

# INN-SIGHTS

The Inn • Part of the Waveny LifeCare Network  
73 Oenoke Ridge New Canaan CT 06840 203-594-5450

January 2022

## **PINECONES & PEANUT BUTTER THURSDAY, JANUARY 13 – 3 P.M.**

We're making treats for our feathered friends! Join us in the library.

## **DOWN COMES THE TREE MONDAY, JANUARY 3 – 3 P.M.**

Time to remove and wrap all our tree ornaments - many hands needed. We'll finish up with a piping hot cup of cocoa.

## **SHORT STORIES TUESDAYS AT 3 P.M. – IN LIBRARY**

We've been enjoying a month of Christmas stories and now will turn our sights in new directions.

## **JEOPARDY THURSDAY, JANUARY 6 – 3 P.M.**

We have our own built-in senior tournament right here at The Inn! Come play this popular game.

## **ART LECTURES FRIDAYS FROM 3-4 P.M.**

We continue with "A History of Impressionism – from Monet to Van

Gogh" in this enriching series of lectures by the Teaching Company's Great Courses. Two lectures each Friday.

## **WELLNESS TALK MONDAY, JANUARY 10 – 2 P.M.**

Christine Burns, nurse from Visiting Nurse and Hospice of Fairfield County, returns with her monthly program on wellness.

## **WRITERS WORKSHOP MONDAYS, JANUARY 17 & 31 – 3 P.M.**

Families of our writers were delighted to receive spiral-bound copies of their loved one's writing efforts this fall. Best presents under the tree!

## **MARSHMALLOW SNOWMEN THURSDAY, JANUARY 20 – 3 P.M.**

A little dab of frosting, a few marshmallows, and some candy flourishes make adorable snowmen.

## **JANUARY SNOWFLAKES MONDAY, JANUARY 24 – 3 P.M.**

We can't let a January pass by without making our intricate cut-out snowflakes. These are certainly not the elementary school variety!

## LET'S TALK

**THURSDAY, JANUARY 27 – 11:15 A.M.**

New Canaan librarian Kathy Blance kicks off the season with a talk about “*The Toys that Shaped America – It’s not Just Child’s Play!*” From dolls and Lincoln Logs to today’s computerized games, she’ll cover it all.

## STAYING SHARP

**THURSDAY, JANUARY 27 – 3 P.M.**

Learn what neuroscience tells us about successful aging, and what you can do to take charge of your brain health. How we live our lives each and every day can make a difference in how our brain ages. Barbara will present a program from the Dana Alliance for Brain Initiatives, along with a 30 minute dvd and a great handout.

## CRAFTS WITH MARTA

**SATURDAY, JANUARY 29 – 1:15 P.M.**

Marta dreams up the most amazing craft projects – join her after lunch.

## ST. MARK'S LIVE STREAM SERVICE

**SUNDAYS – 10 A.M.**

Residents are enjoying this opportunity to remotely join the worship services at St. Marks from the comfort of our living room!

## HAPPY HOUR GATHERINGS

**FRIDAYS, JANUARY 14 & 28 – 5 P.M.**

Residents are trying to “rev up” the happy hours – so bring your own drink, enjoy an hors d’oeuvre and each other!

## INN-NOTES – TUESDAYS AT 11 A.M.

Want to improve your mental health? Combat depressing thoughts? Strengthen your speaking voice? Have fun? Then consider joining our resident singers – we are about to begin working on Broadway songs. No experience necessary! And don’t let us hear you say, “I can’t sing!”

## TEA WITH A TWIST

**WEDNESDAYS AT 3 P.M.**

A hot cup of tea, interesting conversation, a time to unwind and relax mid an oft bleak January afternoon—our Wednesday teas fit this bill. Join us in the living room—and it’s not just for the ladies!

## COMMUNION – FRIDAYS AT 9:30 A.M.

Mary Fox, lay Eucharistic Minister from St. Aloysius Roman Catholic Church, comes every Friday morning to offer communion to interested residents. Meets in the library.

## January Birthday:

Midge Murphy – 1/24

## ONGOING PROGRAMS:

Exercises – 10 a.m. daily

Communion - Fridays at 9:30 a.m.

Resident Mtgs – Weds. – 11:30 a.m.

Meditation – Mon. & Thurs. – 11:30

Inn-Notes – Tuesdays at 11 a.m.

Current Events – Fridays at 11 a.m.

Blood Pressure – Wed. 1/5 at 2 p.m.

Crafts with Marta – Sat. 1/29

Mass – 1/9 – 11:30 a.m.

Tea – Wednesdays – 3 p.m.

**WESTWARD HO! WALKING TO CALIFORNIA ... DETAILS TO FOLLOW ...**