

AVENIDALIFE



January Birthdays

John M.	1/4
Kaye P.	1/5
Nona J.	1/11
Ravibala S.	1/25
Mary Ann G.	1/29

New Year Incentive

Invite your relatives and friends to make Avenida Naperville their new home —fabulous new neighbors coupled with \$1,500 for every referral.



From Small Wins To Bigger Goals

The New Year brings a renewed focus and energy for achieving health and fitness goals. While this can be an exciting and inspiring time of year, creating and achieving long-term goals can often feel overwhelming. Therefore, setting short-term goals to work toward small wins can help create sustainable habits that lead to long-term success. Here are some tips for creating a strong foundation focused on preparation and continuous motivation to achieve small wins that progress into bigger goals:

- Initial Reflection:** Prior to setting any goals, take some time to reflect on who you are, what you want to achieve and why, what motivates you and your confidence in your ability to maintain successful habits.
- Set long-term SMART goals:** Following your reflection, set goals that are Specific, Measureable, Attainable, Relevant to your values and Time-bound.
- Create an action plan to achieve your SMART goals:** Once you have established your long-term goals, create a plan that consists of smaller short-term goals to help you strive toward long-term success. The short-term goals should consist of two separate aims: (1) to set weekly behavioral objectives (2) to set small biweekly or monthly benchmarks.
- Celebrate small wins with rewards:** Take the opportunity to celebrate your small wins by rewarding yourself with something you enjoy that does not hinder your progress. The celebration can include a fun activity, or a tangible reward.
- Plan for setbacks:** There are always challenges and barriers you may face on your road toward achieving your goals. Therefore, during your self-reflection, identify potential barriers and establish ways to overcome these barriers when creating your action plan.

Reflection, preparation and celebration of small wins can be effective tools in helping you tackle your larger long-term health and fitness goals. By taking the time to establish an action plan that leads to positive behavior change, you can have success in achieving small wins that lead to bigger goals to start fresh in the New Year.

YOUR AVENIDA TEAM



Michele Clemen
Executive Director



Kathy Fezzuoglio
Sales & Marketing Director



Tom Vander Velde
Sales & Marketing Director



Hyacinth Waranimman
Business Office Director



Alan Reyes
Maintenance Director



Jane Abe
Resident Enrichment Director



Carrie Tuma
Concierge / Move-In Coordinator



Live in Motion Classes

Virtual Monday Morning Workout: Mondays 10 - 10:30 AM

Virtual Balance & Stability: Tuesdays 10:30 – 11:00 AM

Virtual Chair Yoga: Wednesdays 9:30 – 10:30 AM

Virtual Walk & Stretch: Thursdays 10 - 10:30 AM

Virtual Slow Flow Mat Yoga: Thursdays 4 – 5 PM

Virtual Tai Chi: Fridays 10 – 11:00 AM (*Starts January 15 for a 7-week session*)

Virtual Saturday Morning Chair Yoga: 10 – 11:00 AM

Live & Learn

One Day University: Mondays & Fridays at 3 PM

Virtual Thursday Trivia: Thursdays at 3 PM

Coffee & Conversations: Tuesday, 1/4, at 4 PM; Wednesday, 1/13 at 7 PM and Wednesday, 1/20 at 3:30 PM

Creative Arts: Wednesdays at 1 PM

Virtual Learn to Speak Basic Spanish: Saturdays at 3:30 PM

Live Confidently

News & Views: Tuesdays at 6:30 PM

Finance & Fun with Derek McDaniel from Merrill Lynch: Friday, 1/15 at 9:30 AM

Grow Wellness Group: Monday, 1/11 at 4 PM

Live Life Group & Clubs

Creative Writing/Journaling: Monday, 1/11 at 1 PM

Sewing Club: Thursday, 1/14 at 11 AM

Virtual Food Club: Soup Demo by Busy Butternut: Monday, 1/18 at 1:30 PM

Genealogy: Monday, 1/25 at 1:30 PM

Knitting Group: Thursday, 1/28 at 1:30 PM

The following clubs/group will resume within the next several months:

Bridge Club

Bunco Group

Euchre Group

Mahjong Club

Pinochle Group

Poker Night

Live Connected

Mondays and Fridays Night Movie Club: 7 PM

Men's Lunch Bunch: Friday, 1/8 at 12:30 PM.

