



# Silver Springs

AT EAST NORRITON  
A CURA COMMUNITY

2101 New Hope Street • East Norriton, PA 19401

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## New Year, New Connections

Making new friends does not stop when we get older. In fact, new friendships can bring joy, laughter, and comfort at any stage of life. As we age, our lives may change. We may move, retire, or lose touch with people we once saw every day. Meeting new friends helps us stay connected and feel supported. Sometimes, making new friends starts with something small, a smile, a kind word, or sitting next to someone new at an activity. Sharing stories, hobbies, or a good laugh can turn a simple moment into a meaningful friendship. It is never too late to open your heart. New friends bring fresh conversations, new memories, and remind us that we are not alone. Every day is a new opportunity to connect.

What advice would you give someone who feels shy about meeting new people?

happy new year

## January 2026



## New Year's Traditions Around the World

The New Year is a special time in many countries. It is a time for fresh starts, good luck, and happy wishes for the year ahead.

In **Spain**, people eat 12 grapes at midnight. Each grape stands for one month of the new year. If you finish them all in time, it is said to bring good luck.

In **Italy**, wearing something red on New Year's Eve is believed to bring happiness and good fortune.

In **Brazil**, many people wear white clothes to welcome peace and new beginnings. Some visit the ocean and jump over seven waves, making a wish for the new year.

In **Japan**, temple bells are rung 108 times. This tradition is meant to clear away bad habits and welcome a calm and positive year.

No matter where you are in the world, New Year's is a time to look back with gratitude and look ahead with hope. It reminds us that every year is a chance for something new.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Please note all activities are subject to change based on the needs and desires of the residents. Outdoor programs and outings are weather dependent.**



**Trivia Day** 4  
 8:00  Televised Mass on Channel 291 (PL)  
 9:45  Communion (PL)  
 1:30  Adventure Movie Matinee (T)  
**2:30  Musical Bingo (PL)**  
 3:30  Trivia Quest & Brain Teasers (PL)  
 7:00  Nighttime Movie Encore Presentation (PL)

5  
 10:00  Rosary with Betty / Marie (PL)  
 10:30  Sit & Be Fit (PL)  
 11:00  You, Me & Wii: Bowling (PL)  
**1:00  The General Store 1-3pm (1st FI)**  
 1:30  Baking Club (T)  
 2:30  Walking Club (L)  
 3:00  Massages & Manicures (PL)  
 7:00  Card Sharks: Senior Suites (P)

6  
 9:30  Daily Chronicles & Current Events (PL)  
**10:30  Lunch Outing: Outback Steak House**  
 10:30  Sit & Be Fit (PL)  
 1:30  Baking Club (PL)  
 1:30  Musical Movie Matinee (T)  
 2:30  Bingo (PL)  
**3:30  Balloon Volleyball (CY)**  
 6:30  Musical Movie Night (PL)

**Happy Birthday Pat!** 7  
 10:00  Rosary & Communion with Sister Rosellin (PL)  
 10:30  Sit & Be Fit (PL)  
**1:00  The General Store 1-3pm (1st FI)**  
 1:30  Western Movie Wednesday (T)  
**2:30  Bingo (PL)**  
 3:30  Silver Singers Choir Practice  
 6:30  Encore Movie Presentation (PL)

1  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
 1:30  Mystery Movie Matinee (T)  
 2:30  Bocce (PL)  
**2:30  Social with Entertainment (R)**  
**3:30  Balloon Volleyball**  
 7:00  Encore Performance Mystery Movie (PL)

2  
 10:00  Daily Chronicles & Current Events (PL)  
 10:30  Sit & Be Fit (PL)  
**11:00  Tech Class (PL)**  
 1:30  Movie Matinee (T)  
**2:30  Dime Bingo (PL)**  
 6:30  Nighttime Movie (PL)

3  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
**11:00  Jeopardy Trivia**  
 1:30  Comedy Movie Matinee (T)  
 2:30  Bingo (PL)  
**3:30  Happy Hour Card Sharks (PL)**  
 4:00  Garden Club (CY)  
 7:00  Comedy Movie Night (PL)

