



60 Gregory Blvd • Norwalk, CT 06855 • (203) 854-4660
underoneroofinc.org

The Marvin, Under One Roof, Inc.

ABOUT US

OUR MISSION

Under One Roof, Inc. is an independent not-for-profit organization dedicated to sponsoring, developing, and operating quality, affordable housing for elderly persons in need of supportive services which incorporate and promote a strong intergenerational philosophy.

OFFICE HOURS

Monday - Friday 9 AM - 5 PM

STAFF

Katie Fitzmaurice Executive Director
Leticia Croke Resident Services Coordinator
Brooke Knowles Administrative Director
Jose Vivieca Building Superintendent

CONTRACT SERVICES

Bright Horizon Family S. Children's Center
Creative Culinary Food & Beverage Services
Orion Protective Services Building Security
Masi Company Housekeeping
John C. Gleckler Financial Services

Board of Directors

Patrick Shields - President
Debra A. Simons - Secretary
Mark Lilliedahl - Treasurer
Jayesh Bhansali
Yvonne Sentura
Sharon Rosen
William Roth
Margaret Costa
David Icena
Art Ebert

January 2024



Dear residents:

With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We have shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come. Now that 2024 is here, we look forward to more wonderful days with all of you, our residents. We are already busy to provide new plans and fun events. We promise to do everything we can to make The Marvin even better, and we welcome your input to help reach our goals. Let's make 2024 the best year ever!

Our best wishes go to each of you for a very happy, safe, healthy, and productive new year.

Ready, Set, Goals!

Setting goals for the New Year? There's one thing that can help make them happen: Write them down. People who put their plans on paper are more likely to achieve them. This simple step creates a visual reminder of your goals and codes their importance in your brain.

Unlock your true potential!



Happy Birthday

Another Great Year

Those of you who have January birthdays must feel special.

When you celebrate your birthday, the globe celebrates another year with you.

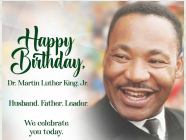
As we ring in the New Year with our friends and neighbors, we will also sing "Happy Birthday" to some very special friends:

- Vincent Jones Jan. 3
- Barbara Judson Jan. 7
- Marcelle Kruey Jan. 12
- Janet Perna Black Jan. 20
- Diane Kozar Jan. 31

Join your friends and neighbors on Wednesday, January 17, in the first-floor lounge to help in the celebration and enjoy the entertainment of Billy Genuario at 2:30 p.m., followed by birthday cake at 5:45 p.m. in the dining room.

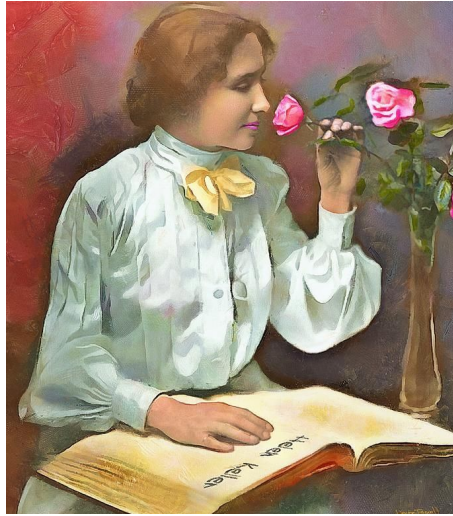
Everyone is invited!

Celebrating MLK Jr. Day



The country pays tribute to Martin Luther King Jr. every year

on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.



Helen Keller by Historian & Writer Mark Albertson January 3 At 2:30 PM

Helen Keller: American Socialist: This remarkable individual is rarely, if ever, associated with the suffragette movement. But her political stance in the early 20th century bears scrutiny. Besides her inspiring story of overcoming blindness and deafness to become a world-class lecturer and author, she was an ardent Socialist. She would campaign for Eugene Debs in his runs for the presidency. She was anti-Capitalist and pro-Worker. A member of not only the Socialist Party but the more radical International Workers of the World or Wobblies. She was anti-War and, a foe of Woodrow Wilson and America's entry into the global conflict in 1917.

Please join Mark as he discusses the life and career of one of the most fascinating women in American history, Helen Keller. Don't miss it!

INTERGENERATIONAL ACTIVITIES WITH THE GRAND-FRIENDS AT THE CHILDREN'S CENTER

Wednesdays at NOON - Lunch With the Children

Come join the children as they have lunch in the dining room; you may bring your lunch or just visit & lend a hand to the children – being there and interacting is really what it's all about! The children love having lunch with their "senior friends" & love to visit and show off what they have for lunch.



NO PEANUTS OR PEANUT BUTTER PLEASE.

Thursdays at 10:15 AM

Don't miss it! Circle Time is our weekly program when we gather with friends for a variety of activities.



Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.



January 4 At 2:30 PM



Winter brings Bernie Gagliardi to sing his way into your hearts. Join this talented performer as he shares his love of music live at The Marvin.

January 10 At 2:30 PM: Sing Along With John



Come join this fabulous Duo, sing along, and enjoy music/lively tunes from the '40s, '50s, & so on up to the present.

Jan. 17 At 2:30 PM One-Man-Band

Well-known for his drumming technique, you have loved Billy Genuario's style of music before and you will love him again! Please join your friends and neighbors for a fun afternoon of music and dance. **Don't miss it!**



January 25 At 2 PM

Come join Tom Stankus, his jokes & lively music will certainly have you smiling & dancing during the entire program. **Audience participation is encouraged!**



WELLNESS

- Daily at 10:30 AM: Exercise
- January 8 and 22: 10 AM to 12 PM: Massage Therapy. Please sign up for Jason's fabulous massage sessions. You will get a reminder before the event.
- January 11 & 18 at 2:30 PM: Chair Pilates with Bernadette Napolitano.
- January 24 at 2:30 PM: Meditation and Exercises with Diane Nicosia.



January 29 At 12:30 PM Pizza and Gift Swap Party

Bring with you to the pizza party a wrapped "gift" and keep what it is a secret. This should be something new that you do not want. If you choose to buy a gift, please do not spend more than \$10. If you don't have a gift but want to watch the fun, just stay after the pizza party & continue to have fun! **See you there!**




SUPPORT UNDER ONE ROOF

Under One Roof is the not-for-profit organization that owns and operates The Marvin and The Marvin Children's Center. Monthly fees from residents and subsidies from the State of Connecticut do not fully cover the costs of operation. We, therefore, encourage donations from our extended "Marvin Family" and the broader community in order to ensure that we are able to continue to provide quality services and programs.

We extend heartfelt thanks to everyone who has made a financial contribution to support Under One Roof over the past year. We encourage you to let your family and friends know that we welcome donations at any time and in any amount. Donations may be made in honor or memory of a loved one, in commemoration of a life event (a special birthday or addition to your family), to support a specific program, or to demonstrate your support at any time. We encourage you and your family to consider naming Under One Roof as part of your estate planning.

Under One Roof, Inc.™ is a not-for-profit organization. All donations are tax-deductible to the extent permitted by law.

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY <i>New Year!</i>	New Year's Day 1 Lunch at NOON Dining Room Will Be Closed for the Dinner Service.	2 10:30 am Exercise 2 pm Bingo Games / Shirley & Mary F (Outer Dining Room)	3 10:30 am Exercise 12pm Lunch with Grand-Friends (DR) 2:30 pm Life & Career of Helen Keller by Mark A.	4 10:15 am Circle Time /Grand-Friends 11 am Exercise 2:30 pm Music & Dance With Bernie	5 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	 MAKE YOUR RESOLUTIONS!
7 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	8 10 am Massage With Jason (Library) 10:30 am Exercise 6:15 pm Bible Study (Outer Dining Room)	9 10:30 am Exercise 2 pm Bingo Games / Shirley & Mary F (Outer Dining Room)	10 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2:30 pm Musical Entertainment /John	11 10:15 am Circle Time /Grand-Friends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	12 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	
14 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	Martin Luther King Jr. Day 15 10:30 am Exercise 6:15 pm Bible Study (Outer Dining Room)	16 10:30 am Exercise 2 pm Bingo Games / Shirley & Mary F (Outer Dining Room)	17 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2:30 pm Celebrating Birthdays / Billy G.	18 10:15 am Circle Time /Grand-Friends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	19 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	
21 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	22 10 am Massage With Jason (Library) 10:30 am Exercise 6:15 pm Bible Study (Outer Dining Room)	23 10:30 am Exercise 2 pm Bingo Games / Shirley & Mary F (Outer Dining Room)	24 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2:30 pm Meditation With Diane (Lounge)	25 10:15 am Circle Time /Grand-Friends 11 am Exercise 2 pm Jokes & Lively Music With T-Bone	26 10 am Dr. N Gamer 10:30 am Exercise 6:15 pm Wii Games	
28 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	29 10:30 am Exercise 12:30 pm Gift Swap and Pizza Party (Dining Room)	30 10:30 am Exercise 2 pm Bingo Games / Shirley & Mary F (Outer Dining Room)	31 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) TBD Tai-Chi Class Trial	At times, modifications occur after this calendar is printed. Please be sure to check the weekly schedule highlights on the back of your weekly menus. Thank you!		



Resident Mary Francis reads to Preschooler Reid.
The Marvin Under One Roof brings the young and old together with Intergenerational Programming!