

# Happy New Year!

There is so much to be thankful for as we enter the year 2023! What's a better way to express thanks, than by using our gratitude to guide our New Year's Resolution? As you map out your 2023 New Years Resolution, focus on attainable goals that boost your health and overall quality of life. Here are some actionable and healthy resolutions for seniors:

- Keep a positive mindset
- Commit to 10 minutes of exercise daily
- Make better dietary choices
- Play with your Grandkids
- Stimulate your mind
- Reach out to old friends & make some new ones

Be intentional of your goal setting for 2023 and you are sure to succeed!

Happy New Year!



## WINDROSE at weymouth *Associates*

**Megan Walker**  
*Engagement Director*

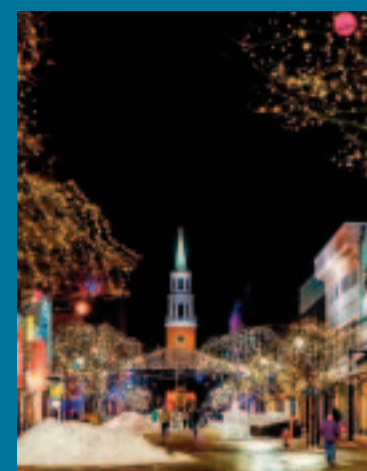
**Richard DeAngelo**  
*Culinary Director*

**Alisha Parker**  
*Business Office Manager*

**Joao Gomes**  
*Maintenance Director*

**Judnee- Jean Hilaire**  
*Activity Assistant*

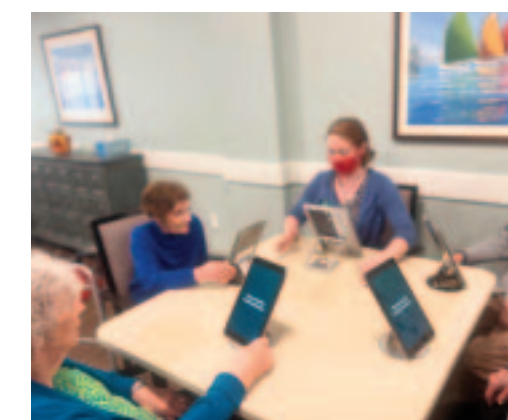
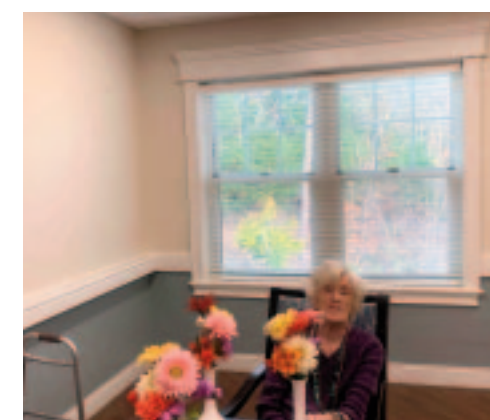
**Adrienne Munroe**  
*Receptionist*



## Windrose Happenings!



Holiday Cheer is in full swing here at Windrose at Weymouth! We have decked the halls with boughs of holly and are ready for the big day! We have many Christmas shows throughout the month of December! Our favorite entertainers will be here throughout the month spreading Christmas cheer! The Play it Again Band will be here on Sunday December 17th at 2:00 for their big Holiday show! Refreshments will be served! This is a wonderful opportunity to spend holiday time with your loved one. Our crafters club this month will be decorating Gingerbread houses and our cooking club will be baking and decorating Christmas cookies. Hanukkah begins on December 18th and we will be celebrating with Latkes at our Hanukkah Social. All of us here at Windrose would like to wish you and your family a wonderful holiday season and a Happy New Year!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



