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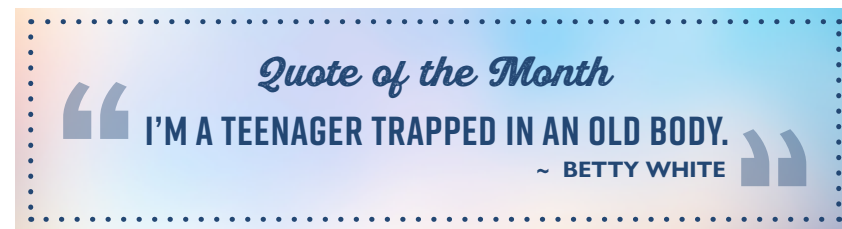
CELEBRATING THE FUN-MAKERS

National Activity Professionals Week runs from January 17–25 and provides an opportunity to showcase the wonderful things that our very own Life Enrichment Directors do to help our residents live a life of fun and meaningful activities. Their person-centric approach to caring for our residents makes our LEDs the heart and spirit of our communities.



With a robust calendar of social engagement opportunities and events, our residents can focus on staying healthy and active while building rich and lasting friendships, thanks to our LEDs. They are, by nature, extremely adaptable people. They can demonstrate the latest line dance at a moment's notice and their Happy Hour themes are always a pure joy.

Most importantly, our LEDs get to know the residents they serve, learn what they like and design fun and meaningful experiences that light up the room with smiles and laughter. Cheers to all our American House LEDs!



THE POWER OF REST

As we age, we must get the rest we need to keep us energized for the long haul. To stay healthy, we have to give ourselves time to rest. There are four kinds of rest that are important to our overall well-being:

PHYSIOLOGICAL REST

When our bodies are inactive, we're able to catch up on building nervous energy for future expenditures.

SENSORY REST

During meditation and sleep, our nervous system and brain are relaxed, saving a great deal of energy and removing 80 percent of energy-draining distractions.

EMOTIONAL REST

This entails withdrawing from real or perceived stressors that drain our emotions and raise our stress to unhealthy levels.

MENTAL REST

This happens when we allow ourselves to accept that tomorrow is another day and give ourselves credit for the fact that we really can handle life if we take it one step at a time.

Rest is essential for maintaining peak health. It's during rest that our bodies find peace and experience recuperation.



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SOMERSET MEMORY CARE

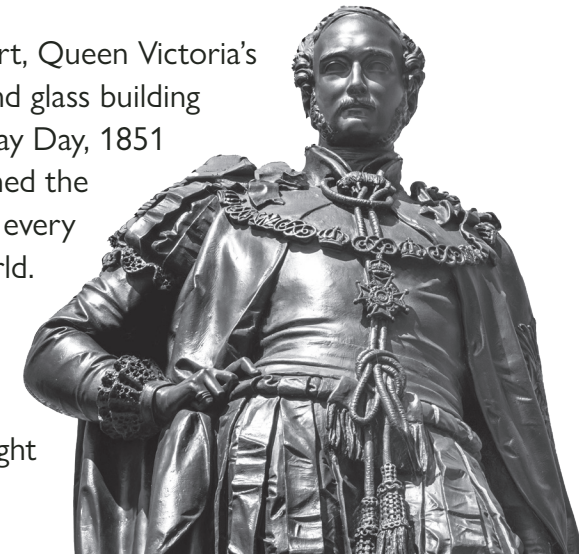
JANUARY 2025

THE FIRST WORLD'S FAIR: LONDON, 1851

We're proud to kick off the New Year with a nod to the Let Us Entertain You series focusing on World Fairs for 2025! The first World's Fair, known as The Great Exhibition, took place in London in 1851. The Industrial Revolution had made Britain a world leader in industry and the nation was enjoying a golden age of peace and prosperity.

The Great Exhibition was planned by a royal commission led by Prince Albert, Queen Victoria's husband. The centerpiece of the event was the Crystal Palace, a cast-iron and glass building designed by Joseph Paxton and built by Owen Jones. When it opened on May Day, 1851 in Hyde Park, it felt like the greatest show on earth. Thousands of people lined the streets at dawn to be the first ones through the gate. It was a showcase for every conceivable invention, from folding pianos to the largest diamond in the world.

The Great Exhibition was a huge success and a showcase of Britain's supremacy in the world economy. It helped create new economic ties between nations and led to many more World Fairs to come. Be sure to join us for Family Night on the second Thursday of each month as we highlight these fascinating events!



JANUARY 2025 EVENTS

- New Family Night in 2025!
- Family Night is now on the second Thursday of the month.
- It will be from 3-5p.m.
- Arts & Crafts Winter Projects
- Live Entertainment!
- Outings!

"GREATNESS IS DETERMINED BY SERVICE"

On January 20, 2025, the Dr. Martin Luther King, Jr. holiday will mark the 30th anniversary as a National Day of Service. This day was established to honor the legacy of Dr. King and is the only federal holiday designated by Congress as a National Day of Service. Each American House community will serve the greater good through a service project for residents and team members. Some ways to give back include canned food and toy drives, neighborhood beautification, book collections and more!





