

Activity Calendar - January 2026

The Director's Corner
Wishing all our Mozaic members, caregivers, and care partners a happy and healthy new year!



Reminder, with the winter season in full swing comes a variety of different upper respiratory illnesses. PLEASE keep your loved one home if they are experiencing any symptoms and feel free to call our nursing team with any questions at 203-365-6468 or 365-6469. Thank you.

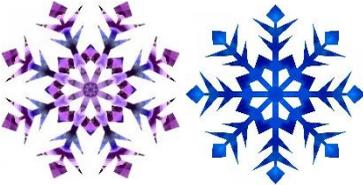
Care Partner Meetings

This month the virtual session will take place on January 20th, 7:15-8:15pm, RSVP to receive a link. The in-person session will be January 14th 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for Coffee Hour Every Morning at 9:00am</p>			<p>Center Closed</p>	<p>10:00 Exercises 10:30 Hangman 11:45-12:45 LUNCH 1:00 Stretches 1:30 Entertainment w/ Shawn Taylor 2:30 Refreshments 2:45 Goodbye Trivia</p>
<p>10:00 Chair Zumba 10:30 Family Feud 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters</p>	<p>10:00 Silver Sneaker Exercise 10:30 Men's Group/Scattergories 11:45-12:45 LUNCH 1:00 Stretches 1:30 Caribbean Vibe Steel Band New Year's Celebration 2:30 Refreshments 2:45 Golden Conversations</p>	<p>10:00 Sit and Be Fit 10:30 Rephrase That! 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters</p>	<p>10:00 Fusion Fitness 10:30 Wordle 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Golf Match 2:30 Refreshments 2:45 Mind Busters</p>	<p>10:00 Chair Exercise 10:30 Target Frisbee Match 11:45-12:45 LUNCH 1:00 Stretches 1:00 Sing Along to the 50's 1:30 Tai Chi w/ Jonathon 2:30 Refreshments 2:45 Mind Busters</p>
<p>10:00 Fusion Fitness 10:30 Bowling Match 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Golden Conversations</p>	<p>10:00 Sit and Be Fit 10:30 Odd One Out! 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Reminiscing to Retro Times! 2:30 Refreshments 2:45 Goodbye Trivia</p>	<p>10:00 The Price was Right Then! 10:30 Yoga w/ Sally 10:30 Making Jewelry w/ Letty 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia</p>	<p>10:00 Silver Sneaker Exercise 10:30 Scattergories 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Let's Sing and Dance! 2:30 Refreshments 2:45 Goodbye Trivia</p>	<p>10:00 Chair Exercise 10:30 30+ Word in a Word 10:30 Wood Works w/ Chris 11:45-12:45 LUNCH 1:00 Stretches 1:30 Arts and Crafts w/ JoAnn 1:30 Finish the Analogies 2:30 Refreshments 2:45 Goodbye Trivia</p>
<p>10:00 Chair Zumba 10:30 Celebrate Martin Luther King Jr. 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters</p>	<p>10:00 Chair Exercise 10:30 Men's Group 1030 Hangman 11:45-12:45 LUNCH 1:00 Stretches 1:30 Sing Along 2:30 Refreshments 2:45 Golden Conversations</p>	<p>10:00 Silver Sneaker Exercise 10:30 Men's Group 1030 Famous Faces 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments/Mind Busters</p>	<p>10:00 Sit and Be Fit 10:30 Puzzle Vision 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:15 Drum Line 2:30 Refreshments 2:45 Mind Busters</p>	<p>10:00 Fusion Fitness 10:30 Entertainment w/ John Valerio 11:45-12:45 LUNCH 1:00 Stretches 1:30 Mindful Marks Match 2:30 Refreshments 2:45 Mind Busters</p>
<p>10:00 Chair Zumba 10:30 Match the Synonyms 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Golden Conversations</p>	<p>10:00 Fusion Fitness 10:30 Price was Right Then! 10:30 Men's Group 11:45-12:45 LUNCH 1:00 Stretches 1:30 Ring Toss Match 2:30 Refreshments 2:45 Goodbye Trivia</p>	<p>10:00am Sit and Be Fit 10:30am Finish the Analogies 10:30am Men's Group 11:45-12:45 LUNCH/Out Trip 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Goodbye Trivia</p>	<p>10:00am Silver Sneaker Exercise 10:30am Wheel of Fortune 10:30am Men's Group 11:45-12:45 LUNCH 1:00pm Stretches 1:30pm Golf Match 2:30pm Refreshments 2:45pm Goodbye Trivia</p>	<p>10:00 Chair Exercise 10:30 Family Feud 11:45-12:45 LUNCH 1:00 Stretches 1:30 Mozaic Karaoke/Pass the Mic 2:30 Refreshments 2:45 Goodbye Trivia</p>

Lunch Menu - January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			 Happy New Year! Center is Closed	
5 CHICKEN ESCAROLE RICE SOUP VEGETABLE LASAGNA STEAMED BROCCOLI GARLIC BREAD STRAWBERRY POKE CAKE	6 BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE	7 TURKEY & RICE SOUP HAMBURGER OR HOT DOG THREE BEAN SALAD BAKED BEANS TAPIOCA PUDDING	8 CHEESE SOUP TERIYAKI CHICKEN THAI STYLE VEGETABLE SALAD WHITE RICE APPLE CRUMB PIE	9 PIZZA DAY TURKEY NOODLE SOUP CHEESE PIZZA GARDEN SALAD RED VELVET CUPCAKES
12 ITALIAN WEDDING SOUP HOMESTYLE BEEF STEW RICE PILAF BROCCOLI/CORN BREAD PINEAPPLE UPSIDE DOWN CAKE	13 BEEF BARLEY SOUP ROAST TURKEY W/GRAVY CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING	14 POTATO LEEK SOUP PATTY MELT ON RYE SWEET POTATO WEDGES BAKED BEANS BLUEBERRY PIE	15 BUTTERNUT SQUASH SOUP CHEESE TORTELLINI WITH PRIMAVERA SAUCE SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY PUMPKIN SPICE COFFEE CAKE	16 CREAM OF BROCCOLI SOUP MOROCCAN STYLE CHICKEN COCONUT RICE SAUTEED RATATOUILLE CHERRY PIE
19 POTATO SOUP LEMON DILL COD FRIED RICE JAPANESE BLEND VEGGIES PEACHES	20 TURKEY NOODLE SOUP MEATLOAF W/GRAVY MASHED POTATOES CAULIFLOWER BLUEBERRY COBBLER	21 POTATO LEEK SOUP VEGETABLE QUICHE GARDEN SALAD CHOCOLATE CAKE	22 CHICKEN & RICE SOUP STUFFED SHELLS MARINARA GREEN BEANS GARLIC BREAD PUMPKIN PIE	23 MINISTRONE SOUP MOROCCAN STYLE CHICKEN RED SMASHED POTATOES SAUTEED MIXED VEGGIES PUMPKIN CHEESECAKE
26 EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES/EGG ROLL ASIAN BLEND VEGGIES PEANUT BUTTER BROWNIE	27 ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO GARLIC TOAST AMBROSIA SALAD	28 POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS CREAMY COLESLAW LEMON PIE	29 PASTA FAGIOLI SOUP CHICKEN PARMESAN CAPELLINI RATATOUILLE CHOCOLATE CREAM PIE	30 QUINOA VEGETABLE SOUP BAKED ZITI WITH MEAT SAUCE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST.