



Forestdale Park January Calendar

ANNOUNCEMENTS & EVENTS:

Grab Your Passport US Road Trip Edition!

Alaska

Come to 5 to try for a prize!

1/1 Happy New Year!!

3:30 Josef Nocera LIVE

1/3 11:00 Out to Lunch: Bertucci's

1/6 10:00 Tai Chi with Alex! NEW Exercise!!

1/9 Roaring 20's Family Holiday Party

3:30 John Kelly LIVE!

5:00 Food and Frivolity! Let's celebrate
the new year with your family and friends!

1/11 Julie Z LIVE!! NEW Musical Act!!

1/21 Culinary Club Alaskan Food Demo with
Chef Jeff!

11/24 Out to Lunch: Flaming Grill & Buffet
Early celebration for Chinese New Year!

11/29 10:00 Shopping at Talbots Outlet,
then lunch at the 99

STAFF DIRECTORY:

Terri Guenard,
Executive Director

Sarah Starkweather,
Director of Community Relations

Michelle Spindler, Director
of Business Administration

Laura Waszak,
Resident Care Director

Courtney Sott,
EnrichedLIFE Director

Denise Thorud, Director of
Compass Programming

Jeff Fowler,
Director of Dining Experience

Roberto Torres, Interim Director of
Building & Grounds

How will you spend your day?

