New Mercer Commons

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JANUARY 2025

NATIONAL PIE DAY

National Pie Day is celebrated in the United States on January 23. It was started in the 1970s by Charlie Papazian, a teacher from Boulder, Colorado, who declared his own birthday to be National Pie Day!

January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future! "After Christmas, I traveled to visit my son and his young family. I went to help with cooking and cleaning, as they had a new baby. As I was loading my car to leave, I quipped that I was concerned that they would starve after I was gone. My 4-yearold granddaughter smiled up at me and said, "It's OK, YaYa, we still have candy canes on the Christmas tree!"

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- Stephanie Hamilton





Resident **Birthdays**

Marjorie Kennedy - Jan 11 Doris Ostwald - Jan 19 June Williams - Jan 25

Staff **Birthdays**

Corin Lampman - Jan 6 Shelly Bernat - Jan 8 Hillary Martinez - Jan 16 Elaina Stallings - Jan 23 Jennifer Barbier - Jan 24

Staff Anniversaries

Angela Gallegos - 15 yrs. Audrey Ely - 10 yrs. Betsy Peterson - 7 yrs. Eva Gomez - 5 yrs. Sam Beecher - 5 yrs. Nori Schakel - 3 yrs. Tania Palomino - 2 yrs. Nicole Kalestein - 2 yrs. Veronica Castillo - 2 yrs.

JANUARY FUNNIES AND FACTS:

JANUARY FUNNIES

What kind of ball doesn't bounce?

A snowball!



Why did the little girl keep her trumpet in the snow?

She liked to play cool jazz!



What is a mountains favorite candy?

Snowcaps!



What do you call a snowman in the summer?

A Puddle!



ACTIVITY EVENTS & CRAFTS:

MUSICAL PERFORMANCES

We have a plethora of musical performances throughout the month of January for our residents to sing along and smile to including 2 Sound Affects performances, Music with Scott, Senior Serenaders, K.I.S.S, Peter & Doti & more!

WINTER WONDERLAND CARNIVAL

Please join us January 10th at 2:00pm for our first ever Winter Wonderland Carnival! Play games, win prizes, and enjoy a custom cup of hot cocoa (and a cookie too!) You won't want to miss out on the frosty fun.

MEMORY CAFÉ!

During this time of year, we all love to reminisce about winter with our family, baking goodies, and keeping our traditions alive. On January 21st at 2:00pm, Dementia Together is hosting a Memory Café to discuss just that! Please join us for hot cocoa & share some fun family memories.

HAPPY HOURS

Activities is hosting 2 Happy Hours for our residents in the month of January. Come sip, smile, and spend time with your fellow residents!

RESIDENT BIRTHDAY BASH

On January 16th we will be hosting our Resident Birthday Bash for residents who celebrate birthdays in January. Please join us for games, music, & cake as we celebrate YOU!

MUSCLE MOVEMENT

As we get older, it is so important to move our muscles slowly and intentionally. Join us throughout the month for daily morning exercise, Walking Club & our "Zen Zone: stretch & unwind" activities to relieve those achy joints! We are offering group sessions all week so pop in and pose with us!







Barbara Z. with snowman goodie bag craft.

doormat craft.



Willard F. with snowman goodie bag craft.



Renate N. and family visitors showing off thier adorable gingerbread doormat crafts.

THERAPY DOG VISITS!

Furry friends make our days brighter, no doubt. We're offering our residents' group therapy sessions every week with some amazing pups! Join us for a doggone good time.

Jo and Barb cheers their Jack's Frostbite at *Holiday Happy hour.*



Don F. with snowman goodie bag craft.



Renate N. showing off her decorated gingerbread cookie.



Donna S. showing off her decorated gingerbread cookie.



Elizabeth and Helen G. are all smiles after cocoa and caroling.

Stella C. is all smiles at

the Resident Birthday Bash.





Marie Louise and Judy being silly at the Resident Birthday Bash.



Pat F. showing off her decorated gingerbread cookie.



Willard F. - or should we say... Santa!



NMC Senior Serenader's spreading Christmas cheer!

Peter and Doti playing holiday music for our residents!

