

Note from the Leadership Team:

January is the month that is associated with beginnings and transitions. At Mangrove Bay we begin 2026 featuring wellness experiences and improving our brain health with Music Stretch, Tai Chi and Certified Strength for Full Life classes. Also, we would like to introduce Shelia our new mahjong teacher for beginner level groups schedule TBA. On Wednesday, January 21 we will be going to Juno Beach to watch the kite surfers. As we near the end of January we will be taking a trip to visit the manatees at FPL power plant. We are looking forward to a year of fun and excitement. Check your calendar daily!



Jupiter Country Stompers presents a line dancing show Thursday, January 8 - AL Living room.

Headline:

We will be taking a trip to Manatee Lagoon to see where manatees gather in the warm-water outflows of the Florida Power & Light Company. For decades, manatees have been attracted to the warm-water discharges of FPL's energy center during cold weather. The best opportunity to witness these gentle giants at the lagoon is November through March when local water temperatures may drop below 68 degrees. So don't miss this bus trip from Mangrove Bay to Manatee Lagoon on Wednesday, January 28!

Team Member Highlight Virginie Rabel



Virginie is an LPN nurse in the assisted and memory care communities who is being honored as Mangrove Bay's employee of the year. She has worked here since 2019. She is originally from Haiti and moved to the US in 1996. Virginie is married, her husband's name is Harry, and they have a son named Aidan. She is very passionate about her work and her residents' well-being. We enjoy working and having her here with us.

Leadership Listing:

Craig Reinmuth, Executive Director
Danielle McEnry, Business Office Manager
Donna Marie Amy, Sales and Marketing
Evelyn Barbosa, Health & Wellness
Diane Minich, Resident Services
Marcia Aldridge, Resident Programs
Alma Marz, Assisted Living Coordinator
Ann Malachowski, Dining Services
Billy Rainha, Executive Chef
Marie Diogene, Housekeeping
Don Weis, Building Operations

Your Life, Your Style, Your News

Mangrove Bay Assisted Living
A Senior Lifestyle Community
Jupiter, FL

JANUARY 2026 EDITION

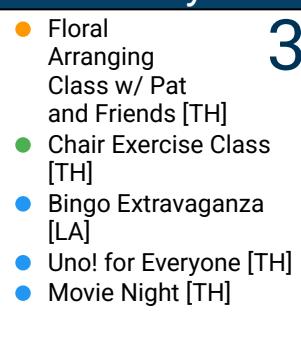
Meet Your Neighbor Susan Braender



Susan was born in Annapolis, Maryland and grew up in Swampscott, Mass. She was a flight attendant for Delta Air Lines for many years and then joined the banking industry for 20 plus years. She met her husband while she was based in Fort Lauderdale and has been a Florida resident ever since. She has one daughter and one grandson whom she adores. Susan has enjoyed traveling all over the world and loves meeting new people. She is very active and enjoys helping others. Susan was an avid tennis player, and she loves taking walks on the beach and collecting shells. The exercise classes here at Mangrove Bay are her favorite by far.



