

MEMORY CARE NEWSLETTER



FEBRUARY 2024

Dear Residents and Families,

As we embrace the month of February, love is in the air in our vibrant village! We hope this newsletter finds you in good spirits, filled with warmth and joy.

In January, our residents had a wonderful time venturing out to the West Hartford Senior Center and savoring delicious moments at Jerry's Pizzeria which left our taste buds singing with delight – pizza, after all, is the key to a happy heart!

This month, in honor of Valentine's Day, we have curated a delightful series of activities to celebrate love and togetherness. Our upcoming community outing promises to be a sweet experience as we visit Fascia's Chocolate Factory. Residents will have the opportunity to delve into the

fascinating history of chocolate, and best of all, create their very own chocolate bars!

And because we believe in the power of baking, we'll be whipping up some love in the form of muffins and cookies.

We invite you to join us for a special Valentine's Day brunch, where delectable treats and heartfelt connections will be shared. Our culinary team is preparing to present a feast that will surely warm your hearts. Additionally, we have planned Valentine's Day crafts, allowing residents to unleash their creativity and craft beautiful tokens of affection.

Wishing you all a February filled with love, laughter, and delightful moments!

Warm Regards,

Memory Care Team



THINGS TO LOOK FORWARD TO

2/5/24 Happy Nutella Day! Strawberry Nutella Smoothies

2/11/24 Galentine's Day! Galentine's Visit from the girl scouts

2/13/24 Mardi Gras Celebration. Who will find the baby?

2/14/24 Valentine's Day Brunch

2/16/24 Fascia's Chocolate Factory

**Music Therapy every Thursday 1:30p
Happy Hour every Mon. & Wed. 3:30p
Monthly Birthday Party last Thursday of every month 1:30p
Chef's Table every Friday 2:30p**

1 Hamilton Heights Drive West Hartford, CT 06119

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>FEBRUARY 2024</div> <div>MEMORY CARE</div>				<div>AD Black History Month</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Star of the Month: Oprah Winfrey</div> <div>1:30 Music Therapy with Caleb</div> <div>2:30 Who Am I? : 4 Famous Ladies</div> <div>3:00 Putting the Past in Order</div> <div>3:30 Group Word Search and Aromatherapy</div> <div>4:00 Word Play : Playing with "peace"</div>	<div>AD Ground Hog Day</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Word Scramble Review</div> <div>2:30 Chef's Table</div> <div>3:30 Scrabble</div> <div>4:30 Picture It</div> <div>6:00 Family Feud</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>2:00 Manicures by Abigail</div> <div>3:30 Comedy Hour</div> <div>4:30 Dr. Rob Cranium Crunch</div> <div>6:00 Detective Challenge: Souper</div>
<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Black History Month Trivia</div> <div>2:00 Heart Art Craft</div> <div>3:30 Learning Circle : Harlem Renaissance</div> <div>4:00 Music Circle</div> <div>4:30 WordScape</div> <div>6:00 Evening Cinema</div>	<div>AD Nutella Day!</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Post It Memory Game</div> <div>2:30 Strawberry Banana Nutella Smoothies</div> <div>2:45 How it's made: Nutella</div> <div>3:30 Happy Hour</div> <div>4:30 Name that Tune</div> <div>6:00 Aromatherapy and Music</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Seated Disco</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Trivia Tuesday</div> <div>2:00 You Be the Judge</div> <div>2:30 Valentine Bingo</div> <div>3:30 February IQ</div> <div>4:00 Famous February Word Search</div> <div>4:30 Travelogue: New Orleans</div>	<div>11:00 Daily Chronicles</div> <div>11:45 Daily Chronicles Hangman Challenge</div> <div>1:45 Crafting using Resin</div> <div>3:30 Happy Hour</div> <div>4:00 Stroll Down Memory Lane</div> <div>4:30 Tricky Riddles</div> <div>6:00 Deal or No Deal</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>1:30 Music Therapy with Caleb</div> <div>2:30 Painting to Music</div> <div>3:30 Flip Cup Tic Tak Toe</div> <div>4:00 Table Golf</div> <div>6:00 Uplifting Short Stories</div>	<div>AD National Pizza Day!</div> <div>AD Happy Birthday TeeDee!</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Making Pizza Bagels</div> <div>2:30 Chef's Table</div> <div>3:30 Table Hockey</div> <div>4:00 Speed Racer</div> <div>4:30 Name It</div> <div>6:00 Group Puzzles to Music</div>	<div>AD Chinese New Year</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>2:00 Manicures by Abigail</div> <div>3:30 Dragon Mining Activity</div> <div>4:00 Chinese New Year Scrabble</div> <div>4:30 Chinese New Year Bingo</div>
<div>11:00 Daily Chronicles</div> <div>11:30 Seated Disco</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Tv Show Bingo</div> <div>2:00 Wii Games: Bowling</div> <div>2:30 Valentine Snowflakes</div> <div>3:30 Who am I?</div> <div>4:00 Valentine's Day Visit from Girl Scouts</div> <div>4:30 Card Games and Aromatherapy</div> <div>6:00 Evening Cinema</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Detective Challenge</div> <div>3:30 Happy Hour</div> <div>4:30 Aromatherapy and Music</div> <div>6:00 Text Twist</div>	<div>AD Mardi Gras (fat Tuesday)</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 True or False : Mardi Gras Triva</div> <div>1:45 Reading Circle : What A Mess ?</div> <div>3:00 Bingo</div> <div>4:00 5 Senses</div> <div>4:30 WordScape</div> <div>6:00 Bingo</div>	<div>AD Valentine's Day</div> <div>11:00 Daily Chronicles</div> <div>11:30 Daily Chronicles Hangman Challenge</div> <div>12:15 Tai Chi with Pete</div> <div>1:00 Valentine's Day Brunch</div> <div>2:30 Heart Art</div> <div>3:30 Happy Hour</div> <div>4:30 Sing-a-long : Patsy Cline</div> <div>6:00 Valentines Family Feud</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Pool Noodle Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Text Twist</div> <div>1:30 Music Therapy with Caleb</div> <div>2:00 Coloring with Sand : Sensory Project</div> <div>3:00 Trivia Thursdays</div> <div>6:00 Name 5</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Fascia's Chocolate Factory Outing</div> <div>11:30 Sitcom Nostalgia</div> <div>12:30 Group Puzzles to Music</div> <div>2:30 Chef's Table</div> <div>3:30 One and Done Game</div> <div>4:00 Sing-a-long : All Elvis Presley</div> <div>4:30 Name that Jingle</div> <div>6:00 Reading Circle: Its Takes 2</div>	<div>AD Happy Birthday Yael !</div> <div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Birthday Celebration</div> <div>2:00 Manicures by Abigail</div> <div>3:30 Pictionary</div> <div>4:00 5 Senses</div> <div>4:30 Give Me Hug Project</div> <div>6:00 Evening Cinema</div>
<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Family Feud</div> <div>2:00 Voters Box Challenge</div> <div>3:00 Speed Racer</div> <div>3:30 Table Hockey</div> <div>6:00 Where am I?</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Cast Your Vote Game</div> <div>2:00 First Ladies: Who am I?</div> <div>2:30 Presidential Riddles</div> <div>3:30 Happy Hour</div> <div>4:30 Pets of the White House</div> <div>6:00 Group Word Search and Aromatherapy</div>	<div>AD National Muffin Day!</div> <div>11:00 Daily Chronicles</div> <div>11:30 Baking Muffins</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>1:30 Birthday Celebration</div> <div>2:00 Trivia Tuesday</div> <div>2:30 Table Fishing</div> <div>3:30 Book Club and Tea : Magnets and Glue</div> <div>4:30 Wii Games: Wheel of Fortune</div> <div>6:00 Let's Make A Deal</div>	<div>11:00 Daily Chronicles</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>2:15 Pet Therapy</div> <div>2:30 Text Twist with Aromatherapy</div> <div>3:00 Conversation Toss Up</div> <div>3:30 Happy Hour</div> <div>4:30 Music Circle</div> <div>4:30 Sing-a-long : Dolly Parton</div> <div>6:00 Evening Cinema</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Cha Cha Slide Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>1:30 Music Therapy with Caleb</div> <div>2:30 Painting to Music</div> <div>3:30 Small Group: Exploring Sensory Kits</div> <div>4:00 Scrabble</div> <div>6:00 Deal or No Deal</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Seated Disco</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Birthday Celebration</div> <div>2:00 Group Puzzles</div> <div>2:30 Chef's Table</div> <div>3:30 Bingo</div> <div>4:30 Name that Tune</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Morning Affirmation</div> <div>2:00 Manicures by Abigail</div> <div>3:30 Positivity Circle and Aromatherapy</div> <div>4:00 Movie Theater and Popcorn</div> <div>6:00 Finish the Lyric</div>
<div>11:00 Daily Chronicles</div> <div>11:30 Cha Cha Slide Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Music Circle</div> <div>2:00 Small Group Sensory Activity: Birthday Cups</div> <div>2:30 Armchair Travel: Bora Bora</div> <div>3:00 Painting to Music</div> <div>4:00 Table Games and Snacks</div> <div>6:00 Group Word Search and Aromatherapy</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 WordScape</div> <div>2:30 Galaxy Jars Craft</div> <div>3:30 Happy Hour</div> <div>4:30 5 Senses</div> <div>6:00 Family Feud</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Trivia Tuesday</div> <div>2:00 Travelogue : Portugal</div> <div>2:30 Paper Plate Weaving</div> <div>3:30 Text Twist</div> <div>4:00 Comedy Hour</div> <div>6:00 Bingo</div> <div>6:00 Evening Cinema</div>	<div>11:00 Daily Chronicles</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:15 Tai Chi with Pete</div> <div>2:00 Small Group Sensory Activity : Rain Sticks</div> <div>3:00 Card Games and Music</div> <div>3:30 Happy Hour</div> <div>4:30 Aromatherapy and Music</div> <div>4:30 Sing-a-long : 50's Hits</div> <div>6:00 Wii Games: Bowling</div>	<div>11:00 Daily Chronicles</div> <div>11:30 Morning Exercise</div> <div>12:00 Daily Chronicles Hangman Challenge</div> <div>12:30 Paper Connect 4</div> <div>1:30 Music Therapy with Caleb (Monthly Birthday Party!)</div> <div>2:30 Making SMore Pops</div> <div>3:00 Group Unscramble</div> <div>3:30 Throwback Thursday : Barack Obama</div> <div>6:00 Lets Make A Deal</div>	<div>HAPPY BIRTHDAY!</div> <div>Elfrida "Tee Dee" S. - 9th</div> <div>Yael E. - 17th</div> <div>Gayle F. - 20th</div> <div>Judy K. - 23rd</div>	<div>AVIVA</div> <div>SENIOR LIVING</div>

LAST MONTH'S HIGHLIGHTS



Cindy won the final game of Bingo at the West Hartford Senior Center



Roger, Ann and Barbara Celebrating their January Birthday's



Yael and Dorothy enjoy friendly competition



Judy's finger painting is a masterpiece!



Dorothy's Winter Snow globe is a treasure!



Gayle, Barbara and Caroline enjoy a discussion by Dr. Gutterman



Community Outing to Jerry's Pizzeria