



Compass Memory Support puts cutting-edge research into action through programs we have developed specifically for individuals with memory loss; Reconnections, the Lifetime Achievement Award, Artful Adventures and our award-winning Brain Healthy Cooking Program. We offer structured enrichment activities through evening, seven days a week.



View event photos on our Community facebook page.

Affiliated with **Boston University**
Alzheimer's Disease Center



Compass East

JANUARY MONTHLY CALENDAR

ANNOUNCEMENTS & EVENTS:

January Outings

- 1/7 at 10:00 Yoga at SBNH
- 1/7 Trip to the Movies (Time/Movie TBD)
- 1/9 at 1:00 Yoga at SBNH
- 1/10 at 10:30 Tai Chi at SBNH
- 1/14 at 10:00 Yoga at SBNH
- 1/14 at 1:00 Bowling
- 1/16 at 10:15 Museum of Fine Arts
- 1/16 at 1:00 Yoga at SBNH
- 1/17 at 10:30 Tai Chi at SBNH
- 1/21 at 10:00 Yoga at SBNH
- 1/21 at 1:00 Trip to Auntie Anne's Pretzels
- 1/23 at 1:00 Yoga at SBNH
- 1/24 at 10:30 Tai Chi at SBNH
- 1/28 at 10:00 Yoga at SBNH
- 1/28 at 11:30 Lunch at Olive Garden
- 1/30 at 1:00 Yoga at SBNH
- 1/30 at 1:00 Shopping Trip to CVS
- 1/31 10:30 Tai Chi at SBNH
 - SBNH = South Boston Neighborhood House
- If inclement weather trips will be postponed

STAFF DIRECTORY:

