

JANUARY

2026



D'YOUVILLE LIFE & WELLNESS COMMUNITY
The Saab Residence
 Affordable Assisted Living & Memory Care

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM SUNDAY MASS ON TV
 1PM HAND MASSAGES & MANICURES
 2PM SUNDAY SMARTS SOCIAL: TRIVIA TIME & TREATS
 4:15 WALKING CLUB & 50'S MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM COOKING CLUB: BLUEBERRY OAT BARS
 1:30 TRIP: MASS AT DSC CHAPEL
 3PM REMINISCING: DOLL THERAPY AND VINTAGE TOYS
 4:15 WALKING CLUB & REMINISCING

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 10:15 COMMUNION IN THE CHAPEL
 11AM FINE MOTOR: BEAD SORTING
 1PM GAME: POOL NOODLE VOLLEYBALL
 3PM SING ALONG WITH ELDESONG
 4:15 WALKING CLUB & ANY MUSIC

7

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM CHAIR YOGA WITH MARCELLE
 1PM HELP US "UNDECORATE" PARTY
 2PM MOVIE MATINEE: WILLY WONKA AND THE CHOCOLATE FACTORY
 4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

8

ELVIS LIVES DAY

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 10AM COUNTRY DRIVE: DRACUT ROADS
 2PM BALANCE & AGILITY CLASS
 3PM ELVIS IS IN THE BUILDING SCAVENGER HUNT
 4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

9

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: LADDERBALL
 1:30 ROSARY WITH SR. LUCILLE
 2PM PERFORMANCE: CLASSIC PIANIST THEOPHILUS PRATT ON TRAD
 3PM ARM CHAIR TRAVEL: COLOGNE, GERMANY
 4:15 WALKING CLUB & ANY MUSIC

10

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: POOL NOODLE VOLLEYBALL
 1PM WHITEBOARD WORD MINING: WINTER WEATHER
 2PM BINGO! ON TRADITIONAL
 4:15 WALKING CLUB & WHAT MATTERS TO YOU

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM SUNDAY MASS ON TV
 1PM HAND MASSAGES & MANICURES
 2PM MOVIE MATINEE: GREASE THE MUSICAL
 4:15 WALKING CLUB & 60'S MUSIC

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9:15 PET THERAPY WITH JEFF AND HIS GOLDEN RETRIEVERS
 10AM MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM COOKING CLUB: BAGEL CHIP CREAM CHEESE SNACKERS
 1:30 TRIP: MASS AT DSC CHAPEL
 3PM HAND MASSAGES AND MANICURES
 4:15 WALKING CLUB & REMINISCING

13

HOT TEA DAY

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM CAN YOU GUESS THE TEA? SMELLING GAME
 1PM GAME: LAUNDRY BASKET TOSS
 2PM TEA PARTY SOCIAL & TEA TRIVIA
 4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM CRAFT: JEWELRY BOX AND BRACELET (PART 1)
 1PM JEWELRY BOX & BRACELET PART 2
 2PM BIRTHDAY BASH WITH MARK STANZLER ON TRAD
 4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

15

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 10:15 TRIP: BACH LUNCH SERIES - CELLIST DANIEL CHOUINARD
 1PM REMINISCING: CAMPBELL'S SOUP SLIDESHOW & DISCUSSION
 3PM PUZZLES: SOUP THEMED
 4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: GIANT BOWLING
 1:30 ROSARY WITH SR. LUCILLE
 2PM BIBLE STUDY WITH PAT
 3PM ARM CHAIR TRAVEL: THE GREAT LAKES
 4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: GIANT BOWLING
 1PM WHITEBOARD WORD MINING: JANUARY RESOLUTION
 2PM BINGO! ON TRADITIONAL
 4:15 WALKING CLUB & WHAT MATTERS TO YOU

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM SUNDAY MASS ON TV
 1PM HAND MASSAGES & MANICURES
 2PM SUNDAY SOCIAL: HOT COCOA BAR WITH PAULINA
 4:15 WALKING CLUB & 70'S MUSIC

19

MARTIN LUTHER KING JR. DAY

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM COOKING CLUB: NO BAKE OREO TRUFFLES
 1:30 TRIP: MASS AT DSC CHAPEL
 3PM VIDEO: INTERVIEW WITH MARTIN LUTHER KING JR.
 4:15 WALKING CLUB & REMINISCING

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 10:15 COMMUNION IN THE CHAPEL
 11AM 10 YEAR ANNIVERSARY SLIDESHOW
 1PM GAME: POOL NOODLE VOLLEYBALL
 3PM MODELING CLAY CREATIONS
 4:15 WALKING CLUB & ANY MUSIC

21

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM CHAIR YOGA WITH MARCELLE
 1PM SHORT STORY AND DISCUSSION: CLASH OF THE TYSONS
 3PM SPA ACTIVITY: LOTIONS, FACEMASKS AND MANICURES
 4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

22

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 10AM COUNTRY DRIVE: DUNKIN' DONUTS
 2PM BALANCE & AGILITY CLASS
 3PM CRAFT: CHALK PRINTS
 4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

23

MOTHER ANGELINE DAY

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: LADDERBALL
 1:30 ROSARY WITH SR. LUCILLE
 2PM BIBLE STUDY WITH PAT
 3PM ARM CHAIR TRAVEL: SCOTLAND, MOTHER ANGELINE TRIBUTE
 4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: GIANT JENGA
 1PM WHITEBOARD WORD MINING: MARTIN LUTHER KING
 2PM BINGO! ON TRADITIONAL
 4:15 WALKING CLUB & WHAT MATTERS TO YOU

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM SUNDAY MASS ON TV
 1PM HAND MASSAGES & MANICURES
 2PM MOVIE MATINEE: HAIRSPRAY THE MUSICAL
 4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM COOKING CLUB: CHOCOLATE CHIP BANANA BREAD
 1:30 TRIP: MASS AT DSC CHAPEL
 3PM HELP US SORT BEADS ACTIVITY
 4:15 WALKING CLUB & REMINISCING

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM RESIDENT COUNCIL
 1PM GAME: LAUNDRY BASKET TOSS
 3PM CHICKEN SOUP FOR THE SOUL STORIES & DISCUSSIONS
 4:15 WALKING CLUB & ANY MUSIC

28

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM CRAFT: PIPE CLEANER FLOWERS
 1PM MAGAZINE HUNT: RED THINGS
 2PM JOE MALONE PRESENTS: TONY BENNETT ON TRAD
 4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 10AM COUNTRY DRIVE: TYNGSBORO ROADS
 1PM VALENTINE COLLAGE WITH RED ITEMS FROM MAGAZINES
 3PM LOVE SONG SING ALONG
 4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

30

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: INDOOR GOLF
 1:30 ROSARY WITH SR. LUCILLE
 2PM BIBLE STUDY
 3PM ARM CHAIR TRAVEL: CRUISING THE NILE RIVER
 4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
 11AM GAME: GIANT CHECKERS
 1PM WHITEBOARD WORD MINING: WINTER WONDERLAND
 2PM BINGO! ON TRADITIONAL
 4:15 WALKING CLUB & WHAT MATTERS TO YOU