

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. This month our Brain Health University BHU semester offers a variety of healthy classes and events. Also, we would like to introduce Jeanie our new mahjong teacher for beginner level groups which will meet all Fridays in the card room at 1:30pm all are welcomed! On Sunday, January 11 we will be going to TooJay's for lunch then a tour of the Flagler Museum in Palm Beach. We are looking forward to a year of fun and excitement. Check your calendar daily!



Save the date for Mangroves' poolside cookout Thursday, January 29, 12:30pm with Chef Billy on the BBQ and Adrian on steel drums!

Headlines:

Brain Health University is a Senior Lifestyle signature program that offers a curriculum of classes designed to promote brain health and cognitive engagement through a variety of experiences and lifestyle choices. Throughout BHU residents will participate in physical activity, proper nutrition, stress management, healthy sleep, cognitive stimulation and social interaction courses. Each BHU class on the calendar is designated by a graduation cap. Please join for a BHU kickoff Friday, January 2, at 2:00pm in the Bar Lounge.

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*
Tamara Martin, *IL Program Coordinator*
Ann Malachowski, *Dining Services*
Billy Rainha, *Executive Chef*
Marie Diogene, *Housekeeping*
Don Weis, *Building Operations*

Your *Life*, Your *Style*, Your *News*

MANGROVE BAY INDEPENDENT LIVING
A Senior Lifestyle Community
Jupiter, FL

JANUARY 2026 Edition

Featured Events:

BrainHealth Kickoff "Many ways to Relax"
Friday, January 2, 2:00pm

Art for a Creative Mind, Watercolor Class
Saturday, January, 10, 1:30pm

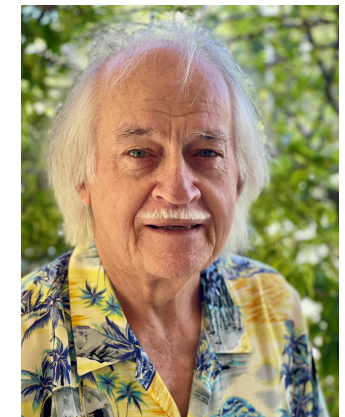
Out to Palm Beach TooJay's & Tour of Flagler
Museum, Sunday, January 11, 12:00pm

Mediterranean Wellness Food Demo
Tuesday, January 19, 2:00pm

Research Martin Luther King Computer Class
Monday, January 15, 1:00pm

Poolside Cookout w/Live Entertainment
Thursday, January 29, 12:30pm



Meet Your Neighbor: *Wayne Clark*



Wayne was born in Cornwall, NY, and grew up on a family farm. He fixed everything from artesian wells to barn roof ridge lines. In High School, he was active in track and football and won the County Championships. In 1969 he enlisted in the US Army and graduated from engineering school, he turned down a free scholarship into West Point and went to Vietnam. Afterwards he worked in the family construction business and was also an insurance fraud investigator. He has an Advanced Open Water and Rescue Diver Certification. He formed Hudson Valley Export and filled orders for new and refurbished trucks, which he shipped worldwide. He purchased a radiator & glass co. along with its property in St. Thomas, the only rebuilder for cv axles, generators & radiators on the island. In Florida he started Caribbean Inspections and worked with a major insurance broker, while he was retired.



We celebrated Hanukkah Sunday, December 14. There was music by pianist Art Pearlstein, and traditional latkes and Manischewitz wine were served with the celebration.

