



# BROOKFIELD MC HOUSEHOLD HAPPENINGS

## JANUARY IN THE LAST FRONTIER

### **Spirit of the North Storytelling Circle**

Every Monday Morning

Inspired by Alaskan Native traditions of storytelling, gather around as we honor the wisdom and warmth of shared stories. In this peaceful circle, residents are invited to reflect and reminisce—passing our “talking stick” as each voice brings to life cherished memories, lessons, and moments of love. Like the northern lights that dance across the sky, every story shines brightly and reminds us of the spirit that connects us all.

### **Baker's Club: Taste of the Tundra**

Every Thursday Afternoon

Bundle up and join us for a chilly Alaskan-inspired baking adventure! Our Baker's Club will be whipping up frosty delights like “Aurora Parfaits,” “Arctic Snowballs,” and other sweet treats inspired by the northern wilderness. Together, we'll mix, bake, and share stories that warm the heart—even when the theme is ice-cold!

### **Happy Hour: Northern Lights & Bites**

Every Friday Afternoon

Sit back, relax, and let the magic of Alaska light up your afternoon! Join us for Northern Lights and Bites—a dazzling happy hour inspired by the beauty of the Arctic sky. Enjoy colorful cocktails, tasty appetizers, and great company as we toast to the wonder of the north and the joy of togetherness.

### **Wellness in the Wilderness**

Every Tuesday Morning

This nature-inspired strength and balance class channels the power and grace of Alaska's wildlife. We'll lift our “antlers” with light weights, “crawl like bears” with gentle wall or table movements, and stretch our “eagle wings” wide. Breathe in deep, like the crisp forest air, and enjoy a refreshing journey to wellness in the wilderness.

### **Journey to the Last Frontier Jeopardy**

Every Thursday Afternoon

Test your knowledge and take an adventure to Alaska in this special Jeopardy-style challenge! From glaciers and wildlife to famous landmarks and frosty fun facts, we'll explore “The Last Frontier” one question at a time. Join us for friendly competition, laughter, and a brain-boosting journey through the wilds of Alaska!

### **Crafter's Corner: Creating in the Cold**

Every Monday & Saturday Afternoon

Bundle up your creativity and join us for a frosty crafting session inspired by Alaska's winter beauty! We'll make cozy, snow-kissed creations that capture the spirit of the north—sparkling pinecones, glowing aurora art, and more. It's the perfect way to stay warm while letting your imagination wander through the tundra!