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>GRAB YOUR PASSPORT!!</div> <div>US ROAD TRIP</div> <div>ALASKA</div> <div>COME TO 5 TO TRY</div> <div>FOR A PRIZE!</div>	<div>Program Key:</div> <div><div>Physical</div><div>Bistro Activity</div><div>Social/Games/Clubs</div><div>Emotional/Expressive Arts</div><div>Sporting Event on TV</div><div>Outings</div><div>Entertainment</div><div>Spiritual</div><div>Grab Your Passport!</div></div> <div>* All programs are subject to change based on resident interest.</div>		<div>1</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>10:30 Horoscopes</div> <div>1:00 Holiday Movie Matinee</div> <div>3:30 Josef Nocera LIVE!</div> <div>6:00 Resident Run Bingo</div>	<div>2</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>11:00 Bistro Chat</div> <div>1:00 Line Dancing w/Chrissy</div> <div>2:00 Jeopardy!</div> <div>3:00 Discovery Learning-Alaskan Dog Sledding</div> <div>6:00 Art with James</div>	<div>3</div> <div>9:30 Daily Chronicle</div> <div>10:00 Rosary with Virginia</div> <div>10:30 Stories We Tell</div> <div>11:00 Out to Lunch: Bertucci's</div> <div>2:15 Yoga with Sarah</div> <div>3:30 Crossword Puzzles</div> <div>6:00 Aggravation Game</div>	<div>4</div> <div>10:00 Work Out w/ Bernadine</div> <div>11:00 Daily Chronicle & Bistro Trivia</div> <div>1:00 Tai Chi in Compass</div> <div>2:30 Beso Bingo in Compass</div> <div>2:30 Saturday Movie Matinee</div> <div>6:00 Poker Club</div> <div>8:15 Patriots vs Titans AFC WILD CARD GAME</div>
<div>5</div> <div>10:00 Morning Mass on TV</div> <div>11:00 Daily Chronicle</div> <div>1:00 Scrabble Club</div> <div>2:30 Google Arts & Culture: Indian Arts & Crafts Board (part 1)</div> <div>3:30 Word Peck</div> <div>4:40 Seahawks vs Eagles AFC WILD CARD GAME</div> <div>6:00 Pokeno Bunch</div>	<div>6</div> <div>9:30 Daily Chronicle</div> <div>10:00 Tai Chi with Alex NEW!</div> <div>11:00 Sacred Hearts Svces</div> <div>1:00 Library & Store in Bistro</div> <div>1:30 Walking Club</div> <div>2:00 Family Feud!</div> <div>3:00 Food Council Meeting</div> <div>3:30 Resident Council Meeting</div> <div>6:00 Puzzles</div>	<div>7</div> <div>9:30 Daily Chronicle</div> <div>10:00 Work Out w/Bernadine</div> <div>11:00 Bistro Chat</div> <div>1:00 Crafting Club- Flapper Headbands for the 20's Party!</div> <div>2:00 Book Club</div> <div>3:00 Word Peck</div> <div>6:00 Prize Bingo</div>	<div>8</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>10:30 Horoscopes</div> <div>1:00 Walking Club</div> <div>1:30 Poetry Share</div> <div>3:30 Wine Down Wednesday</div> <div>6:00 Art with James</div>	<div>9</div> <div>ROARING 20's PARTY!!</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>1:00 Walking Club</div> <div>3:30 John Kelly LIVE and Roaring 20's Family Holiday Party</div>	<div>10</div> <div>9:30 Daily Chronicle</div> <div>10:00 Rosary with Virginia</div> <div>10:30 Stories We Tell</div> <div>1:00 Help Take Down the Holiday Decorations!</div> <div>2:15 Yoga with Sarah</div> <div>3:30 Crossword Puzzles</div> <div>6:00 Aggravation Game</div>	<div>11</div> <div>10:00 Work Out w/ Bernadine</div> <div>11:00 Daily Chronicle & Bistro Trivia</div> <div>1:00 Walking Club</div> <div>1:30 Beso Bingo in Compass</div> <div>3:00 Julie Z LIVE! NEW!</div> <div>6:00 Poker Club</div> <div>8:15 TBD vs Ravens AFC DIVISIONAL GAME</div>
<div>12</div> <div>10:00 Morning Mass on TV</div> <div>11:00 Morning Stretch</div> <div>1:00 Afternoon Walking Club</div> <div>1:00 Nate Ramsayer Lecture Series: So, who wrote the Bible, Anyway?</div> <div>2:30 Scrabble Club</div> <div>3:30 Discovery Learning-Alaskan Totem Poles</div> <div>6:40 TBD vs Packers AFC DIVISIONAL GAME</div>	<div>13</div> <div>9:30 Daily Chronicle</div> <div>10:00 Morning Stretch</div> <div>11:00 Sacred Hearts Svces</div> <div>1:00 Library & Store in Bistro</div> <div>1:45 Help Take Down the Holiday Decorations! (if there are any left!)</div> <div>3:00 Sharon DiFronzo LIVE</div> <div>6:00 Puzzles</div>	<div>14</div> <div>GYP Alaskan Food Day!</div> <div>9:30 Daily Chronicle</div> <div>10:00 Work Out w/Bernadine</div> <div>11:00 Bistro Chat</div> <div>1:00 Walking Club</div> <div>1:30 Culinary Club- Alaskan Wild Berry Cobbler</div> <div>3:00 John D'Ambrosio Sing-A-Long</div> <div>6:00 Prize Bingo</div>	<div>15</div> <div>National Hat Day!