

## What does Gratitude mean to you?

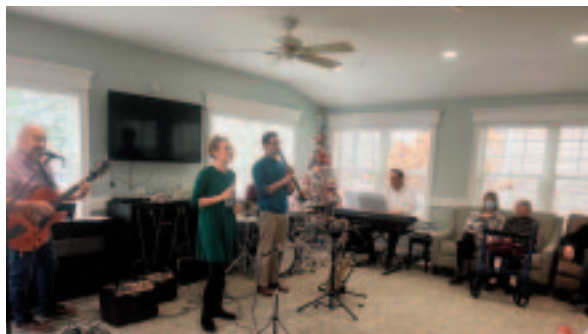
When was the last time you felt grateful and how did you express your gratitude? More importantly how did gratitude affect others? Gratitude is a simple tool we all have at our disposal to improve our own well being and that of others. Gratitude is a conscious, positive emotion one can express when feeling thankful for something. It is a practice that requires acknowledging someone else's gesture towards us or the things that are going well in our lives. It involves a process of recognition the positives and it's outcome. Here are five ways that you can practice gratitude :

- Each day think of 3 things that you are thankful for
- Start a gratitude journal
- Thank someone new every week
- Meditate
- Focus more on others intentions

Our goal this year for Windrose at Weymouth is to express more gratitude since we all have so much to be thankful for. We have added enriching activities, focused on gratitude into our programming. The Windrose Team is truly grateful for our residents, families and our staff.

“ It is not joy that makes grateful: It is gratitude that makes us joyful”

~ David Steindl-Rast~



## Windrose Happenings!

WINDROSE  
at weymouth  
*Associates*

**Darley Nazaire**  
*Executive Director*

**Karen Samedi**  
*Sales & Marketing Director*

**Megan Walker**  
*Engagement Director*

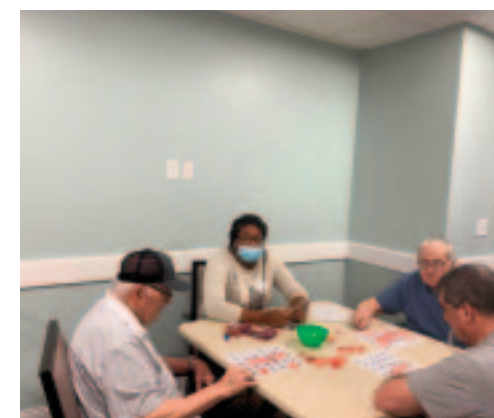
**Alisha Parker**  
*Business Office Manager*

**Richard DeAngelo**  
*Culinary Director*

**Joao Gomes**  
*Maintenance Director*



Can you believe that it is already 2023? This New Year has brought us so much to look forward too! One thing every one has been looking forward too is the van being back in action! The van will be hitting the road this month! Stay tuned for updates on our outings! This month we will also be celebrating the Chinese New Year and will be having a Chinese New Year Luncheon that Richard has been busy planning ! This month we will be introducing some new stations on each floor with enriching activities that you can utilize with your loved one. Puzzles, games, conversation starters, coloring pages will all be easily accessible to utilize while you visit. They will be rotating monthly so there will always be something new to use. On January 27th we have an exciting game show . *Trivia & Tunes* will be here at 2:00. This is a fun event for the whole family to enjoy! We are looking forward to a fun filled 2023!



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### 1 New Years Day

- 9:30 Walking Club
- 10:30 Sunday Mass
- 1:30 Sunday Afternoon Stretch
- 3:00 Sunday Social
- 3:30 Yahtzee!
- 6:00 Hand Massages

### 2

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Fab, Fit & Fun Exercise
- 11:00 Brain Games
- 1:30 Wally Visits
- 2:00 Peer Group
- 3:00 Afternoon Social
- 6:00 Monday Night Movie

### 3

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Noodle Exercises
- 11:00 Gratitude Circle
- 1:30 Colorful Creations
- 2:00 Bowling
- 3:00 Cookies & Hot Cocoa Social

### 4

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Move and Groove Exercise
- 11:00 White Board Word Games
- 1:30 Cooking Club
- 2:00 Bingo!
- 3:00 Snack & Chat Social
- 6:00 Hand Massages

### 5

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Frank Adams Performs
- 1:30 Wally Visits
- 2:00 Non Denominatioanl Church Service
- 3:00 Cookie & Conversation Social

### 6

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Ball Toss
- 2:00 Dick Mandell Performs
- 3:00 Ice Cream Sundae Social
- 6:00 Friday Night Flick

### 7

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Saturday Morning Stretch
- 1:30 Afternoon Matinee
- 3:00 Coffee & Conversation Social
- 3:30 Peer Group

### 8

- 9:30 Walking Club
- 10:30 Sunday Mass
- 1:30 Sunday Afternoon Stretch
- 3:00 Sunday Social
- 3:30 Yahtzee!
- 6:00 Hand Massages