NMC residents decorating The Pine's Christmas tree.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN New Merce	UAR r Commons	- Assisted Living	 9:45 Exercise 10:30 Watercolor Painting! - PDR 2:00 Bingo! - CDR 3:30 Hot Cocoa & Card Games - LIB 	9:30 RC Mass - MR 10:30 Exercise - LIB 2:00 Resident Council Meeting - LIB 3:30 Music Trivia! - PDR	9:45 Exercise 10:30 Wisdom Study - MR 2:00 Sound Affects! - CDR 3:30 Wii – Bowling - LIB	 9:45 Exercise 10:30 Giant Crossword - MR 2:00 Movie Matinee & Popcorn Pass – MR 3:30 1:1's with Activities
 9:45 Exercise - MR 5 10:30 Today in History Coffee & Conversation PDR 2:00 Bingo! - PDR 3:30 Walking Club 	 9:45 Exercise 6 10:30 Manicures – LIB 2:00 Hot Topics: Discussion Group- LIB 3:30 Zen Zone: Stretch & Unwind - MR 	 9:45 Exercise 7 10:30 Boardgames with Buddies! - PDR 1:30 - Rosary - MR 2:00 "Patsy Cline: American Masters "- MR 3:30 Wii – Bowling - LIB 	9:45 Exercise 8 10:30 Senior Serenaders - CDR 2:00 Bingo! - CDR 3:30 Happy Hour	9:45 Exercise 9 10:30 Hymns with Lynn - CDR 2:00 Music with Scott! - CDR 3:30 "Snowman" Sugar Cookies - PDR	9:45 Exercise 10 10:30 Art Hour: Painting with Pals! - PDR 2:00 "Winter Wonderland" Carnival! - CDR 3:30 Wii – Bowling – LIB	 9:45 Exercise 11 10:30 Giant Crossword - MR 2:00 Movie Matinee & Popcorn Pass - MR 3:30 1:1's with Activities
9:45 Exercise - MR 10:30 Today in History – Coffee & Conversation - PDR 2:00 Bingo! - PDR 3:30 Men's Group – Wii Bowling - LIB	9:45 Exercise 13 10:30 Manicures – LIB 11:15 – Communion - MR 2:00 Balloon Ball - PDR 3:30 Giant Crossword - PDR	9:45 Exercise 14 10:30 Farkle! - LIB 1:30 - Rosary - MR 2:00 Peter & Doti! - CDR 3:30 Wii - Bowling -LIB	9:45 Exercise 15 10:30 "The Lost Tombs of Notre Dame" - LIB 2:00 Bingo! - CDR 3:30 Artist Appreciation: Diego Velazquez: Painting Takes Power" - MR	9:45 Exercise 16 10:30 Boardgames with Buddies! - LIB 2:00 Resident Birthday Party - CDR 3:30 Music Trivia - LIB	9:45 Exercise 17 10:30 Worship - CDR 2:00 Sound Affects! - CDR 3:30 Wii – Bowling - LIB	9:45 Exercise 18 10:30 Giant Crossword - PDR 2:00 Movie Matinee & Popcorn Pass -MR 3:30 1:1's with Activities
9:45 Exercise - MR 19 10:30 Today in History - Coffee & Conversation - PDR 2:00 Bingo! - PDR 3:30 Walking Club	 9:45 Exercise 20 10:30 Manicures – LIB 2:00 Hot Topics: Discussion Group- LIB 3:30 Zen Zone: Stretch & Unwind - MR 	9:45 Exercise 21 10:30 Cookies & Card Games! - PDR 1:30 - Rosary - MR 2:00 Memory Café: Winter Fun! - CDR 3:30 Wii - Bowling - LIB	9:30 Exercise 22 10:15 Music with Kendra! - CDR 2:00 Bingo! - CDR 3:30 Happy Hour	9:45 Exercise 23 10:30 Hymns with Lynn - CDR 2:00 Tea Party & Trivia! - PDR 3:00 "Natures Hidden Depths: Germanys Underwater Secrets" - MR	9:45 Exercise 24 10:30 Wisdom Study - LIB 2:00 Art Hour: Painting with Pals! - LIB 3:30 Wii – Bowling - LIB	9:45 Exercise 25 10:30 Giant Crossword - MR 2:00 Movie Matinee & Popcorn Pass – MR 3:30 1:1's with Activities
9:45 Exercise - MR 10:30 Today in History – Coffee & Conversation - PDR 2:00 Bingo! - PDR 3:30 Men's Group – Wii Bowling - LIB	9:45 Exercise 27 10:30 Manicures – LIB 11:15 – Communion - MR 2:00 Balloon Ball - PDR 3:30 Giant Crossword - PDR	9:45 Exercise 28 10:30 Farkle! - LIB 1:30 – Rosary - MR 2:00 Wordsearch & Wine - PDR 3:30 Wii – Bowling -LIB	9:45 Exercise 29 10:30 Hot Topics: Discussion Group- PDR 2:00 Bingo! - CDR 3:30 Artist Appreciation: The Great Myths of the Renaissance" - MR	 9:45 Exercise 30 10:30 "Finding the Lost Tomb of Alexander the Great" - LIB 2:00 Hot Cocoa Bar! Cedar Kitchenette 3:30 Short Stories & Jokes Cedar Kitchenette 	9:45 Exercise 31 10:30 "Zanzibar: Land of the Giants" - MR 2:00 Art Hour: Painting with Pals! - PDR 3:30 Wii – Bowling - LIB	MR - Media Room PDR - Pines Dining Room TR - Therapy room RM - In Room/ apartment CDR - Commons Dining Room All activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN New Merce	UAR er Commons	S - Memory Care	 9:45 Exercise 1 10:30 Boardgames with Buddies: Jenga! 