</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>10:00 Trip to Dollar Store</div> <div>10:30 Horoscopes</div> <div>1:00 Pastor Emily Visits</div> <div>2:30 Google Arts & Culture: HATS OFF- The German Hat Museum</div> <div>3:30 Wine Down Wednesday</div> <div>6:00 Resident Run Bingo</div>	<div>16</div> <div>9:30 Morning Stretch</div> <div>10:30 Joey BBop LIVE</div> <div>1:00 Line Dancing w/Chrissy</div> <div>2:00 Jeopardy!</div> <div>3:00 Discovery Learning-Fishing in Alaska</div> <div>6:00 Art with James</div>	<div>17</div> <div>9:30 Daily Chronicle</div> <div>10:00 Rosary with Virginia</div> <div>10:30 Stories We Tell</div> <div>12:45 Trip to Target</div> <div>1:00 Crossword Puzzles</div> <div>2:15 Yoga with Sarah</div> <div>3:30 Discovery Learning</div> <div>6:00 Pokeno Night</div>	<div>18</div> <div>10:00 Work Out w/ Bernadine</div> <div>11:00 Daily Chronicle & Bistro Trivia</div> <div>1:00 Tai Chi in Compass</div> <div>2:30 Beso Bingo in Compass</div> <div>2:30 Saturday Movie Matinee</div> <div>6:00 Poker Club</div>
<div>19</div> <div>10:00 Morning Mass on TV</div> <div>1:00 Scrabble Club</div> <div>1:00 Afternoon Walking Club</div> <div>2:30 Google Arts & Culture: Indian Arts & Crafts Board (part 2)</div> <div>3:30 Word Peck</div> <div>6:40 TBD- AFC CHAMPIONSHIP GAME</div>	<div>20</div> <div>Martin Luther King, Jr. Day</div> <div>9:30 Daily Chronicle</div> <div>10:00 Morning Stretch</div> <div>11:00 Sacred Hearts Svces</div> <div>1:00 Library & Store in Bistro</div> <div>2:00 Family Feud</div> <div>3:00 Discovery Learning: Martin Luther King, Jr</div> <div>6:00 Puzzles</div>	<div>21</div> <div>National Hugging Day!</div> <div>9:30 Daily Chronicle</div> <div>10:00 Work Out w/Bernadine</div> <div>11:00 Bistro Chat</div> <div>1:00 Culinary Club- Alaskan Food Demo with Chef Jeff</div> <div>2:30 Tech Class with Peter</div> <div>3:00 Word Peck</div> <div>6:00 Mark West LIVE!</div>	<div>22</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>1:00 Walking Club</div> <div>2:00 Crafting Club- Chinese New Year Dragon Masks</div> <div>3:30 Wine Down Wednesday</div> <div>6:00 Resident Run Bingo</div>	<div>23</div> <div>National Pie Day!</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>11:00 Bistro Games</div> <div>1:00 Line Dancing w/Chrissy</div> <div>2:00 Pie Dessert Bar</div> <div>3:00 Holly Sommers LIVE!</div> <div>6:00 Art with James</div>	<div>24</div> <div>National Compliment Day!</div> <div>9:30 Daily Chronicle</div> <div>10:00 Rosary with Virginia</div> <div>10:30 Stories We Tell</div> <div>11:00 Out to Lunch: Flaming Grill & Buffet</div> <div>1:00 Word Peck</div> <div>2:15 Yoga with Sarah</div> <div>3:30 Kalifornia Karl LIVE!</div> <div>6:00 Pokeno Night</div>	<div>25</div> <div>Chinese New Year!</div> <div>10:00 Work Out w/ Bernadine</div> <div>11:00 Discovery Learning: Chinese New Year</div> <div>1:00 Walking Club</div> <div>1:30 Beso Bingo in Compass</div> <div>2:30 Saturday Movie Matinee</div> <div>6:00 Poker Club</div>
<div>26</div> <div>National Spouses Day!</div> <div>10:00 Morning Mass on TV</div> <div>1:00 Afternoon Walking Club</div> <div>1:30 Share your wedding photos and stories for Spouses Day!</div> <div>2:30 Crossword Puzzles</div> <div>3:00 NFL PRO BOWL</div> <div>4:00 Discovery Learning: Marriage traditions</div> <div>6:00 Pokeno Bunch</div>	<div>27</div> <div>9:30 Daily Chronicle</div> <div>10:00 Morning Stretch</div> <div>11:00 Sacred Hearts Svces</div> <div>1:00 Library & Store in Bistro</div> <div>2:00 Jeopardy!</div> <div>3:30 Discovery Learning</div> <div>6:00 Puzzles</div>	<div>28</div> <div>9:30 Daily Chronicle</div> <div>10:00 Work Out w/Bernadine</div> <div>11:00 Bistro Chat</div> <div>1:00 Culinary Club: Wilderness Lodge Cookies</div> <div>2:30 Walking Club</div> <div>3:00 Word Peck</div> <div>6:00 Josef Nocera LIVE!</div>	<div>29</div> <div>National Puzzle Day!</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle & Horoscopes</div> <div>10:00 Shopping at Talbots Outlet then Lunch at the 99</div> <div>1:00 Walking Club</div> <div>2:30 Discovery Learning-Glaciers of Alaska</div> <div>3:30 Wine Down Wednesday</div> <div>6:00 Puzzles</div>	<div>30</div> <div>9:30 Morning Stretch</div> <div>10:00 Daily Chronicle</div> <div>11:00 Bistro Games</div> <div>11:30 Birthday Club Lunch</div> <div>1:00 Line Dancing w/Chrissy</div> <div>2:00 Jeopardy!</div> <div>3:00 Discovery Learning</div> <div>6:00 Art with James</div>	<div>31</div> <div>9:30 Daily Chronicle</div> <div>10:00 Rosary with Virginia</div> <div>10:30 Stories We Tell</div> <div>1:00 Trip to Encore!</div> <div>1:00 Family Feud</div> <div>2:15 Yoga with Sarah</div> <div>3:00 Howie Newman LIVE!</div> <div>6:00 Aggravation Game</div>	