicle 1:00 Montessori Tables 1:30 Afternoon Game Tables 2:00 Music & Memories (karaoke) 3:00 Bananagrams 4:00 Mindfulness - Mindfulness on The Go Book 6:00 Classic Show Golden Girls</p>	<p>10 HOUSEPLANT DAY</p> <p>9:30 Morning Check In 10:00 Word in a Word 10:30 Light & Lively CD 11:15 Daily Chronicle 1:00 Easy Listening CD 1:30 Walking Group 2:00 Creative Expression – Plant collage 3:00 Board Games w/staff 4:00 Armchair Travel – China 6:00 Resident Choice</p>
<p>11</p> <p>9:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/ Severin 1:30 Afternoon Spa & Nails 2:00 Walking Group 2:30 Virtual Concert Baltic Sea Philharmonic 4:00 Puzzles/Cards/Games 6:00 Resident Choice</p>	<p>12 NATL HOT TEA DAY</p> <p>9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 Chair Dancing 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group - Tea 3:00 Reading Group - Short Story 4:00 YouTube Playlist - Tea Time Music 6:00 Musical Movie</p>	<p>13</p> <p>9:00 Morning Check In 10:00 Word In A Word & Daily Chronicle 10:30 Movement & Music 1:00 Montessori Group w/staff 1:30 Jeopardy 2:00 Tuesday Tidbits 3:00 Classical Music & Zen Drawing 4:00 Tuesdays Talks 6:00 Hollywood Classics Columbo</p>	<p>14</p> <p>9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 SingFIT 11:00 Guess Who What 1:00 Creative Expression – Q-tip bonnet painting 1:00 Card Games w/staff 2:30 Tunefoolery Music 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie</p>	<p>15 NATL BAGEL DAY</p> <p>9:30 Morning Check In 10:00 WORDLE & Daily Chronicle 10:30 Balance Class 11:00 Cooking Group 1:00 Reading Group – The Creation of Steinway Pianos 1:30 Joel & Dan Concert 2:00 BINGO w/Prizes 2:45 Social Hour w/Refreshments Birthdays 3:00 Banana Grams</p>	<p>16</p> <p>9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle 10:30 Dance & Movement w/Ivy 1:00 Montessori Tables 1:30 Afternoon Game Tables 2:00 Music & Memories (karaoke) 3:00 Bananagrams 4:00 Mindfulness - Mindfulness on The Go Book</p>	<p>17</p> <p>9:30 Morning Check In 10:00 Word in a Word 10:30 Light & Lively CD 11:15 Daily Chronicle 1:00 Easy Listening CD 1:30 Walking Group 2:00 Creative Expression – Northern Lights Painting 3:00 Board Games w/staff 4:00 Armchair Travel – Japan 6:00 Resident Choice</p>