2:00 Art Hour: Classical Music & Coloring 3:30 Musical Memory Trivia 	9:30 RC Mass - MR 2 10:30 Exercise 2:00 Bingo! 3:30 Meditation & Memories	9:45 Exercise 3 10:30 Painting by Numbers! 2:00 Sound Affects! - CDR 3:30 Books a la Carte	 9:45 Exercise 4 10:30 Hot Topics - Coffee and Conversation 2:00 Balloon Ball! 3:30 Manicures
 9:45 Exercise 5 10:30 Reminisce – Share Your Stories 2:00 Movie Matinee & Popcorn Pass! 3:30 Walks & Talks – 1:1's with Activities 	9:45 Exercise 6 10:30 Group Games: Farkle! 2:00 Pictionary! 3:30 Pet Therapy!	9:45 Exercise 7 10:30 Craft Club! 1:30 - Rosary - MR 2:00 Short Stories & Snacks 3:30 Balloon Ball!	9:45 Exercise 8 10:30 Senior Serenaders! - CDR 2:00 Bingo! 3:30 Hot Cocoa & Trivia!	9:45 Exercise 9 10:30 Hymns with Lynn - CDR 2:00 Music with Scott - CDR 3:30 "Snowman" Sugar Cookies!	9:45 Exercise 10 10:30 Art Hour: Classical Music & Coloring 2:00 "Winter Wonderland" Carnival! - CDR 3:30 Musical Memory Trivia	 9:45 Exercise 11 10:30 Boardgames with Buddies: Bananagrams! 2:00 Balloon Ball! 3:30 Manicures
 9:45 Exercise 10:30 Group Crossword Puzzles 2:00 Movie Matinee & Popcorn Pass! 3:30 Walks & Talks – 1:1's with Activities 	9:45 Exercise 13 10:30 Card Games: Uno! 11:15 – Communion - MR 2:00 Books a la Carte 3:30 Pet Therapy!	9:45 Exercise 14 10:30 Reindeer Ring Toss! 1:30 - Rosary - MR 2:00 Peter & Doti! - CDR 3:30 "Patsy Cline: American Masters"	 9:45 Exercise 15 10:30 Group Games: Penny Ante! 2:00 Art Hour: Classical Music & Coloring 3:30 Musical Memory Trivia 	9:45 Exercise 16 10:30 Bingo! 2:00 Resident Birthday Party! - CDR 3:30 "The Lost Tombs of Notre Dame"	9:45 Exercise 17 10:30 Worship - CDR 2:00 Sound Affects! - CDR 3:30 Poudre Library iPad Hour!	9:45 Exercise 18 10:30 Hot Topics – Coffee and Conversation 2:00 Balloon Ball! 3:30 Manicures
9:45 Exercise 19 10:30 Reminisce – Share Your Stories 2:00 Movie Matinee & Popcorn Pass!	 9:45 Exercise 20 10:30 Group Games: Farkle! 2:00 "Zanzibar: Island of Giants" 3:30 Pet Therapy! 	9:45 Exercise 21 10:30 Craft Club! 1:30 - Rosary - MR 2:00 Memory Café: Winter Fun! - CDR 3:30 Balloon Ball!	9:45 Exercise 22 10:15 Music with Kendra! - CDR 2:00 Puzzles with Pals! 3:30 Short Stories & Snacks	9:45 Exercise 23 10:30 Hymns with Lynn! - CDR 2:00 Bingo! 3:30 Meditation & Memories	9:45 Exercise 24 10:30 Boardgames with Buddies: Sorry! 2:00 Art Hour – Classical Music & Coloring 3:30 Books a la Carte!	9:45 Exercise 25 10:30 Card Games: UNO! 2:00 Balloon Ball! 3:30 Manicures
 9:45 Exercise 10:30 Group Crossword Puzzles 2:00 Movie Matinee & Popcorn Pass! 3:30 Walks & Talks – 1:1's with Activities 	9:45 Exercise 27 10:30 Wisdom Study 11:15 – Communion - MR 2:00 Group Games: Jenga! 3:30 Pet Therapy! 2:30	9:45 Exercise 28 10:30 Group Games: Uno! 1:30 - Rosary - MR 2:00 Craft Club! 3:30 Balloon Ball!	9:45 Exercise 29 10:30 Group Games: Penny Ante! 2:00 Art Hour: Classical Music & Coloring 3:30 Musical Memory Trivia	 9:45 Exercise 30 10:30 Short Stories 2:00 Bingo! 3:30 "Finding the Lost Tomb of Alexander the Great" 	9:45 Exercise 31 10:30 Books a la Carte 2:00 Boardgames with Buddies: Monopoly! 3:30 Art Hour – Classical Music & Coloring	O-Oak (Morning Activities) P-Pine N-Native Fir (Afternoon Activities) M-Maple All activities are subject to change.

