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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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!

Quote of the Month

“ I'M A TEENAGER TRAPPED IN AN OLD BODY. ”

~ BETTY WHITE



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.

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Assisted Living Facility #13946



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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BOYNTON BEACH ASSISTED LIVING

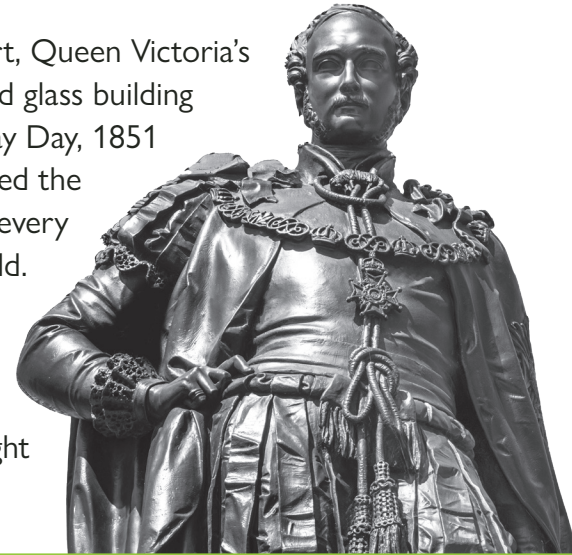
JANUARY 2025

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

- Tradition Expo 01/01
- Cheers To Love 01/03
- A Royal Affair 01/09
- Pizza Patrol Drop-Off 01/09
- Celebrate Martin 01/20
- Cheesy Culinary Creations 1/20
- Classical Coffeehouse 01/27

“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!



SUNDAY

MONDAY

TUESDAY

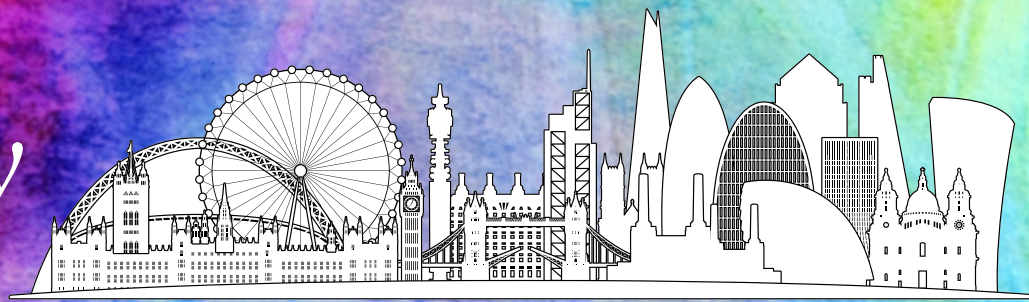
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

January



LOCATION KEY

- AR Activity Room
- CY Courtyard
- DR Dining Room
- FAM Family Room
- FIT Fitness Center
- FSR Four Seasons Room
- GR Game Room
- LIB Library
- MCD Memory Care Dining Room
- MLB Memory Care Library
- S Salon
- SPA Spa
- THR Theatre

BIRTHDAYS

01 NEW YEAR'S DAY

02

03

04

			10:00a Cardio Drumming 2FF	10:30a Lecture with Dr. Margery 2LI	10:00a Shabbat Prayer 2FT	9:00a Walking Club CY
			10:30a Cardio Drumming 2FF	11:00a Mahjong 2FG	11:00a Canasta 1FA	11:00a Neighborly Meet and Greet 2F4
			11:00a Cultural Traditions Showcase 2F4	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT
			1:30p Town Hall 2F4	1:30p Lyric Lounge 2F4	2:00p Cake and Celebrate 1FA	2:00p Chair Yoga 2FI
			1:30p Movie Matinee 2FT	3:00p Men's Fellowship 2F4	3:00p Live Music CY	3:00p Rummikub 1FA
			2:00p Bingo Blowout Happy Hour 2F4	7:00p Movie Encore 2FT	6:30p Dominoes 1FA	6:30p Royal Casino 2FG
			7:00p Movie Encore 2FT		7:00p Movie Encore 2FT	7:00p Movie Encore 2FT

05	06	07	08	09	10	11
9:30a Live Sacred Sunday Mass 2FT	10:00a Morning Stretch 2FF	9:30a Morning Meditation 1FA	10:00a Cardio Drumming 2FF	10:00a Tech Class 2LI	10:00a Shabbat Prayer 2FT	9:00a Walking Club CY
10:30a Zumba 1FA	11:00a Digital Skills Challenge 1FA	10:00a Victorian Treasure Box Craft 1FA	10:00a Balance Class with Susan 2FF	11:00a Mahjong 2FG	11:00a Canasta 1FA	1:30p Movie Matinee 2FT
11:00a Virtual Tour 1FA	1:30p Movie Matinee 2FT	11:00a For Ever Young Readers 2LI	11:00a Menu Chat Meeting 2F4	12:30p Pizza Patrol Drop-off 1FA	1:30p Movie Matinee 2FT	2:00p Chair Yoga 2FI
1:30p Musical Moments Matinee 2FT	2:30p The Mahjong Club 2FG	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	3:00p Live Music CY	3:00p Rummikub 1FA
1:45p \$3 Bingo 1FA	3:00p Tea and Tranquility 2LI	1:30p Bridge Chat & Play 2LI	1:30p Town Hall 2F4	1:30p Lyric Lounge 2F4	6:30p Dominoes 1FA	6:30p Royal Casino 2FG
3:30p Sip and Socialize 2F4	7:00p Movie Encore 2FT	3:00p Ladies' Circle 2F4	2:00p Bingo Blowout Happy Hour 2F4	3:00p Men's Fellowship 2F4	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT
7:00p Movie Encore 2FT		7:00p Movie Encore 2FT	7:00p Movie Encore 2FT	5:00p Family Night: A Royal Affair 1FD		