Dwyer High School was one of the many local choirs to come and sing holiday songs to entertain all of our residents.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 EXPLORE BY SENIOR LIFESTYLE  MANGROVE BAY a Senior Lifestyle community	RESIDENT BIRTHDAYS Robert "Bob" Butterworth January 5th							
	4 10:00 ● News Flash! [TH] 10:30 ● Catholic Church Service [TH] 11:30 ● Sunday Morning Stretch [TH] 2:00 Sunday Afternoon Piano w/ Karen Sucher 3:00 ● Go Fish Go Fish [TH] 6:30 ● Sunday Night Movie [TH]	5 10:00 ● News and Chews [TH] 11:00 ● Bodies in Motion w/Dominique [TH] 11:30 ● Reminiscing about Movie Stars [TH] 1:30 ● Rummikub Tile Games 2:00 ● Juggle with Scarves [TH] 3:30 ● UNO Card Game [TH] 6:30 ● Millon Dollar Movie [A]	6 9:45 ● Opening Prayer w/ Deacon Les [TH] 10:30 ● Music's Stretch & Mobilize Class [TH] 11:30 ● Residents' Password Game [TH] 2:00 ● Jewelry Making Class w/ Ellen & Friends [LR] 3:30 ● 5 Crown Card Games [TH] 6:30 ● Classic Movie Night [3FL]	7 9:45 ● Guided Garden Walk [LA] 10:30 ● Tai Chi Class w/ Connie [A] 11:30 ● Joys and Concerns Committee [TH] 11:30 ● Memory Lane Travel A-Z [A] 1:30 ● Bus Trip Out to the \$ Store 3:30 ● Watercolor Painting Class w/ Designs for the New Year -Instructor Diane [TH] 6:15 ● Resident Movie Request [3FL]	8 10:00 ● Certified Strength for Full Life Program w/Alma [A] 11:30 ● Guess/Gestures 2:00 ● Book Club & Knitting Club 2:30 ● The Jupiter Stompers Show [DR] 6:30 ● Foreign Film Fest [3FL]	9 10:30 ● Mangrove Bay Chorus w/Ryan [LA] 11:30 ● Word Pictures [TH] 2:00 ● Choose Your Game Uno or Scrabble [TH] 3:00 ● Happy Hour w/Ryan Gill and Friends [LA] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Discovery Channel Experience [3FL]		
*Diversity Event ● <u>CONNECT</u> ● <u>CONTRIBUTE</u> ● <u>FEEL</u> ● <u>GROW</u> ● <u>MOVE</u> ● <u>REFLECT</u>	11 10:00 ● News Flash! [TH] 10:30 ● Catholic Church Service [TH] 11:30 ● Sunday Morning Stretch [TH] 2:00 Sunday Afternoon Piano w/Chris Stone 3:00 ● Go Fish Go Fish [TH] 6:30 ● Sunday Night Movie [TH]	12 10:00 ● News and Chews [TH] 11:00 ● Bodies in Motion w/Dominique [TH] 11:30 ● Vacation Destination Word Game [TH] 1:30 ● Rummikub Tile Games 2:00 ● Juggle with Scarves [TH] 3:30 ● UNO Card Game [TH] 6:30 ● Classic Movie Night [3FL]	13 9:45 ● Opening Prayer w/ Deacon Les [TH] 10:30 ● Music's Stretch & Mobilize Class [TH] 11:30 ● Residents' Password Game [TH] 2:00 ● Lets Play / Poker 3:00 ● 5 Crowns Card Game 6:30 ● Resident Movie Request [3FL]	14 9:45 ● Guided Garden Walk [LA] 10:00 ● Positive Quote of the Day [TH] 10:30 ● Tai Chi Class w/Connie [A] 11:30 ● Joys and Concerns Committee [TH] 11:30 ● Memory Lane Travel A-Z [A] 1:30 ● Bus Trip TBA - AL 3:30 ● Level One Independent Rummikub Team Players [TH] 6:15 ● Resident Movie Request [3FL]	15 10:00 ● Certified Strength for Full Life Program w/ Alma [A] 11:30 ● "Charades" Game [TH] 11:30 ● Guess/Gestures 2:00 ● Book Club & Knitting Club 3:00 ● Watercolor Painting Class w/Instructor Diane [TH] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Foreign Film Fest [3FL]	16 10:30 ● Mangrove Bay Chorus w/Ryan [LA] 11:30 ● Pictionary Fun! [TH] 2:00 ● Choose Your Game Uno or Scrabble [TH] 3:00 ● Happy Hour w/Singer Johnny P [LA] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Discovery Channel Experience [3FL]		