Jenna Petrenko,
Executive Director

Lindsay Nelson,
Assistant Executive Director

Allie Williams,
Resident Care Director

Shari Sweeney,
**Director of
Compass Programming**

Ken McCluskey,
Director of Dining Experience

Ricardo Monteiro,
Director of Building & Grounds

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reconnections (R): Week 1: New Year Traditions Week 2: California Week 3: Heroes Week 4: Animals Week 5: Inventions	Program Key: <div> <div>Cognitive/Intellectual</div> <div>Social</div> <div>Physical</div> <div>Spiritual</div> <div>Arts/Emotional</div> </div> <i>* Programs are subject to change based on resident interests.</i>		1 Hot Tea Month (N) <div> <div>10:00 Arthritis Exercise</div> <div>11:00 Positive Quotes</div> <div>1:00 New Years (R)</div> <div>1:30 New Year New You</div> <div>2:00 First Categories (R)</div> <div>3:00 Don't Fence Me In</div> <div>3:30 Starts with New</div> <div>6:00 Guided Meditation</div> </div>	2 <div> <div>10:00 Ribbon Movement</div> <div>10:30 Forever Fit</div> <div>11:00 Positive Stories</div> <div>1:00 Finish the Drawing</div> <div>1:30 Musical Bingo</div> <div>2:00 Bowling</div> <div>3:00 Mocha Category</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	3 <div> <div>10:00 Chair Dancing</div> <div>11:00 I Appreciate.....</div> <div>1:00 Archie Richards</div> <div>2:00 New Years (R)</div> <div>2:30 Happy Hour</div> <div>3:00 New Years Crafts (R)</div> <div>3:30 Ring Toss</div> <div>5:30 1 on 1 with the CNA</div> </div>	4 Spaghetti Day (N) <div> <div>10:00 Morning Exercise</div> <div>11:00 Positive Comments</div> <div>1:15 5 Clue What is it?</div> <div>3:00 Fly Swat Game</div> <div>5:30 1 on 1 with CNAs</div> </div>
5 Bird Day (N) <div> <div>10:00 Movement & Meditation</div> <div>11:00 Spiritual Sing a Long</div> <div>1:15 Crafters Corner: Bird Art</div> <div>2:00 Name that Bird</div> <div>3:00 Bean Bag Toss</div> <div>5:30 1 on 1 with the CNAs</div> </div>	6 <div> <div>10:00 Morning Stretches</div> <div>11:00 Make Your Own Story</div> <div>1:00 California (R)</div> <div>1:30 Happy Bday Mozart!</div> <div>2:00 Sing A Long w/Lauren</div> <div>3:00 California Places to See (R)</div> <div>3:30 Ed the Talking Horse</div> <div>5:30 1 on 1 with CNAs</div> </div>	7 <div> <div>10:00 Boxing</div> <div>11:00 Non Denominational Prayer</div> <div>1:00 Farm Visits</div> <div>2:00 Baking Group</div> <div>3:00 Bulls Eye</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	8 <div> <div>10:00 Arthritis Exercise</div> <div>11:00 Positive Quotes</div> <div>1:00 California (R)</div> <div>1:30 Men's Group/Knitting</div> <div>1:30 Art with Joanne</div> <div>2:00 Cali Fun Facts (R)</div> <div>3:00 Happy Bday Elvis</div> <div>3:30 Wonders of Winter</div> <div>6:00 Guided Meditation</div> </div>	9 <div> <div>10:00 Ribbon Movement</div> <div>10:30 Forever Fit</div> <div>11:00 Positive Stories</div> <div>1:00 Making Snowflakes</div> <div>1:30 Musical Bingo</div> <div>2:00 Bowling</div> <div>3:00 A-Z</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	10 <div> <div>10:00 Chair Dancing</div> <div>10:30 Joe Malone Presents</div> <div>1:00 California (R)</div> <div>2:00 Ellis Island</div> <div>2:30 Happy Hour</div> <div>3:00 California Crafts (R)</div> <div>3:30 Ring Toss</div> <div>5:30 1 on 1 with the CNA</div> </div>	11 <div> <div>10:00 Morning Exercise</div> <div>11:00 Positive Comments</div> <div>1:15 EZ Does it Trivia</div> <div>3:00 Fly Swat Game</div> <div>5:30 1 on 1 with CNAs</div> </div>
12 <div> <div>10:00 Movement & Meditation</div> <div>11:00 Spiritual Sing a Long</div> <div>1:15 Crafters Corner:</div> <div>2:00 Junk Drawer Detective</div> <div>3:00 Bean Bag Toss</div> <div>5:30 1 on 1 with the CNAs</div> </div>	13 <div> <div>10:00 Morning Stretches</div> <div>11:00 Make Your Own Story</div> <div>1:00 Heroes (R)</div> <div>1:30 Tex Ritter</div> <div>2:00 Mini Golf</div> <div>3:00 What Makes a Hero (R)</div> <div>3:30 Joe & Marilyn</div> <div>5:30 Music Therapy w/Brian</div> </div>	14 <div> <div>10:00 Boxing</div> <div>11:00 Non Denominational Prayer</div> <div>1:00 Yoga w/Karen</div> <div>2:00 Baking Group</div> <div>3:00 Bulls Eye</div> <div>3:30 Star of the Month: Dolly Parton</div> <div>6:00 Guided Meditation</div> </div>	15 Strawberry Ice Cream Day (N) <div> <div>10:00 Arthritis Exercise</div> <div>11:00 Positive Quotes</div> <div>1:00 Heroes (R)</div> <div>1:30 Knitting Group</div> <div>2:00 Famous Heroes (R)</div> <div>3:00 Conversation Ball</div> <div>3:30 Ranch