



The Inn at Fairview Memory Care

203 Lowell Road • Hudson, NH 03051 • (603) 816-0070

January 2021



Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.







Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, take your pick and solve one on National Puzzle Day, Jan. 29.





January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday! Carole - 1/4 Janet - 1/15 Donald - 1/18 Jeannette - 1/27 Cynthia - 1/28				New Year's Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 New Year's Painting 2:00 New Year's Celebration 3:00 Trivia 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 11:00 Trivia 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Finish the Phrase 6:00 The Lawrence Welk Show
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Shake Out the Truth 6:00 Name That Tune	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chair Yoga 3:00 Soccer 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Ring Toss 3:00 Shake Out The Truth 6:00 Comedy Connection	10:00 Morning Exercise 10:30 Current Events 1:00 Crafts Corner Snowman 2:00 Manicures 3:00 Snowball Toss 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 BINGO 3:00 Pictionary 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 11:00 Puzzles 1:00 Hangman 2:00 Social Hour Cocktails 3:00 What's in a Word? 6:00 Crafts
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Shake Out the Truth 6:00 Name That Tune	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting Penguins 2:00 Word Puzzles 3:00 Name that Tune 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 Snowball Game 2:00 Chair Yoga 3:00 Tennis 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Balloon Toss 3:00 Shake Out The Truth 6:00 Comedy Connection	10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Manicures 3:00 Bowling 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Cook's Corner cookies 2:00 BINGO 3:00 Ring Toss 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 11:00 Boggle 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Basketball 6:00 The Lawrence Welk Show
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Volleyball 6:00 Name That Tune	Martin Luther King Jr. Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chair Yoga 3:00 Soccer 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Cookies and Cocktails 2:00 Ring Toss 3:00 Shake Out The Truth 6:00 Comedy Connection	10:00 Morning Exercise 10:30 Current Events 1:00 Crafts Corner Snowflakes 2:00 Manicures 3:00 Horseshoes 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 BINGO 3:00 Corn Hole 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 11:00 Trivia 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Yahtzee 6:00 Crafts
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting Snowflakes 2:00 Word Puzzles 3:00 Jeopardy 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Snowball Toss 3:00 Basketball 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Ball Toss 3:00 Shake Out The Truth 6:00 Comedy Connection	10:00 Morning Exercise 10:30 Current Events 1:00 Cooks Corner S'mores 2:00 Manicures 3:00 Ring Toss 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 BINGO 3:00 Tennis 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 11:00 Boggle 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Ring Toss 6:00 The Lawrence Welk Show
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO						

Resident Spotlight: Barbara Berka



1. Where would you like to travel to?
"Austria or Germany."
2. Where is your hometown?
"Long Island, RI."
3. What do you like to do in your spare time?
"Read."
4. What is your greatest accomplishment?
"I have good children."
5. What did you enjoy most about your career?
"I loved everything about being a teacher."

Chocolate or Vanilla? Both

Ocean or **Lake**

Book or Movie

Fun Fact: "I have a great sense of humor."

Associate Spotlight: Latasha Morsindi



1. Where would you like to travel to?
"I would love to travel to Dubai."
2. Where is your hometown?
"Irvington, NJ."
3. What do you like to do in your spare time?
"Play bingo and read."
4. What is your greatest aspiration?
"Being a great mom."
5. What do you enjoy most about your career?
"Knowing that I make a difference in someone's life."

Chocolate or **Vanilla**

Ocean or **Lake**

Book or Movie

Fun Fact: "Every Christmas I make noises at night around the house so the kids think I'm Santa."