11  
 8:00  Televised Mass on Channel 291 (PL)  
 9:45  Communion (PL)  
**10:30  Outing to Woodmere Museum**  
 1:30  Adventure Movie Matinee (T)  
**2:30  Musical Bingo (PL)**  
 3:30  Trivia Quest & Brain Teasers (PL)  
 7:00  Nighttime Movie Encore Presentation (PL)

12  
 10:00  Rosary with Betty / Marie (PL)  
 10:30  Sit & Be Fit (PL)  
 11:00  You, Me & Wii: Bowling (PL)  
**1:00  The General Store 1-3pm (1st FI)**  
 2:30  Walking Club (L)  
 3:00  Massages & Manicures (PL)  
 7:00  Card Sharks: Senior Suites (P)

13  
 9:30  Daily Chronicles & Current Events (PL)  
**10:30  Shopping Trip: Dollar Tree**  
 1:30  Musical Movie Matinee (T)  
 2:30  Bingo (PL)  
**3:30  Balloon Volleyball (CY)**  
**6:00  Family Night: Vision Boards**  
 6:30  Musical Movie Night (PL)

14  
 10:30  Sit & Be Fit (PL)  
 11:30  Reminiscence Corner: Discussion Group (L)  
**1:00  The General Store 1-3pm (1st FI)**  
 1:30  Western Movie Wednesday (T)  
**2:30  Bingo (PL)**  
 3:30  Silver Singers Choir Practice  
 6:30  Encore Movie Presentation (PL)

**Happy Birthday Edith!** 15  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
**11:00  Bach's Lunch- Holiday Music Concert**  
 1:30  Mystery Movie Matinee (T)  
 2:30  Bocce (PL)  
**3:30  Balloon Volleyball**  
 7:00  Encore Performance Mystery Movie (PL)

16  
 10:00  Daily Chronicles & Current Events (PL)  
 10:30  Sit & Be Fit (PL)  
**11:00  Tech Class (PL)**  
 1:30  Movie Matinee (T)  
**2:30  Dime Bingo (PL)**  
 6:30  Nighttime Movie (PL)

**Happy Birthday Eva!** 17  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
**11:00  Jeopardy Trivia**  
 1:30  Comedy Movie Matinee (T)  
 2:30  Bingo (PL)  
**3:30  Happy Hour Card Sharks (PL)**  
 7:00  Comedy Movie Night (PL)

18  
 8:00  Televised Mass on Channel 291 (PL)  
 9:45  Communion (PL)  
 1:30  Adventure Movie Matinee (T)  
**2:30  Musical Bingo (PL)**  
 3:30  Trivia Quest & Brain Teasers (PL)  
 7:00  Nighttime Movie Encore Presentation (PL)

**MLK Day** 19  
 10:00  Rosary with Betty / Marie (PL)  
 10:30  Sit & Be Fit (PL)  
 11:00  You, Me & Wii: Bowling (PL)  
 11:30  Trivia (L)  
**1:00  The General Store 1-3pm (1st FI)**  
 1:30  Baking Club (T)  
 2:30  Walking Club (L)  
 3:00  Massages & Manicures (PL)  
 7:00  Card Sharks: Senior Suites (P)

20  
 9:30  Daily Chronicles & Current Events (PL)  
**10:30  Shopping Trip: Boscovs**  
 10:30  Sit & Be Fit (PL)  
**11:00  Resident Council Committee Meeting (PL)**  
 1:30  Musical Movie Matinee (T)  
 2:30  Bingo (PL)  
**2:30  Catholic Mass with Father McFadden (PL)**  
**3:30  Balloon Volleyball (CY)**  
 6:30  Musical Movie Night (PL)

21  
 10:30  Sit & Be Fit (PL)  
**1:00  The General Store 1-3pm (1st FI)**  
 1:30  Western Movie Wednesday (T)  
**2:30  Bingo (PL)**  
 3:30  Silver Singers Choir Practice  
 6:30  Encore Movie Presentation (PL)

**Happy Birthday Carl!** 22  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
 1:30  Mystery Movie Matinee (T)  
 2:30  Bocce (PL)  
**3:00  Artist Palette w/ Vicky**  
**3:30  Balloon Volleyball**  
 7:00  Encore Performance Mystery Movie (PL)