Categories</div> <div>6:00 Guided Meditation</div> </div>	16 <div> <div>10:00 Ribbon Movement</div> <div>10:30 Forever Fit</div> <div>11:00 Positive Stories</div> <div>1:00 Coloring Carnations</div> <div>1:30 Cooking with Kenny</div> <div>1:30 Musical Bingo</div> <div>2:00 Bowling</div> <div>3:00 Calendar Game</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	17 <div> <div>10:00 Chair Dancing</div> <div>11:00 Heroes (R)</div> <div>1:00 Kenny Morrell</div> <div>2:00 Happy Bday Muhammad Ali</div> <div>2:30 Happy Hour</div> <div>3:00 Who Was Your Hero (R)</div> <div>3:30 Ring Toss</div> <div>5:30 1 on 1 with the CNA</div> </div>	18 Winnie the Pooh Day (N) <div> <div>10:00 Morning Exercise</div> <div>11:00 Positive Comments</div> <div>1:15 5 Clue What is it?</div> <div>3:00 Fly Swat Game</div> <div>5:30 1 on 1 with CNAs</div> </div>
19 Flower Day (N) <div> <div>10:00 Movement & Meditation</div> <div>11:00 Spiritual Sing a Long</div> <div>1:15 Crafters Corner: Coffee Filter Flowers</div> <div>2:00 Can You Picture This?</div> <div>3:00 Bean Bag Toss</div> <div>5:30 1 on 1 with the CNAs</div> </div>	20 MLK Day (N) <div> <div>10:00 Morning Stretches</div> <div>11:00 Make Your Own Story</div> <div>1:00 Gian Faraone</div> <div>1:30 MLK Art</div> <div>2:00 Animals (R)</div> <div>3:00 Celebrity Pets (R)</div> <div>3:30 King Categories</div> <div>5:30 1 on 1 with CNAs</div> </div>	21 Granola Bar Day (N) <div> <div>10:00 Boxing</div> <div>11:00 Non Denominational Prayer</div> <div>1:00 Winter Art</div> <div>2:00 Baking Group</div> <div>3:00 Bulls Eye</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	22 Blonde Brownie Day (N) <div> <div>10:00 Arthritis Exercise</div> <div>10:30 Steve Lanzilotta</div> <div>11:00 Positive Quotes</div> <div>1:00 Animals (R)</div> <div>1:30 Men's Group/Knitting</div> <div>2:00 Wacky Pet Stories (R)</div> <div>3:00 Conversation Ball</div> <div>3:30 Name 10</div> <div>6:00 Guided Meditation</div> </div>	23 <div> <div>10:00 Ribbon Movement</div> <div>10:30 Forever Fit</div> <div>11:00 Positive Stories</div> <div>1:00 Name that Sent</div> <div>1:30 Musical Bingo</div> <div>2:00 Bowling</div> <div>3:00 Can You See the Big Picture</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	24 <div> <div>10:00 Chair Dancing</div> <div>10:30 Joe Malone Presents</div> <div>11:00 I Appreciate.....</div> <div>1:00 Animals (R)</div> <div>2:00 Betty White</div> <div>2:30 Happy Hour</div> <div>3:00 Amazing Animals (R)</div> <div>3:30 Ring Toss</div> <div>5:30 1 on 1 with the CNA</div> </div>	25 Chinese New Year(N) <div> <div>10:00 Morning Exercise</div> <div>11:00 Positive Comments</div> <div>1:15 Chinese New Year Facts</div> <div>3:00 Chinese New Year Crafts</div> <div>5:30 1 on 1 with CNAs</div> </div>
26 <div> <div>10:00 Movement & Meditation</div> <div>11:00 Spiritual Sing a Long</div> <div>1:15 Crafters Corner:</div> <div>2:00 Junk Drawer Detective</div> <div>2:30 Richie Berns</div> <div>3:00 Bean Bag Toss</div> <div>5:30 1 on 1 with the CNAs</div> </div>	27 Chocolate Cake Day (N) <div> <div>10:00 Morning Stretches</div> <div>11:00 Make Your Own Story</div> <div>1:00 Inventions (R)</div> <div>1:30 Resident Council Meeting</div> <div>2:00 Mini Golf</div> <div>3:00 Inventions of the 50's (R)</div> <div>3:30 Snow Categories</div> <div>5:30 Music Therapy w/Brian</div> </div>	28 <div> <div>10:00 Boxing</div> <div>11:00 Non Denominational Prayer</div> <div>1:00 Button Art</div> <div>2:00 Baking Group</div> <div>3:00 Bulls Eye</div> <div>3:30 Oldies Sing a Long</div> <div>6:00 Guided Meditation</div> </div>	29 <div> <div>10:00 Arthritis Exercise</div> <div>10:30 Patrick Hoyer</div> <div>11:00 Positive Quotes</div> <div>1:00 Inventions (R)</div> <div>1:30 Knitting Group</div> <div>2:00 Inventions Trivia (R)</div> <div>3:00 Conversation Ball</div> <div>3:30 FDR</div> <div>6:00 Guided Meditation</div> </div>	30 US Road Trip: Alaska <div> <div>10:00 Ribbon Movement</div> <div>10:30 Forever Fit</div> <div>11:00 Positive Stories</div> <div>1:00 Alaska Crafts</div> <div>1:30 Musical Bingo</div> <div>2:00 Bowling</div> <div>3:00 Calendar Game</div> <div>3:30 Compass Travelogue</div> <div>6:00 Guided Meditation</div> </div>	31 Hot Chocolate Day (N) <div> <div>10:00 Chair Dancing</div> <div>11:00 I Appreciate.....</div> <div>1:00 Inventions (R)</div> <div>2:00 Famous Faces</div> <div>2:30 Happy Hour</div> <div>3:00 What Would We Do Without That (R)</div> <div>3:30 Ring Toss</div> <div>5:30 1 on 1 with the CNA</div> </div>	