		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div></div><div></div></div>	RESIDENT BIRTHDAYS Ed Clement 1/13 Delores Carguilo 1/13 Jim Zanowic 1/14		RESIDENT BIRTHDAYS Reggie Samuels 1/14 Anne Scarmuzzi 1/15 Marie Liberatore 1/17		RESIDENT BIRTHDAYS Bobbi Jennings 1/21 Michele Underwood 1/23 Sally Mohler 1/25		RESIDENT BIRTHDAYS Ingrid Conant, 1/25 Vicki Holtz, 1/25 Vivian Harnett 1/31 Bea Lee, 1/31		New Year's Day 10:00 NO Monthly Resident Meeting FOR JANUARY [TH] 10:30 Team Trivia [TH] 11:30 Balance Class [FC] 12:30 Bridge Card Games [LR] 1:30 Hand & Foot Card Games [C] 4:30 Happy Hour [BL] 7:30 Movie Night		9:30 St. Judes' Catholic Service [TH] 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Beginner-Level Group w/Jeanie [C] 2:00 Brain Health Kickoff "Many Ways to Relax" [A] 4:30 Happy Hour w/Vocalist Mr. Ron [BL] 7:30 Cinema Night [TH]		11:30 Fitness Class w/Charles 1:00 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]		
	9:00 First United Methodist Church [ML] 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 10:30 Sunday Brunch [DR] 11:00 Alterations by Yen [A] 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH]		10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:30 Bible Study [LB] 1:00 Sleep Studies & Trivia Computer Class w/Patrick [TH] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 Happy Hour [BL] 5:00 Dinner Out to Jetty's Waterfront Restaurant [ML] 7:30 Monday Night Movie [TH]		11:00 Audiology Services by Dr. M. Looney [C] 11:00 Blood Pressure Clinic by LL@H [LL&H] 11:30 Balance Class w/Dual Movements [FC] 4:30 Happy Hour w/Vocalist Debbie Wallace [BL] 7:30 Rummikub Games [C]		10:00 Aquacise Flow Class [SP] 11:30 Ball Warm Ups with Charles [FC] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH]		10:30 Team Trivia "Healthy Food Choices" [TH] 11:30 Balance Class [FC] 12:30 Bridge Card Games [LR] 1:30 Hand & Foot Card Games [C] 4:30 Happy Hour [BL] 7:30 Movie Night		9:30 St. Judes' Catholic Service [TH] 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Beginner-Level Group w/Jeanie [C] 4:30 Happy Hour w/Ryan Gill and Friends [BL] 4:30 Happy Hour w/Singer Ryan Gil [BL] 7:30 Cinema Night [TH]		11:30 Fitness Class w/Charles 1:00 Gene's Canasta Card Games [LR] 1:30 Art for a Creative Mind Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]		
	9:00 First United Methodist Church [ML] 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 11:00 Alterations by Yen [A] 12:00 Lunch Out to Palm Beach TooJay's & Tour of Flagler Museum [ML] 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH]		10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:30 Bible Study [LB] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 Happy Hour [BL] 7:30 Monday Night Movie [TH]		11:00 Blood Pressure Clinic by LL@H [LL&H] 11:30 Balance Class [FC] 2:00 Mediterranean Wellness Food Demo [A] 4:30 Happy Hour w/The Brooklyn Boys Duo [BL] 7:30 Rummikub Games [C]		10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:30 Garden Club w/Charles [A] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH]		10:30 Team Trivia [TH] 11:30 Balance Class [FC] 12:30 Bridge Card Games [LR] 1:00 JMC Thrift Shop Pickup [C] 1:30 Hand & Foot Card Games [C] 2:00 Sleep Information Class w/Dominique [A] 4:30 Happy Hour [BL] 7:30 Movie Night		9:30 St. Judes' Catholic Service [TH] 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Beginner-Level Group w/Jeanie [C] 4:30 Happy Hour w/Singer Johnny "P" [BL] 7:30 Cinema Night [TH]		11:30 Fitness Class w/Charles 1:00 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]		
	9:00 First United Methodist Church [ML] 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 11:00 Alterations by Yen [A] 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH]		Martin Luther King, Jr. Day 10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:30 Bible Study [LB] 1:00 Research Martin Luther King, Jr. Computer Class w/Patrick [TH] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 Happy Hour [BL] 7:30 Monday Night Movie [TH]		9:30 Mini Facials by Nirma [A] 11:00 Blood Pressure Clinic by LL@H [LL&H] 11:30 Balance Class [FC] 4:30 Happy Hour w/Karen Sucher and Friends [BL] 7:30 Rummikub Games [C]		10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH]		10:30 Team Trivia [TH] 11:30 Balance Class [FC] 12:30 Birthday Party Lunch [DR] 12:30 Bridge Card Games [LR] 1:30 Hand & Foot Card Games [C] 2:30 Stick Links Word Games [A] 4:30 Happy Hour [BL] 7:30 Movie Night		9:30 St. Judes' Catholic Service [TH] 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Beginner-Level Group w/Jeanie [C] 4:30 Happy Hour w/Singer Stone Silk [BL] 7:30 Cinema Night [TH]		11:30 Fitness Class w/Charles 1:00 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]		
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*Brain Health University

_CONNECT

_CONTRIBUTE

_FEEL

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_MOVE

_REFLECT

Location Keys

Activity Room
Bar/Lounge
Billiard Room
Card Room
Dining Room
Fitness Center
LL&H Office
Library
Living Room
Main Lobby
Swimming Pool
Theater

A

BL

B

C

DR

FC

LL&H

LB

LR

ML

SP

TH