




January 2024

Morningside House of Satyr Hill

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1 10:00 ☪ Communion 10:15 ☪ Coffee and Table Talk [EC] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ Movie: New Year's Eve 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games	2 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Scenic Drive 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Evening News, Family Feud, and Jeopardy	3 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ Boxing Up Christmas 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games	4 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch: National Spaghetti Day – Live Music: Suzette Pritchett 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 4:00 ☪ Daily Chronicle 5:00 ☪ Evening News, Family Feud, and Jeopardy	5 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ Bird Feeder Craft 3:00 ☪ Hydration Time 5:00 ☪ Puzzles, Art, and Games	6 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie
		Stepping Stones 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Conversation [SS] 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Movie: Philadelphia Story [EC] 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie 6:00 ☪ Online Mass -St Ursula's [MR]	7 10:00 ☪ Coffee and Table talk 10:15 ☪ Communion [EC] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ Card Matching Game 2:30 ☪ Hydration Time 4:00 ☪ Daily Chronicle	8 10:00 ☪ Coffee and Table talk 10:15 ☪ Communion [EC] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ Card Matching Game 2:30 ☪ Hydration Time 4:00 ☪ Daily Chronicle	9 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Chair Exercise with Sharon 2:00 ☪ Candy Bingo 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle	10 Massage Therapy Today 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Bitter Sweet Chocolate Cup Cake Day 4:00 ☪ Daily Chronicle	11 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 2:00 ☪ Music with Helmut 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle
<ul style="list-style-type: none"> ☪ Emotional ☪ Environmental ☪ Intellectual ☪ Other ☪ Physical ☪ Purposeful ☪ Social ☪ Spiritual 	14 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Conversation [SS] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Movie: Mannequin [EC] 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie 6:00 ☪ Online Mass -St Ursula's [MR]	15 Martin Luther King, Jr. Day 10:00 ☪ Coffee and Table talk 10:15 ☪ Coffee and Table Talk [EC] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Matin Luther King Day: I Have a Dream 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games	16 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Button Sorting Cup 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Evening News, Family Feud, and Jeopardy	17 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Chair Exercise with Sharon 2:00 ☪ Live Music with SD & Friends [DR] 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games	18 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Chair Exercise with Sharon 11:30 ☪ Lunch 1:30 ☪ Floats and Tunes 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Evening News, Family Feud, and Jeopardy	19 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Happy Hour with Caterpillar Craft 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games	20 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie
	21 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Conversation [SS] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Movie: Casablanca [EC] 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie 6:00 ☪ Online Mass -St Ursula's [MR]	22 10:00 ☪ Coffee and Table talk 10:15 ☪ Coffee and Table Talk [EC] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 2:00 ☪ Echoes of Nature 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle	23 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 11:30 ☪ Lunch Trip 4:00 ☪ Daily Chronicle	24 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Horse Racing 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle	25 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ BINGO with Friends 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle	26 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ Birthday Celebration with Cupcake Decorating 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle	27 Manicures Today 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie
	28 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Conversation [SS] 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Movie: Driving Miss Daisy [EC] 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Movie 6:00 ☪ Online Mass -St Ursula's [MR]	29 12:00 ☪ Scoop of the Day 10:00 ☪ Coffee and Table talk 10:15 ☪ Coffee and Table Talk [EC] 10:30 ☪ This Day in History 11:00 ☪ Chair Exercise with Sharon 11:30 ☪ Lunch 1:00 ☪ Scoop of the Day 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games	30 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:00 ☪ National Croissant Day: Croissant Bake 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Evening News, Family Feud, and Jeopardy	31 9:45 ☪ Rosary [MR] 10:00 ☪ Coffee and Table talk 10:30 ☪ This Day in History 11:00 ☪ Breathe and Stretch 11:30 ☪ Lunch 1:30 ☪ Clay Leaf Prints and Pendants 3:00 ☪ Hydration Time 4:00 ☪ Daily Chronicle 5:00 ☪ Puzzles, Art, and Games			

Morningside House of Satyr Hill

8800 Old Harford Road
Parkville, MD 21234
410-882-0700