Virtual Ladies' Lunch Bunch: Friday, 1/15 at 12:30 PM with special presentation "History of Women's Fashion"

Avenida Lunch Bunch: Friday, 1/22 at 12:30 PM

January Birthdays' Celebration: Friday, 1/29 at 12:30 PM

Hallway Happy Hours: Tuesdays at 3 PM

Community Highlights

Spiritual Book Group: “Growing Older & Wiser” by Dale and Sandy Larsen - LifeGuide® Bible Study helps the reader discover the Bible's perspective on aging, Monday, 1/4 at 2 PM

Food Drive for Loaves & Fishes: Friday 1/8 at 2:30 PM; donate and assist boxing the food for delivery.

Travel Presentation - Tuscany & Ireland: Saturday, 1/9 at 2:30 PM or Saturday, 1/16 at 2:30 PM; resident John M. will share his beautiful travel photos and videos.

Virtual Book Group; The group will be discussing “My Grandmother Asked Me to Tell You She’s Sorry” by Fredrik Backman. Monday, 1/11 at 3 PM

Virtual Talk: “The Civil War: Little Known Facts, Trivia and Oddities”, Tuesday, 1/12 at 1:30 PM; presented by Paul Beach.

Virtual Talk: “Loaves and Fishes Community Services and What We are All About”, Thursday, 1/14 at 2 PM presented by Nancy Wiersum.

Virtual Food Club: Soup Demo by Busy Butternut Catering, Monday, 1/18 at 1:30 PM. Learn how to create the tasty soup your will be enjoying during her demonstration.

Naperville Public Library Brown Bag Lecture: “Notorious – The Life of Ruth Bader Ginsburg”, Thursday, 1/21 at 1 PM. Dine and learn during this virtual program.

Virtual Talk: “Hearing Loss Strategies: Simple Communications Tips”, Tuesday, 1/19 at 1:30 PM, presented by Lara Bruce.

One Day University: “Coffee Beans” at 2:30 PM on Friday, 1/22 followed by a live Coffee Tasting 3:30 PM. A fun and interactive program.

Virtual Performance/North Central College Performing Arts Series: “The Hit Men” musical group will be performing and you can login to watch on Saturday, 1/30 at 7 PM

Information Gatherings

New Resident Orientation will be held on Thursday, 1/7 at 1 PM.

Virtual Resident Forum will be held on Thursday, 1/21 at 2 PM

Virtual Live Connected: Overview of Avenida Clubs and Groups, Tuesday, 1/26 at 1 PM; become more engaged or start a small group learn how.