### 9

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Fab, Fit & Fun Exercise
- 11:00 Brain Games
- 1:30 Wally Visits
- 2:00 Peer Group
- 3:00 Afternoon Social
- 6:00 Monday Night Movie

### 10

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Noodle Exercises
- 11:00 Gratitude Circle
- 1:30 Colorful Creations
- 2:00 Golfing
- 3:00 Cookies & Hot Cocoa Social

### 11

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Move and Groove Exercise
- 11:00 White Board Word Games
- 2:00 Bingo!
- 3:00 Snack & Chat Social
- 6:00 Hand Massages

### 12

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Fab, Fit & Fun Exercise
- 11:00 Gratitude Circle
- 1:30 Wally Visits
- 2:00 Non Denominatioanl Church Service
- 3:00 Cookie & Conversation Social

### 13

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Ball Toss
- 1:30 Paul Coronella Performs
- 3:00 Ice Cream Sundae Social
- 6:00 Friday Night Flick

### 14

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Saturday Morning Stretch
- 1:30 Afternoon Matinee
- 3:00 Coffee & Conversation Social
- 3:30 Peer Group

### 15

- 9:30 Walking Club
- 10:30 Sunday Mass
- 1:30 Sunday Afternoon Stretch
- 3:00 Sunday Social
- 3:30 Yahtzee!
- 6:00 Hand Massages

### 16 Martin Luther King Day

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Bill Burke Performs
- 1:30 Wally Visits
- 2:00 Peer Group
- 3:00 Afternoon Social
- 6:00 Monday Night Movie

### 17

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Noodle Exercises
- 11:00 Gratitude Circle
- 1:30 Colorful Creations
- 2:00 Bowling
- 3:00 Cookies & Hot Cocoa Social

### 18

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Move and Groove Exercise
- 11:00 White Board Word Games
- 1:30 Cooking Club
- 2:00 Art Class w/ Paul
- 3:00 Snack & Chat Social
- 6:00 Hand Massages

### 19

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Fab, Fit & Fun Exercise
- 11:00 Gratitude Circle
- 1:30 Wally Visits
- 2:00 Non Denominatioanl Church Service
- 3:00 Cookie & Conversation Social

### 20

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Joey BBop Performs
- 2:00 Sing Along
- 3:00 Ice Cream Sundae Social
- 6:00 Friday Night Flick

### 21

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Saturday Morning Stretch
- 1:30 Afternoon Matinee
- 3:00 Coffee & Conversation Social
- 3:30 Peer Group

### 22

- 9:30 Walking Club
- 10:30 Sunday Mass
- 1:30 Paul Coronella Performs
- 3:00 Sunday Social
- 3:30 Yahtzee!
- 6:00 Hand Massages

### 23

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Fab, Fit & Fun Exercise
- 11:00 Brain Games
- 12:00 Chinese New Year Luncheon
- 1:30 Wally Visits
- 2:00 Peer Group
- 3:00 Afternoon Social
- 6:00 Monday Night Movie

### 24

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Noodle Exercises
- 11:00 Gratitude Circle
- 1:30 Colorful Creations
- 2:00 Golfing
- 3:00 Cookies & Hot Cocoa Social

### 25

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Move and Groove Exercise
- 11:00 White Board Word Games
- 2:00 Bingo!
- 3:00 Snack & Chat Social
- 6:00 Hand Massages

### 26

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Steve Lanzilotta Performs
- 11:00 Gratitude Circle
- 1:30 Wally Visits
- 2:00 Non Denominatioanl Church Service
- 3:00 Cookie & Conversation Social

### 27

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Ball Toss
- 2:00 Trivia & Tunes
- 3:00 Ice Cream Sundae Social
- 6:00 Friday Night Flick

### 28

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Saturday Morning Stretch
- 1:30 Afternoon Matinee
- 3:00 Coffee & Conversation Social
- 3:30 Peer Group

### 29

- 9:30 Walking Club
- 10:30 Sunday Mass
- 1:30 Sunday Afternoon Stretch
- 3:00 Sunday Social
- 3:30 Yahtzee!
- 6:00 Hand Massages

### 30

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Fab, Fit & Fun Exercise
- 11:00 Brain Games
- 1:30 Wally Visits
- 2:00 Peer Group
- 3:00 Afternoon Social
- 6:00 Monday Night Movie

### 31

- 9:30 Walking Club
- 10:00 Pray the Rosary
- 10:30 Noodle Exercises
- 11:00 Gratitude Circle
- 1:30 Colorful Creations
- 2:00 Bowling
- 3:00 Cookies & Hot Cocoa Social



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



## Events

- 1st~ New Years Day
- 4th~ National Trivia Day
- 12th~ National Hot Tea Day
- 15th~ National Bagel Day
- 16th~ Martin Luther King Jr Day
- 18th~ Donnas Birthday
- 19th~ National Popcorn Day
- 22nd~ Chinese New Year
- 24th~ National Peanut Butter Day
- 27th~ Holocaust Memorial Day
- 31st~ National Hot Chocolate Day

## PROGRAM

- Cognitive
- Emotional
- Physical
- Social