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| **January Purposeful Programming** | |
| **Host a Successful Aging Book Club**   * [MPL's Book Suggestions](https://mymasterpieceliving.com/resource/mpls-book-suggestions/) * If you pick *Live Long Die Short*, here is the [Facilitator Guide](https://mymasterpieceliving.com/resource/the-live-long-die-short-book-club-facilitators-guide/). * Dr. Roger Landry will host a virtual book club event, “Resilience” on January 14th, 2021 at 2pm MTN. [Virtual LLDS Book Club Flyer](https://mymasterpieceliving.com/resource/2021-virtual-llds-book-club-event-flyers/) | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| Jan. 4th  **National Trivia Day** | * Play **Trivia** on your phone with a Trivia App. Google “Trivia Apps” with a favorite topic, or try one of these: [Best Trivia Apps](https://www.tomsguide.com/round-up/best-trivia-apps) * Have some fun with **Movie Trivia** and pick one of the movies to watch or find trivia on a specific movie, these [Movie Trivia Questions and Answers](https://answersafrica.com/movie-trivia-questions-answers.html) will get you started. |
| Jan. 15th:  **National Hat Day** | * Get inspired from these [Posters of **Hats** Throughout History](https://www.villagehatshop.com/content/50/history-of-hats.html) * Put on a Vintage Event starting with making hats or hat accessories:   + YouTube Tutorial (7 min) [Altering a Straw Hat Tutorial](https://www.youtube.com/watch?v=sXRyq8f9z0o)   + [DIY Hat Hairclip Instructions Using Bottle Caps](https://www.fabartdiy.com/diy-hat-hairclip-form-bottle-cap/)   + Host a Victorian tea party with everyone wearing their hats:     - [Part Planning for a Victoria Tea Party](http://www.victoriana.com/partyplanning/victorian-tea-party.html) |
| Jan. 29th: **National Puzzle Day** | * Create a **Puzzle Club**, Puzzle Fair or Puzzle Week like this high school did to help teachers and students relax in anxious times:   [Puzzle Club Encourages Students to think Outside the Box](https://hcdevilsadvocate.com/features/2018/04/03/puzzle-club-encourages-students-to-think-outside-the-box/)   * Article: [6 Surprising Benefits of Doing Jigsaw Puzzles](https://www.guideposts.org/print/better-living/health-and-wellness/living-longer-living-better/6-surprising-benefits-of-doing-jigsaw-puzzles)      * Create a **Puzzle** Escape Room: [Top Puzzle Ideas for an Escape Room](https://escapehour.ca/blog/27-top-11-puzzle-ideas-for-escape-rooms/) |
| Jan. 31st:  **Inspire Your Heart with Art Day** | *“Art is a form of feel that inspires, encourages, and it touches* ***one’s soul, heart and mind***.”   * Get Ready for Valentine’s Day with these **craft** ideas to make and give away:   + [Craft Ideas for Adults](https://www.favecrafts.com/Valentines-Day/39-Valentines-Crafts-for-Adults-Making-Valentine-Crafts-for-Adults) * Video of musician explaining and sharing the piece of art and the **inspired piece** of music: (20 minutes): [Monet Inspired Music](https://www.mfa.org/exhibition/monet-and-boston-lasting-impression/monet-inspired-music) * [Impressionist and Beyond Lectures](https://www.youtube.com/playlist?list=PLlaGkbYsw6cfuK1KTJE0MAW0LyU-UjrJQ) (~60 min each) on YouTube. * Visit Etsy and discover goods for sale by artist around the world. [www.etsy.com](http://www.etsy.com)      * Online **Paint** and Sip classes: [Recorded Paint and Sip Sessions](https://onlinepaintandsip.com/collections/pre-recorded-paint-and-sip-classes?page=2) * Article: [What is an Un-Artistic Person Supposed to do with Art?](http://humanepursuits.com/what-is-an-unartistic-person-supposed-to-do-with-art/) * Article: [Dear Diary: The Benefits of the Lost Art of Letter Writing](https://mymasterpieceliving.com/resource/dear-diary-the-benefits-of-journaling-and-the-lost-art-of-letter-writing/) *By: Cera Meintzer and Danielle Palli* |