

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

The Regency Memory Care Club – River Edge


 Kick off the New Year with your Regency Family! Join us for a day filled with fun activities and celebrations! Live Music By Mike Malone
New Year's Day

9:30 Daily Chronicle
 10:30 Jeopardy
 11:00 Kickball
 11:30 Midweek Workout
Warm up at IHOP with Breakfast for Lunch!
 3:00 Unlocking Memories
 4:00 Making New Words
 4:30 Remember When...
 5:30 Collaborative Crosswords

Warm Winter Friday 3
 Chilly Friends Cotillion
 Penguin Stedding
 Thin Ice Games
 Virtual Zoo Visits
 Who Would Win?
Cotillion Dancing with Johnny Mac!

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Health Kick Sunday 5
 Let's Start 2025 Healthy Gold Zumba
 Fun Healthy Snacks
 You are what you Eat!
 Let us Take Care of You!



9:30 Winter Watercolor
 10:00 Axe Throw
 10:30 Basketball Competition
 11:00 Movin and Grooving
Steaks at LongHorn Steakhouse
 3:00 Mystery Box
 3:30 Frisbee Throw
 4:00 Doris Day Music
 5:30 Cookie Words

9:30 Brain Busters
 10:00 Kickball
 10:30 Cornhole
 11:00 Sweating to the Oldies
Fiesta Luncheon at Villa De Columbia
 3:00 Tech Savy Seniors
 4:00 Waterfall Ball
 4:30 Did You Know?
 5:30 Snowball Toss

Let's Celebrate! 8

Get Your Groove on With Rhonda Carla V.

Let's Explore the Heavens
 Join us at
The Dreyfuss Planetarium



Warm Winter Friday 10
 Après-Ski Soiree
 Join us for an Après-Ski-themed party 'Satiating Sips' by the Fireplace
 Travel to Famous skiing destinations
 DIY S'mores station
 Ski Resort Dance Party
w/ Leonardo Farinola

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Sunday Drive through The Historical Palisades 12

 Fairmont's Eats for Lunch

9:30 Mini Golf Adventures
 10:00 Brain Busters
 10:30 Regency Singers
 11:00 Get Movin' Fitness
Cuban Lunch at Rumba Cubana
 3:30 Geography IQ
 4:00 Winter Spelling Bee
 4:30 Cornhole Competition
 5:30 Famous Faces

9:30 Fun with Color
 10:00 Baking Club
 10:30 Ladies/Mens Clubs
 11:00 Tap to Tunes Exercise
Lunch Outing to Chili's Restaurant
 3:30 Twenty Questions
 4:00 Target Competition
 4:30 Flickin' Chickens
 5:30 Best Slangs Ever


15 Sip and Paint Tribute to Jackson Pollock Music w/ Frankie M.!

Montclair Art Museum 16
 Native American & American Art Exhibit




Warm Winter Friday 17
 Snowman Bazaar
 DIY Snowman Globes
 Snowman Brain Busters
 Make Your Own Ice Cream
Entertainment by Music & Motion

The World Day of the Snowman is celebrated on January 18.

National Popcorn Day! 19

 Guess The Amount! Learn the history of the beloved Snack Popcorn Facts
Activity Professionals Week

I Have a Dream! 20
Celebrate the Life and Legacy of Civil Rights Leader, Martin Luther King, Jr.
Lunch at Miller's Ale House
Martin Luther King Jr. Day



9:30 Colorful Expressions
 10:00 The Letter "J"
 10:30 Snowball Fight
 11:00 Balancing it Out
Lunch at PF Changs
 3:30 Sit Sing and Dance
 4:00 Winter Trivia Time
 4:30 Celebrity Gossip
 5:30 Afternoon Stretch

Celebrating Betty 22
White Day!
 Fun Facts, Trivia, & Accomplishments
 Name that TV Show
 The Golden Girls
 The Mary Tyler Moore Show
 Croon the Afternoon Away
 Frankie M.




Stepping into the Past 23
 At The Van Ripper Hopper Museum



Warm Winter Friday 24
White Out → Wear white
 Making White Party Hats
 Taste Testing: White Mocktails & White Cheeses
 White Art Class w/a Splash of Color
 White Chocolate Social
 Live Performance by Nestor

25

Join us, lets Break Up with The Winter Blues 26
 ✓ Manicure
 ✓ Hand Massages
 ✓ Blissful Stretching
 ✓ Afternoon Tea Party



9:30 Color Therapy
 10:00 Family Feud
 10:30 Corn hole Competition
 11:00 Cardio Drumming

 3:00 Memory Madness
 3:30 Regency Spelling Bee
 4:00 Funny Lyrics
 5:30 Tell Me a Joke

9:30 Daily Chronicle
 10:00 Cranium Crunches
 10:30 Bubble Wrap Competition
 11:00 Boogie and Balance
Presto's Italian Lunch
 3:00 Coffee and Conversation
 3:30 Drama Club
 4:00 Grease Sing Along
 4:30 Celebrity Gossip
 5:30 You be The Judge

Welcome The Year of The Snake 29

 Tai Chi Exercise
 Chinese Food Lunch
 Chinese Zodiac Signs
 Ancient Spiritual Traditions
 DIY Mason Jar Lanterns
 SINGING & DANCING WITH Johnny!
 Chinese New Year (Year of the Snake)

Join us as we go to the PASSAIC COUNTY ARTS CENTER AT THE JOHN W. REA HOUSE 30

Warm Winter Friday 31
 National Backward Day
 A day to flip-flop everything and do it backward, for a fun and cognitively challenging celebration. Don't Miss This!
 Showtime Music & Dancing
 By RuthAnn

HAPPY BIRTHDAY!
 Irene S. 01/01 John Mc. 01/30
 Gail K. 01/04
 Gregston S. 01/15
 Fermina B. 01/16
 Margaret H. 01/19
 Ken S. 01/22
 Joe Z. 01/24
 Benita W. 01/24
 Eileen H. 01/24