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SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				4:00 Lifelong Learners – Activity Connection 6:00 Comedy Movie	6:00 Classic Show Golden Girls	
18 9:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/ Severin 1:30 Afternoon Spa & Nails 2:00 Walking Group 2:30 Virtual Concert Pavarotti 4:00 Puzzles/Cards/Games 6:00 Resident Choice	19 MLK DAY 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 Chaboom w/Pam 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group - Polka Music 3:00 Reading Group - MLK Speech 4:00 YouTube Playlist - Polka 6:00 Musical Movie	20 9:00 Morning Check In 10:00 Word In A Word & Daily Chronicle 10:30 Movement & Music 11:15 Dog Therapy from Golden Moments 1:00 Montessori Group w/staff 1:30 Jeopardy 2:00 Tuesday Tidbits 3:00 Classical Music & Zen Drawing 4:00 Tuesdays Talks 6:00 Hollywood Classics Bonanza	21 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 SingFIT 11:00 Guess Who What 1:00 Creative Expression – Torn Paper Lighthouse 1:30 "Are You Strong Enough" presentation by Fox Rehab 1:00 Card Games w/staff 2:30 Tunefoolery Music 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	22 9:30 Morning Check In 10:00 WORDLE & Daily Chronicle 10:30 Balance Class 11:00 Cooking Group 1:00 Reading Group – The "Crucible" Salem MA 2:00 BINGO w/Prizes 2:45 Social Hour w/Refreshments 3:00 Banana Grams 4:00 Lifelong Learners – Activity Connection 6:00 Comedy Movie	23 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle 10:30 Twist & Turn Exercise 1:00 Montessori Tables 1:30 Afternoon Game Tables 2:00 Music & Memories (karaoke) 3:00 Bananagrams 4:00 Mindfulness - Mindfulness on The Go Book 6:00 Classic Show Golden Girls	24 9:30 Morning Check In 10:00 Word in a Word 10:30 Light & Lively CD 11:15 Daily Chronicle 1:00 Easy Listening CD 1:30 Walking Group 2:00 Creative Expression – Rainbow Serpent 3:00 Board Games w/staff 4:00 Armchair Travel – Guatemala 6:00 Resident Choice
25 9:00 Spiritual Time 11:00 Saxophone w/ Severin 1:30 Afternoon Spa & Nails 2:00 Walking Group 2:30 Virtual Concert Bocelli 4:00 Puzzles/Cards/Games 6:00 Resident Choice	26 Activity Prof Week Welcome Tufts & Lesley 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 Chaboom w/Pam 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group - Resolutions 3:00 Reading Group - Poetry 4:00 YouTube Playlist - Classical Piano 6:00 Musical Movie	27 Activity Prof Week 9:00 Morning Check In 10:00 Word In A Word & Daily Chronicle 10:30 Movement & Music 1:00 Montessori Group w/staff 1:30 Jeopardy 2:00 Tuesday Tidbits 3:00 Classical Music & Zen Drawing 4:00 Tuesdays Talks 6:00 Hollywood Classics Bonanza	28 Activity Prof Week 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle 10:30 SingFIT 11:00 Guess Who What 1:00 Creative Expression – Cupcake Flower Collage 1:00 Card Games w/staff 2:30 Tunefoolery Music 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	29 Activity Prof Week 9:30 Morning Check In 10:00 WORDLE & Daily Chronicle 10:30 Balance Class 11:00 Cooking Group 1:00 Reading Group – Seeing Eye Dogs 2:00 BINGO w/Prizes 2:45 Social Hour w/Refreshments 3:00 Banana Grams 4:00 Lifelong Learners – Activity Connection 6:00 Comedy Movie	30 Activity Prof Week 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle 10:30 Dance & Movement w/Ivy 1:00 Montessori Tables 1:30 Afternoon Game Tables 2:00 Music & Memories (karaoke) 3:00 Bananagrams 4:00 Mindfulness - Mindfulness on The Go Book 6:00 Classic Show Golden Girls	31 Activity Prof Week 9:30 Morning Check In 10:00 Word in a Word 10:30 Light & Lively CD 11:15 Daily Chronicle 1:00 Easy Listening CD 1:30 Walking Group 2:00 Creative Expression - Sparkling Sequined Baubles 3:00 Board Games w/staff 4:00 Armchair Travel – Rick Steves Alaska 6:00 Resident Choice

Here are the 12 Key Principles of Montessori Inspired Lifestyle®

1. The activity should have a purpose and capture interest.
2. Invite the person to participate.
3. Offer choice whenever possible.
4. Demonstrate more. Talk less.
5. Physical Skills. Focus on what the person can do.
6. Match your speed to theirs. Slow down!
7. Use visual hints, cues, or templates.
8. Give the person something to hold.
9. Go from simple to more complex.
10. Break a task down into steps.
11. To end, ask: "Did you enjoy doing this?" and "Would you like to do this again?"
12. There is no right or wrong way to do an activity. Think Engagement.