January 2021 Program Calendar

								Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>Location Keys</div> <div> <div>Bistro</div> <div>Creative Arts</div> <div>Fit Studio</div> <div>Great Room</div> <div>Library</div> <div>Media Lounge/Theater</div> <div>Web Based Appicaiton</div> </div> <div> <div>B</div> <div>CA</div> <div>FS</div> <div>GR</div> <div>L</div> <div>ML</div> <div>WEB</div> </div> </div>								January cont'd 31 10:00 Morning Movement [WEB] 11:30 Sunday Walking Club 7:00 Evening Relaxation & Mindfulness					10:00 Wellbeats Class (limited to 3 participants) [FS] 1 11:00 Wellbeats Class (limited to 3 participants) [FS] 11:30 New Years Day Walk 4:00 New Year's Day Movie: When Harry Met Sally [ML] 7:00 New Year's Day Movie: When Harry Met Sally [ML]	9:00 Saturday Morning Continental Breakfast [B] 2 10:00 Saturday Morning Chair Yoga (Live Zoom Class) 1:00 Saturday Walking Club 3:30 Learn to Speak Basic Spanish [WEB]
								10:00 Morning Movement [WEB] 3 11:30 Sunday Walking Club 3:25 Packers vs Bears [GR] 7:00 Evening Relaxation & Mindfulness	8:00 Continental Breakfast [B] 4 10:00 Monday Morning Workout [WEB] 2:00 "Growing Older & Wiser" (Life Guide Bible Studies) [GR] 4:00 Coffee & Conversations [GR] 7:00 Movie Club: Bonnie and Clyde [ML]	8:00 Continental Breakfast [B] 5 8:30 Transportation to Jewel/Osco 10:30 Balance & Stability Class 11:30 Tech Tuesday - How to Use Remotes/Media Lounge [GR] 1:30 One Day University: The Genius of Beethoven's Symphonies [ML] 3:00 Hallway Happy Hour 6:30 News & Views [GR]	8:00 Continental Breakfast [B] 6 9:30 Chair Yoga 11:00 Morning Mindfulness [ML] 1:00 Creative Arts: Button Greeting Cards [GR] 3:30 Zoom Charades 7:00 Fireside Chat [GR]	8:00 Continental Breakfast [B] 7 10:00 Walk & Stretch 1:00 New Resident Orientation [GR] 3:00 Trivia Thursday 4:00 Slow Flow Mat Yoga 5:15 Diner Together Via Zoom	8:00 Continental Breakfast [B] 8 10:00 Special Strength & Stretch 11:00 Wellbeats Class [FS] 12:30 Men's Lunch Bunch [GR] 2:30 Food Drive for Loaves & Fishes 3:00 One Day University: The Psychology of Humor [ML] 7:00 Friday Night Movie Club: The Upside [ML]	9:00 Saturday Morning Continental Breakfast [B] 9 10:00 Saturday Morning Chair Yoga 1:00 Saturday Walking Club 2:30 Travel Presentations - Tuscany & Ireland (1st seating) [ML] 3:30 Learn to Speak Basic Spanish [WEB]
								10:00 Morning Movement [WEB] 10 11:30 Sunday Walking Club 12:00 NFL Wild Card Game: TBA [GR] 7:00 Evening Relaxation & Mindfulness	8:00 Continental Breakfast [B] 11 10:00 Monday Morning Workout [WEB] 1:00 Creative Writing/Journaling [CA] 3:00 Book Group - My Grandmother Asked Me to Tell You She's Sorry 4:00 Chat with Susan from Grow Wellness Group [ML] 7:00 Movie Club: Moonstruck [ML]	8:00 Continental Breakfast [B] 12 10:30 Balance & Stability Class 11:30 Tech Tuesday - How to Set-Up and Use Sagely [GR] 1:30 The Civil War: Little Known Facts, Trivia and Oddities Presented by Paul Beach 3:00 Hallway Happy Hour 6:30 News & Views [GR]	8:00 Continental Breakfast [B] 13 9:30 Chair Yoga 11:00 Morning Mindfulness [ML] 1:00 Creative Arts: Chunky Blanket Making [GR] 3:30 "I Should Have Known That" Game via Zoom 7:00 Coffee & Conversation [GR]	8:00 Continental Breakfast [B] 14 10:00 Walk & Stretch 11:00 Sewing Club [CA] 2:00 Loaves & Fishes Community Services Presentation by Nancy Wiersum 3:00 Thursday Trivia 