Location Keys Activity Room Dining Room Living Room Lobby Area Theater Third Floor	18 10:00 ● News Flash! [TH] 10:30 ● Catholic Church Service [TH] 11:30 ● Sunday Morning Stretch [TH] 2:00 ● Sunday Afternoon Piano w/Art Pearlstein 3:00 ● Go Fish Go Fish [TH] 6:30 ● Sunday Night Movie [TH]	19 Martin Luther King, Jr. Day 10:00 ● News and Chews [TH] 11:00 ● Bodies in Motion w/ Dominique [TH] 11:30 ● Test Your Knowledge Trivia: MLK Civil Rights Movement [TH] 1:30 ● Rummikub Tile Games 2:00 ● Juggle with Scarves [TH] 3:30 ● UNO Card Game [TH] 6:30 ● Millon Dollar Movie [A]	20 9:45 ● Opening Prayer w/ Deacon Les [TH] 10:30 ● Music's Stretch & Mobilize Class [TH] 11:30 ● Residents' Password Game [TH] 2:00 ● Jewelry Making Class w/ Ellen & Friends 3:30 ● 5 Crown Card Games [TH] 6:30 ● Classic Movie Night [3FL]	21 9:45 ● Guided Garden Walk [LA] 10:30 ● Tai Chi Class w/ Connie [TH] 11:30 ● International Touring on the Map [TH] 11:30 ● Memory Lane Travel A-Z [A] 1:30 ● Juno Beach Trip to Watch /Kite Surfers 3:30 ● Level One Independent Rummikub Team Players [TH] 6:15 ● Resident Movie Request [3FL]	22 10:00 ● Certified Strength for Full Life Program w/ Alma [A] 11:30 ● "Charades" Game [TH] 11:30 ● Guess/Gestures 2:00 ● Book Club & Knitting Club 3:00 ● Watercolor Painting Class w/Instructor Diane [TH] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Foreign Film Fest [3FL]	23 10:30 ● Mangrove Bay Chorus w/Ryan [LA] 11:30 ● Word Pictures [TH] 2:00 ● Choose Your Game Uno or Scrabble [TH] 3:00 ● Happy Hour w/Vocalist Stone Silk [LA] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Discovery Channel Experience [3FL]		
A DR LR LA TH 3FL	25 10:00 ● News Flash! [TH] 10:30 ● Catholic Church Service [TH] 11:30 ● Sunday Morning Stretch [TH] 2:00 Sunday Afternoon Piano w/Chris Stone 3:00 ● Go Fish Go Fish [TH] 6:30 ● Sunday Night Movie [TH]	26 10:00 ● News and Chews [TH] 11:00 ● Bodies in Motion w/Dominique [TH] 11:30 ● Rummikub Tile Games 2:00 ● Juggle with Scarves [TH] 3:30 ● UNO Card Game [TH] 6:30 ● Millon Dollar Movie [A]	27 9:45 ● Opening Prayer w/ Deacon Les [TH] 10:30 ● Music's Stretch & Mobilize Class [TH] 11:30 ● Residents' Password Game [TH] 2:00 ● Lets Play / Poker 3:00 ● 5 Crown Card Games [TH] 6:30 ● Classic Movie Night [3FL]	28 9:45 ● Guided Garden Walk [LA] 10:00 ● Positive Quote of the Day [TH] 10:30 ● Tai Chi Class w/Connie [A] 11:30 ● Memory Lane Travel A-Z [A] 1:30 ● Bus Trip Event Visiting the Manatees at FPL Site 3:30 ● Level One Independent Rummikub Team Players [TH] 6:15 ● Resident Movie Request [3FL]	29 10:00 ● Certified Strength for Full Life Program w/ Alma [A] 11:30 ● Guess/Gestures 11:30 ● Word Pictures 2:00 ● Book Club & Knitting Club 3:00 ● Watercolor Painting Class w/Instructor Diane [TH] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Foreign Film Fest [3FL]	30 10:00 ● Positive Quote of the Day 10:30 ● Mangrove Bay Chorus w/Ryan [LA] 2:00 ● Choose Your Game Uno or Scrabble [TH] 3:00 ● Happy Hour w/Singer Guitarist Brian Jackob [LA] 4:15 ● Charades Team Trivia: Heads Up Words! [LA] 6:30 ● Discovery Channel Experience [3FL]	31 10:00 ● Floral Arranging Class w/ Pat and Friends [TH] 11:00 ● Chair Exercise Class [TH] 1:30 ● Bingo Extravaganza [LA] 3:00 ● Uno! for Everyone [TH] 6:30 ● Movie Night [TH]	