LOCATION KEY		
AA Activity Area	FIT Fitness Center	RR Reflection Room
AR Activity Room	LR Living Room	S Salon
B Bistro	OUT Outing	THR Theatre
CY Courtyard	PAT Patio	
DR Dining Room	PLR Parlor	

BIRTHDAYS 01 NEW YEAR'S DAY 02 03 04

RESIDENTS BIRTHDAYS! Doris B. 01/03 Choi N. 01/05 Karen F. 01/27		10:00a Watch the Rose Parade 1:00p Fly Swatter 2:00p Puzzles 2:30p Story Time with Gina	10:30a Chair Dancing 11:00a Pass the Snowman till the music stops! 1:00p Arts & Crafts 2:30p Cardio Drumming with Linda	10:30a Parachute Fun 11:00a Reading Corner 1:00p Join us for a Travel Adventure! 3:30p TENDER HEART	10:00a Virtual Church Service 11:00a Let's play some Kickball! 1:30p Let's work our minds with Puzzles 2:15p Saturday Matinee: Cheaper by the Dozen
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05 06 07 08 09 10 11

10:00a Virtual Catholic Church Service 11:00a Move, Groove & Stretch! 3:00p Jewelry Making	10:30a Strike a Pin with Bowling! 11:00a Reading Corner 1:00p Arts & Crafts 2:00p ENTERTAINMENT: JACOB	10:30a Get the Fly by playing 11:00a Let's work our minds 1:00p PRIZE BINGO 3:00p Chat & Sip	10:30a Get Fit with Legacy 11:00a Let's sing a long! 1:00p Make some noise with Instrument Karaoke! 3:00p Sensory Hour: What does that taste like? (Sweet)	10:30a Chair Dancing 11:00a 20 Questions 1:00p Pass the Snowball until the music stops! 2:00p Will you Laugh with 3:00p FAMILY NIGHT: A ROYAL AFFAIR	10:30a Parachute Fun 11:00a Reading Corner 1:00p Join us for a Travel Adventure! 2:00p Jewelry Making 3:30p TENDER HEART	10:00a Virtual Church Service 11:00a Let's play some Kickball! 1:30p Let's work our minds with Puzzles 2:15p Saturday Matinee: Grumpy Old Men
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12 13 14 15 16 17 18

10:00a Virtual Catholic Church Service 11:00a Move, Groove & Stretch! 2:00p CALVERY CHOIR 3:00p Can you follow what Simon Says?	10:30a Strike a Pin with Bowling! 11:00a Reading Corner 1:00p Join us for a Travel Adventure! 3:00p ENTERTAINMENT: WITH RON MUKA	10:30a Get the Fly by playing Fly Swatter! 11:00a Let's work our minds with Puzzles 1:00p PRIZE BINGO 3:00p Chat & Sip	10:30a Get Fit with Legacy 11:00a Let's sing a long! 1:00p Let's make some noise with Instrument Karaoke! 3:00p Sensory Hour: What does that feel like? (Sticky)	10:30a Chair Dancing 11:00a Pass the Snowman until 1:00p Arts & Crafts 3:00p Reminiscing Moment: All about Winter!	10:30a Parachute Fun 11:00a Reading Corner 1:00p OUTING: MCDONALDS 2:00p Jewelry Making 3:30p TENDER HEART	10:00a Virtual Church Service 10:30a Let's play some Kickball! 1:30p Let's work our minds with Puzzles 2:15p Saturday Matinee: Fried Green Tomatoes
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19 20 MARTIN LUTHER KING, JR. DAY 21 22 23 24 25

10:00a Virtual Catholic Church Service 11:00a Move, Groove & Stretch! 3:00p Jewelry Making	10:30a Strike a Pin with Bowling! 11:00a Reading Corner 1:00p Arts & Crafts 3:00p ENTERTAINMENT WITH: MARIE KRAVETZ	10:30a Get the Fly by playing Fly Swatter! 11:00a Let's work our minds with Puzzles 1:00p PRIZE BINGO 3:00p Chat & Sip	10:30a Get Fit with Legacy 11:00a Let's sing a long! 1:00p Let's make some noise with Instrument Karaoke! 3:00p Sensory Hour: What do you Hear? (Farm Animals)	10:30a Chair Dancing 11:00a 20 Questions 1:00p Arts & Crafts 3:00p Reminiscing Moment: Work Occupations.	10:30a Parachute Fun 11:00a Reading Corner 1:00p Join us for a Travel Adventure! 3:30p TENDER HEART	10:00a Virtual Church Service 10:30a Let's play some Kickball! 1:30p Let's work our minds with Puzzles 2:30p Saturday Matinee: March of the Penguins
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26 27 28 29 LUNAR NEW YEAR 30 31

10:00a Virtual Catholic Church Service 11:00a Move, Groove & Stretch! 3:00p Can you follow what Simon Says?	10:30a Strike a Pin with Bowling! 11:00a Reading Corner 1:30p CELEBRATE JANUARY BIRTHDAYS! 3:00p ENTERTAINMENT WITH: LUCAS	10:30a Get the Fly by playing 11:00a Let's work our Minds with Puzzles 1:00p PRIZE BINGO 3:00p Chat & Sip	10:30a Get Fit with Legacy 11:00a Let's sing a long 1:00p Let's make some noise with Instrument Karaoke! 3:00p Sensory Hour: What does that taste like? (Sour)	10:30a Chair Dancing 11:00a Pass the Snowman until 1:00p Arts & Crafts 3:00p Reminiscing Moment: What animals did you have?	10:30a Parachute Fun 11:00a Reading Corner 1:00p OUTING: AQUARIUM 3:30p TENDER HEART	
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All activities subject to change.