4:00 Slow Flow Mat Yoga 5:15 Diner Together Via Zoom	8:00 Continental Breakfast [B] 15 9:30 Finance & Fun with Derek McDaniel/ Merrill Lynch 10:00 Tai Chi (7 Week Session) 11:00 Wellbeats Class [FS] 12:30 Ladies' Lunch Bunch & Lunch "History of Women's Fashion" Presentation 3:00 One Day University: The Secrets of Secret Societies [ML] 7:00 Friday Night Movie Club: Green Book [ML]	9:00 Saturday Morning Continental Breakfast [B] 16 10:00 Saturday Morning Chair Yoga 1:00 Saturday Walking Club 2:30 Travel Presentations - Tuscany & Ireland (2nd seating) [ML] 3:30 Learn to Speak Basic Spanish [WEB]
								10:00 Morning Movement [WEB] 17 11:30 Sunday Walking Club 2:00 NFL Divisional Round Games: TBA [GR] 7:00 Evening Relaxation & Mindfulness	8:00 Continental Breakfast [B] 18 10:00 Monday Morning Workout [WEB] 1:30 Food Club: Soup Demo by BusyButternut 3:00 One Day University: Martin Luther King: A Legacy Revisited [ML] 7:00 Movie Club: TBA [ML]	8:00 Continental Breakfast [B] 19 8:30 Transportation to Target 10:30 Balance & Stability Class 11:30 Tech Tuesday - How to set up Zoom 1:30 Hearing Loss Strategies: Simple Communication Tips [ML] 3:00 Hallway Happy Hour 6:30 News & Views [GR]	8:00 Continental Breakfast [B] 20 9:30 Chair Yoga 11:00 Morning Mindfulness [ML] 1:00 Creative Arts: Art of Your Choice 3:30 Coffee & Conversations [GR] 7:00 Bunco Group [GR]	8:00 Continental Breakfast [B] 21 10:00 Walk & Stretch 1:00 Brown NPL Bag Lecture: Notorious – The Life of Ruth Bader Ginsburg 2:00 Resident Forum 3:00 Thursday Trivia 4:00 Slow Flow Mat Yoga 5:15 Diner Together Via Zoom	8:00 Continental Breakfast [B] 22 10:00 Tai Chi (7 Week Session) 11:00 Wellbeats Class [FS] 12:30 Avenida Lunch Bunch 2:30 Part I - One Day University: Coffee Beans [ML] 3:30 Part II - Coffee Tasting: Sample Various Types of Coffees [GR] 7:00 Friday Night Movie Club: The Birdcage [ML]	9:00 Saturday Morning Continental Breakfast [B] 23 10:00 Saturday Morning Chair Yoga 1:00 Saturday Walking Club 3:30 Learn to Speak Basic Spanish [WEB]
								10:00 Morning Movement [WEB] 24 11:30 Sunday Walking Club 2:05 NFC Championship Game [GR] 5:40 AFC Championship Game [GR] 7:00 Evening Relaxation & Mindfulness	8:00 Continental Breakfast [B] 25 10:00 Monday Morning Workout [WEB] 1:30 Genealogy Club [L] 3:00 One Day University [ML] 7:00 Movie Club: A League of Their Own [ML]	8:00 Continental Breakfast [B] 26 10:30 Balance & Stability Class 11:30 Tech Tuesday - TBA 1:00 Live Connected: Avenida Clubs & Groups Expo 3:00 Hallway Happy Hour 6:30 News & Views [GR]	8:00 Continental Breakfast [B] 27 9:30 Chair Yoga 11:00 Morning Mindfulness [ML] 1:00 Creative Arts: Adult Coloring [GR] 3:30 Heads Up 7:00 Two Truths & A Lie [GR]	8:00 Continental Breakfast [B] 28 10:00 Walk & Stretch 1:30 Knitting Group [CA] 3:00 Trivia Thursday 4:00 Slow Flow Mat Yoga 5:15 Diner Together Via Zoom	8:00 Continental Breakfast [B] 29 10:00 Tai Chi (7 Week Session) 11:00 Wellbeats Class [FS] 12:30 January Birthdays' Dine Together Celebration 3:00 One Day University [ML] 7:00 Friday Night Movie Club: Little Women (2019) [ML]	9:00 Saturday Morning Continental Breakfast [B] 30 10:00 Saturday Morning Chair Yoga 1:00 Saturday Walking Club 3:30 Learn to Speak Basic Spanish [WEB] 7:00 The Hit Men - Virtual Performance Series/North Central College [WEB]

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