23  
 10:00  Daily Chronicles & Current Events (PL)  
 10:30  Sit & Be Fit (PL)  
**11:30  Aerobic Drumming (PL)♪**  
 1:30  Movie Matinee (T)  
**2:30  Dime Bingo (PL)**  
 6:30  Nighttime Movie (PL)

24  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
**11:00  Jeopardy Trivia**  
 1:30  Comedy Movie Matinee (T)  
 2:30  Bingo (PL)  
**3:30  Happy Hour Card Sharks (PL)**  
 7:00  Comedy Movie Night (PL)

25  
 8:00  Televised Mass on Channel 291 (PL)  
 9:45  Communion (PL)  
 1:30  Adventure Movie Matinee (T)  
**2:30  Musical Bingo (PL)**  
 3:30  Trivia Quest & Brain Teasers (PL)  
 7:00  Nighttime Movie Encore Presentation (PL)

26  
 10:00  Rosary with Betty / Marie (PL)  
 10:30  Sit & Be Fit (PL)  
 11:00  You, Me & Wii: Bowling (PL)  
**1:00  The General Store 1-3pm (1st FI)**  
 2:30  Walking Club (L)  
 3:00  Massages & Manicures (PL)  
 7:00  Card Sharks: Senior Suites (P)

27  
 9:30  Daily Chronicles & Current Events (PL)  
**10:30  Shopping Trip**  
 10:30  Sit & Be Fit (PL)  
 1:30  Musical Movie Matinee (T)  
 2:30  Bingo (PL)  
**3:30  Balloon Volleyball (CY)**  
**3:30  Birthday Celebration with Live Entertainment!**  
 6:30  Musical Movie Night (PL)

28  
 10:30  Sit & Be Fit (PL)  
**1:00  The General Store 1-3pm (1st FI)**  
 1:30  Rummikub (P)  
 1:30  Western Movie Wednesday (T)  
**2:30  Bingo (PL)**  
 3:30  Silver Singers Choir Practice  
 6:30  Encore Movie Presentation (PL)

29  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
 1:30  Mystery Movie Matinee (T)  
 2:30  Bocce (PL)  
**3:30  Balloon Volleyball**  
 7:00  Encore Performance Mystery Movie (PL)

30  
 10:00  Daily Chronicles & Current Events (PL)  
 10:30  Sit & Be Fit (PL)  
**11:00  Tech Class (PL)**  
 1:30  Movie Matinee (T)  
**2:30  Dime Bingo (PL)**  
 6:30  Nighttime Movie (PL)

**Happy Birthday Bonnie!** 31  
 10:00  Daily Chronicles (L)  
 10:30  Sit and Be Fit (PL)  
**11:00  Jeopardy Trivia**  
 1:30  Comedy Movie Matinee (T)  
**3:30  Happy Hour Card Sharks (PL)**  
 7:00  Comedy Movie Night (PL)



### Happy Birthday!!!

- Patricia I ..... 1/7
- Edith B ..... 1/15
- Eva G ..... 1/17
- Carl S ..... 1/22
- Bonnie K ..... 1/31

### Happy Birthday

We'd like to send a big "Happy Birthday!" out to all our residents celebrating their special day this month. We hope your day is filled with joy!



### Letter Writing Revival

Despite this digital age of texts, social media posts and emails, writing letters and cards has made a comeback. Brighten someone's mailbox with a handwritten note during Letter Writing Week, the second week of January. With just a few words, you can deliver some delight.



### Health & Wellness

### A Dash of Warmth

Ginger, garlic and turmeric raise body temperature, boosting the immune system.



### Stay Healthy

Cover your coughs and sneezes and wash your hands often. Sing "The Alphabet Song" as you scrub to ensure you thoroughly lather away the germs.

### Silver Springs Management Team

- Wanda Moyer  
*Executive Director*
- Lynne McArthur  
*Business Officer Manager*
- Frances Poulson  
*Director of Clinical Services*
- Lauren Wittig  
*Director of Comm. Relations*
- Greg Irvine  
*Maintenance Director*
- Jahamar Leaford  
*Dining Services Director*
- Sahar Williams  
*Activities Director*