670 Main Street • Weymouth, MA 02190  
(781) 331-5555 •



<p><b>4</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:30 Sunday Mass</li> <li>1:30 Paul Coronella Performs</li> <li>3:00 Sunday Social</li> <li>3:30 Yahtzee!</li> <li>6:00 Hand Massages</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Fab, Fit &amp; Fun Exercise</li> <li>11:00 Brain Games</li> <li>1:30 Bocce Competition</li> <li>3:00 Afternoon Social</li> <li>6:00 Monday Night Movie</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>11:00 Mindful Meditation</li> <li>1:30 Colorful Creations</li> <li>2:00 Bowling</li> <li>3:00 Cookies &amp; Hot Cocoa Social</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Move and Groove Exercise</li> <li>11:00 White Board Word Games</li> <li>1:30 Bingo!</li> <li>3:00 Snack &amp; Chat Social</li> <li>6:00 Hand Massages</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Balloon Volleyball</li> <li>11:00 Cooking Club</li> <li>2:00 Manicures</li> <li>2:00 Non Denominatioanl Church Service</li> <li>3:00 Cookie &amp; Conversation Social</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>2:00 Paul Coronella Performs</li> <li>3:00 Ice Cream Sundae Social</li> <li>6:00 Friday Night Flick</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Saturday Morning Stretch</li> <li>1:30 Afternoon Matinee</li> <li>3:00 Coffee &amp; Conversation Social</li> <li>3:30 Peer Group</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:30 Sunday Mass</li> <li>1:30 Sunday Afternoon Stretch</li> <li>3:00 Sunday Social</li> <li>3:30 Yahtzee!</li> <li>6:00 Hand Massages</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Bill Burke Performs</li> <li>1:30 Bocce Competition</li> <li>3:00 Afternoon Social</li> <li>6:00 Monday Night Movie</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>11:00 Mindful Meditation</li> <li>1:30 Veterans Group</li> <li>2:00 Golfing</li> <li>3:00 Cookies &amp; Hot Cocoa Social</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Mike Dardis Performs</li> <li>1:30 Bingo!</li> <li>3:00 Snack &amp; Chat Social</li> <li>6:00 Hand Massages</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Steve Lanzilotta Performs</li> <li>2:00 Manicures</li> <li>2:00 Non Denominatioanl Church Service</li> <li>3:00 Cookie &amp; Conversation Social</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>2:00 Sing Along</li> <li>3:00 Ice Cream Sundae Social</li> <li>6:00 Friday Night Flick</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Saturday Morning Stretch</li> <li>1:30 Play It Again Bands Christmas Show</li> <li>3:00 Coffee &amp; Conversation Social</li> <li>3:30 Peer Group</li> </ul>
<p><b>18</b> Hanukkah Begins</p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:30 Sunday Mass</li> <li>1:30 Sunday Afternoon Stretch</li> <li>3:00 Hanukkah Social</li> <li>3:30 Yahtzee!</li> <li>6:00 Hand Massages</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Fab, Fit &amp; Fun Exercise</li> <li>11:00 Brain Games</li> <li>1:30 Bocce Competition</li> <li>3:00 Afternoon Social</li> <li>6:00 Monday Night Movie</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>11:00 Mindful Meditation</li> <li>1:30 Colorful Creations</li> <li>2:00 Bowling</li> <li>3:00 Cookies &amp; Hot Cocoa Social</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Move and Groove Exercise</li> <li>11:00 White Board Word Games</li> <li>1:30 Art Class w / Paul Casagrande</li> <li>3:00 Snack &amp; Chat Social</li> <li>6:00 Hand Massages</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Steve Lanzilotta Performs</li> <li>11:00 Cooking Club</li> <li>2:00 Manicures</li> <li>2:00 Non Denominatioanl Church Service</li> <li>3:00 Cookie &amp; Conversation Social</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Joey BBop Performs</li> <li>2:00 Sing Along</li> <li>3:00 Ice Cream Sundae Social</li> <li>6:00 Friday Night Flick</li> </ul>	<p><b>24</b> Christmas Eve</p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Saturday Morning Stretch</li> <li>1:30 Afternoon Matinee</li> <li>3:00 Coffee &amp; Conversation Social</li> <li>3:30 Peer Group</li> </ul>
<p><b>25</b> Christmas Day</p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:30 Sunday Mass</li> <li>1:30 Sunday Afternoon Stretch</li> <li>3:00 Sunday Social</li> <li>3:30 Yahtzee!</li> <li>6:00 Hand Massages</li> </ul>	<p><b>26</b> Hanukkah Ends</p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Fab, Fit &amp; Fun Exercise</li> <li>11:00 Brain Games</li> <li>1:30 Bocce Competition</li> <li>3:00 Afternoon Social</li> <li>6:00 Monday Night Movie</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>11:00 Mindful Meditation</li> <li>1:30 Colorful Creations</li> <li>2:00 Golfing</li> <li>3:00 Cookies &amp; Hot Cocoa Social</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Move and Groove Exercise</li> <li>11:00 White Board Word Games</li> <li>1:30 Bingo!</li> <li>3:00 Snack &amp; Chat Social</li> <li>6:00 Hand Massages</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Steve Lanzilotta Performs</li> <li>11:00 Cooking Club</li> <li>2:00 Manicures</li> <li>2:00 Non Denominatioanl Church Service</li> <li>3:00 Cookie &amp; Conversation Social</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Noodle Exercises</li> <li>2:00 Sing Along</li> <li>3:00 Ice Cream Sundae Social</li> <li>6:00 Friday Night Flick</li> </ul>	<p><b>31</b> New Year's Eve</p> <ul style="list-style-type: none"> <li>9:30 Walking Club</li> <li>10:00 Pray the Rosary</li> <li>10:30 Saturday Morning Stretch</li> <li>1:30 Afternoon Matinee</li> <li>3:00 New Years Eve Social</li> <li>3:30 Peer Group</li> </ul>

## EVENTS

- 4th~ National Cookie Day
- 6th~ Walt Disney Day
- 7th~ Alices Birthday
- 10th~ Nobel Prize Day
- 13th~ National Cocoa Day
- 15th~ National Cupcake Day
- 16th~ National Ugly Sweater Day
- 18th~ Hanukah Begins
- 21st~ Winter Solstice
- 24th~ Christmas Eve
- 25th~ Christmas
- 26th~ Hanukkah Ends
- 31st~ New Years Eve

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social