12	13	14	15	16	17	18
9:30a Live Sacred Sunday Mass 2FT	10:00a Morning Stretch 2FF	11:00a For Ever Young Readers 2LI	10:00a Cardio Drumming 2FF	10:00a Tech Class 2LI	10:00a Shabbat Prayer 2FT	9:00a Walking Club CY
10:30a Zumba 1FA	11:00a Fair Wonders with Roger 2FT	1:30p Movie Matinee 2FT	10:30a Selma Screen and Discuss 2FT	11:00a Mahjong 2FG	11:00a Canasta 1FA	1:30p Movie Matinee 2FT
11:00a Virtual Tour 1FA	1:30p Movie Matinee 2FT	1:30p Bridge Chat & Play 2LI	1:30p Town Hall 2F4	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	2:00p Chair Yoga 2FI
1:30p Musical Moments Matinee 2FT	2:30p The Mahjong Club 2FG	3:00p Festive Tunes Challenge 2F4	1:30p Movie Matinee 2FT	1:30p Lyric Lounge 2F4	3:00p Live Music CY	3:00p Rummikub 1FA
1:45p \$3 Bingo 1FA	3:00p Tea and Tranquility 2LI	7:00p Movie Encore 2FT	2:00p Bingo Blowout Happy Hour 2F4	3:00p Men's Fellowship 2F4	6:30p Dominoes 1FA	6:30p Royal Casino 2FG
3:30p Sip and Socialize 2F4	7:00p Movie Encore 2FT		7:00p Movie Encore 2FT	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT

19	20 MARTIN LUTHER KING, JR. DAY	21	22	23	24	25
9:30a Live Sacred Sunday Mass 2FT	10:00a Morning Stretch 2FF	9:30a Morning Meditation 1FA	10:00a Balance Class With Susan 2FF	10:00a Tech Class 2LI	10:00a Shabbat Prayer 2FT	9:00a Walking Club CY
10:30a Zumba 1FA	11:00a Cheesy Culinary Creations 1FA	11:00a For Ever Young Readers 2LI	10:00a Cardio Drumming 2FF	11:00a Mahjong 2FG	11:00a Canasta 1FA	1:30p Movie Matinee 2FT
11:00a Virtual Tour 1FA	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	1:30p Town Hall 2F4	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	2:00p Chair Yoga 2FI
1:30p Musical Moments Matinee 2FT	2:30p The Mahjong Club 2FG	1:30p Bridge Chat & Play 2LI	1:30p Movie Matinee 2FT	1:30p Lyric Lounge 2F4	3:00p Live Music CY	3:00p Rummikub 1FA
1:45p \$3 Bingo 1FA	3:00p Tea and Tranquility 2LI	3:00p Festive Tunes Challenge 2F4	1:30p Prize Bingo 2FG	3:00p Men's Fellowship 2F4	6:30p Dominoes 1FA	6:30p Royal Casino 2FG
3:30p Sip and Socialize 2F4	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT	2:00p Bingo Blowout Happy Hour 2F4	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT

26	27	28	29 LUNAR NEW YEAR	30	31
9:30a Live Sacred Sunday Mass 2FT	10:00a Morning Stretch 2FF	9:30a Morning Meditation 1FA	10:00a Cardio Drumming 2FF	10:00a Tech Class 2LI	10:00a Shabbat Prayer 2FT
10:30a Zumba 1FA	11:00a Classical Coffeehouse 1FA	11:00a For Ever Young Readers 2LI	10:00a Cardio Drumming 2FF	11:00a Mahjong 2FG	11:00a Canasta 1FA
11:00a Arm Chair Travel 1FA	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT	1:30p Town Hall 2F4	1:30p Movie Matinee 2FT	1:30p Movie Matinee 2FT
1:30p Musical Moments Matinee 2FT	2:30p The Mahjong Club 2FG	1:30p Bridge Chat & Play 2LI	1:30p Movie Matinee 2FT	1:30p Lyric Lounge 2F4	3:00p Choco-Latte Happy Hour CY
1:45p \$3 Bingo 1FA	3:00p Tea and Tranquility 2LI	3:00p Festive Tunes Challenge 2F4	1:30p Prize Bingo 2FG	3:00p Men's Fellowship 2F4	6:30p Dominoes 1FA
3:30p Couple's Memory Lane 2F4	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT	2:00p Bingo Blowout Happy Hour 2F4	7:00p Movie Encore 2FT	7:00p Movie Encore 2FT



All activities subject to change.