Wellbrooke of Westfield Assisted Living



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Birthdays</u>		If you would like your pet to visit please provide vaccination records to Alyssa, Life Enrichment Director.	Activities are subject to change. Please refer to the CommunityShare monitors for the most up to date information.			9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station)
2	3	4	5	6	7	8
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns- Lobby/Fireplace 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
9	10	11	12	13	14	15
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns- Lobby/Fireplace 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
16	17 Martin Luther King Day	18	19	20	21	22
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 11:00 Sunday Brunch	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
23	24	25	26	27	28	29
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon					

Well	brooke	of W	estfi	eld
Heal	lth Cent	er		



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are subject to change. Please refer to the CommunityShare monitors for the most up to date information.		If you would like your pet to visit please provide vaccination records to Alyssa, Life Enrichment Director.	We are always in need of volunteers! If you are interested, speak with Alyssa or email alyssa.gneiding@wellbrookeofwest to find out more information!	1		9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:00 Friendly Visits
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 11:00 Sunday Brunch	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-
9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace 1:30 Movie & Popcorn-Channel 30 9:00 Daily Chronicles (Passed to Rooms) 9:30 Catholic Mass-Channel 2 10:30 Sunday Hymns-Lobby/Fireplace	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater 11:00 Today's News (Monon 31 9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 10:30 Religious Readings with Deanna-Theater	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Through the Ages Fitness-AL Gym 11:00 Today's News (Monon Nurses Station)	9:00 Daily Chronicles (Passed to Rooms) 10:00 Sittercise-AL Gym 11:00 Today's News (Monon Nurses Station) 1:30 Movie & Popcorn-Channel	9:00 Daily Chronicles (Passed to Rooms) 10:30 Catholic Service with St. Maria Goretti- Billiards Room 11:00 Today's News (Monon	9:00 Daily Chronicles (Passed to Rooms) 10:00 Bingo-Main Dining Room 11:00 Today's News (Monon Nurses Station) 2:30 Fireside Trivia-

Wellbrooke	of Westfield
Legacy Lane	



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are subject to change. Please refer to Lifeshare for the most up to date information.	If you would like your pet to visit you must provide vaccination records to Alyssa, Life Enrichment Director.	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality			<u>Birthdays</u>	1 New Year's Day V Roll in the New Year K New Year Word Poem C Cranberry Pecan Cheese Balls Relax & Recharge Creative Storytelling Making Music
 Balance Guess the Animal Sausage & Peppers Hawaiian Sliders Relax & Recharge Movie & Popcorn-Channel 2 	What a Wonderful World Chair Yoga Memory Box Peanut Butter Cookie Cups Relax & Recharge Watercolor Snowflake Art	 Drum Circle T ell Me Something Good Cookies & Cream Ice Cream Relax & Recharge Movie & Popcorn-Channel 2 Pinecone Penguin 	V Quick Qigong K Famous Pairs Nail Spa C Monster Cookie Energy Bites Relax & Recharge Bingo	 80s Flashback Life Story Pizza Quesadillas Relax & Recharge Movie & Popcorn-Channel 2 Life T imeline Creative Writing 	Mindfulness Matters Rolling 31 Days Chocolate Truffles Relax & Recharge Winter Sugar Painting Float With Me Happy Hour	Roll in the New Year New Year Word Poem Bacon Cheese Balls Relax & Recharge Art Appreciation-Renoir Making Music
 Balance Guess the Animal Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge Movie & Popcorn-Channel 2 	What a Wonderful World Chair Yoga Memory Box CC Chocolate Cookie Cups Relax & Recharge Watercolor Snowman	Drum Circle T ell Me Something Good Strawberry Ice Cream Relax & Recharge Movie & Popcorn-Channel 2 Newspaper Winter Landscape	V Quick Qigong Famous Pairs Nail Spa Blueberry Muffin Energy Bites Relax & Recharge Bingo	V 80s Flashback Life Story C Strawberry Peanut Butter Quesadilla Relax & Recharge GF Movie & Popcorn-Channel 2	Mindfulness Matters Rolling 31 Days Nutty Truffles Relax & Recharge Splatter Paint Float With Me Happy Hour	Roll in the New Year New Year Word Poem Chocolate Chip Cheesecake Balls Relax & Recharge Art Appreciation-American
 Balance Guess the Animal Philly Cheesesteak Hawaiian Sliders Sunday Brunch Relax & Recharge 	 Martin Luther King Day What a Wonderful World Chair Yoga Memory Box Caramel Cookie Cups Relax & Recharge Watercolor Bubble Art Tree 	Drum Circle Tell Me Something Good Chocolate Ice Cream Relax & Recharge Movie & Popcorn-Channel 2 Snowman Craft	V Quick Qigong Famous Pairs Nail Spa Peanut Butter Chocolate Chip Energy Bites Relax & Recharge	 80s Flashback Life Story Veggie Quesadillas Relax & Recharge Movie & Popcorn-Channel 2 Creative Storytelling 	Mindfulness Matters Rolling 31 Days Candy Truffles Relax & Recharge Snow Sensory Bottle Float With Me Happy Hour	Roll in the New Year New Year Word Poem Salami Cheese Balls Relax & Recharge Art Appreciation-Starry Night Making Music
 Balance Guess the Animal Caprese Hawaiian Sliders Relax & Recharge Movie & Popcorn-Channel 2 Kindness Flowers 	What a Wonderful World Chair Yoga Memory Box Cookies & Cream Cookie Cups Relax & Recharge Watercolor Coffee Filter	Caramel Ice Cream Relax & Recharge GF Movie & Popcorn-Channel 2	Quick Qigong Famous Pairs Nail Spa Sweet and Salty Energy Bites Relax & Recharge Bingo	V 80s Flashback Life Story PB & J S'mores Quesadilla Relax & Recharge Movie & Popcorn-Channel 2 Creative Storytelling	Mindfulness Matters Rolling 31 Days Cranberry Truffles Relax & Recharge Winter Process Art Float With Me Happy Hour	V Roll in the New Year New Year Word Poem Nutty Pimento Cheese Balls Relax & Recharge Art Appreciation-Mona Lisa Making Music
W Balance Guess the Animal Roasted Veggie Hawaiian Sliders Relax & Recharge Movie & Popcorn-Channel 2	 What a Wonderful World Chair Yoga Memory Box Dark Chocolate Cookie Cups Relax & Recharge Tape Resist Watercolor Painting 					