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JAN New Me	UAR rcer Comm	ONS - Pines	 9:45 Exercise - MR 10:30 Watercolor Painting - PDR 2:00 Bingo! - CDR 3:30 Hot Cocoa & Card Games - LIB 	9:30 Mass - MR 10:30 Exercise - MR 2:00 Giant Crossword! -PDR 3:30 Music Trivia! - PDR	9:45 Exercise - MR 10:30 Wisdom Study - MR 2:00 Sound Affects! - CDR 3:30 Resident Council Meeting - PDR	 9:45 Exercise - MR 10:30 Giant Crossword - MR 2:00 Movie Matinee & Popcorn Pass - MR 3:30 Manicures
 9:45 Exercise - MR 5 10:30 Today in History Coffee & Conversation PDR 2:00 Bingo! - PDR 3:30 Walking Club 	 9:45 Exercise - MR 10:30 Hot Topics: Discussion Group - PDR 2:00 Balloon Ball! - PDR 3:30 Zen Zone: Stretch & Unwind - MR 	 9:45 Exercise - MR 10:30 Boardgames with Buddies! - PDR 1:30 - Rosary - MR 2:00 "Patsy Cline: American Masters" - MR 3:30 Word Search & Wine - PDR 	9:45 Exercise - MR 8 10:30 Senior Serenaders! - CDR 2:00 Bingo! - CDR 3:30 Happy Hour! - PDR	9:45 Exercise - MR 10:30 Hymns with Lynn! - CDR 2:00 Music with Scott! - CDR 3:30 "Snowman" Sugar Cookies - PDR	 9:45 Exercise - MR 10 10:30 Art Hour: Painting with Pals! - PDR 2:00 "Winter Wonderland" Carnival! - CDR 3:30 Poetry Club – MR 	 9:45 Exercise - MR 11 10:30 Giant Crossword - MR 2:00 Movie Matinee & Popcorn Pass - MR 3:30 Manicures
 9:45 Exercise - MR 12 10:30 Today in History Coffee & Conversation PDR 2:00 Bingo! - PDR 3:30 "Charles Darwin's Groundbreaking Theory" - MR 	 9:45 Exercise - MR 13 10:30 Boardgames with Buddies! 11:15 - Communion - MR 2:00 Balloon Ball! - PDR 3:30 Giant Crossword - PDR 	9:45 Exercise - MR 10:30 Farkle! - LIB 1:30 - Rosary - MR 2:00 Peter & Doti! - CDR 3:30 Zen Zone: Stretch & Unwind - MR	 9:45 Exercise - MR 15 10:30 "The Lost Tombs of Notre Dame" - LIB 2:00 Bingo! - CDR 3:30 Artist Appreciation: Diego Velazquez: Painting Takes Power" - MR 	9:45 Exercise - MR 10:30 Brain Teasers - PDR 2:00 Resident Birthday Party- CDR 3:30 Book Club – MR	9:45 Exercise - MR 17 10:30 Worship - CDR 2:00 Sound Affects! - CDR 3:30 Music Trivia! - PDR	9:45 Exercise - MR 18 10:30 Giant Crossword - PDR 2:00 Movie Matinee & Popcorn Pass - MR 3:30 Manicures
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9:45 Exercise - MR 10:30 Today in History - Coffee & Conversation - PDR 2:00 Bingo! - PDR 3:30 "How Leonardo Da Vinci Changed the World" – MR	9:45 Exercise - MR 10:30 Group Games: Uno! – PDR 11:15 – Communion - MR 2:00 Balloon Ball! - PDR 3:30 Giant Crossword -PDR	9:45 Exercise - MR 10:30 Farkle - LIB 1:30 - Rosary - MR 2:00 Wordsearch & Wine - PDR 3:30 Zen Zone: Stretch & Unwind - MR	 9:45 Exercise - MR 29 10:30 Hot Topics: Discussion Group- PDR 2:00 Bingo! - CDR 3:30 Artist Appreciation: The Great Myths of the Renaissance" - MR 	 9:45 Exercise – MR 30 10:30 "Finding the Lost Tomb of Alexander the Great" - LIB 2:00 Hot Cocoa Bar! – Cedar Kitchenette 3:30 Short Stories & Jokes – Cedar Kitchenette 	 9:45 Exercise - MR 31 10:30" Zanzibar: Land of the Giants" - MR 2:00 Art Hour: Painting with Pals! - PDR 3:30 Music Trivia! - PDR 	MR - Media Room PDR - Pines Dining Room TR - Therapy room RM - In Room/ apartment CDR - Commons Dining Room All activities are subject to change.