

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Bus outing weekdays at 9:00 AM unless otherwise noted.</p> <p>Bible Study Mondays at 1:00 PM in the Coffee Bar or Library</p>		<p>10:00 Exercise - Resident's Choice Outside Walking (weather permitting) <b>1</b></p> <p>2:00 Games</p> <p>7:00 New Year's Resolutions</p>	<p>10:00 Stretching and Flexibility <b>2</b></p> <p>1:30- 2:30 PM Music with Gerald LaChance</p> <p>7:00 Cribbage Night</p>	<p>10:00 Morning Exercise <b>3</b></p> <p>11:00 Going Postal/ Cards and Stamps for resident needs</p> <p>2:00 Art Afternoon</p> <p>4:00 Uno</p>	<p>Walking at 10:00 <b>4</b></p> <p>2:00 Game Marathon, choice of games.</p> <p>4:00 Choice of Crafts</p>	<p>10:00 Walking Club <b>5</b></p> <p>2:00 Card Games of Choice</p> <p>7:00 Evening Stretch</p>
<p>10:00 Morning Stretch <b>6</b></p> <p>2:00 Games of Choice</p> <p>4:00 One on One</p>	<p>10:00 Stretch &amp; Flex <b>7</b></p> <p>1:00 PM Bible Study</p> <p>2:30PM Music with Sammie Angel</p>	<p>10:00 Seniorsize <b>8</b></p> <p>2:00 Water color painting</p> <p>4:00 Card Games of Choice</p>	<p>10:00 Yoga <b>9</b></p> <p>1:00 Music with Rob Duquette</p> <p>2:00 Our First Book Club Meeting</p> <p>7:00 Evening Stretch</p>	<p>10:00 Walking Club Outside (weather permitting) <b>10</b></p> <p>4:00 Afternoon Stretch</p> <p>7:00 Creative Coloring</p>	<p>10:00 Morning Movement <b>11</b></p> <p>2:00 Friday Social, Appetizers and Entertainment</p> <p>3:00 Music with Shawn Hennessey</p>	<p>10:00 Rock &amp; Roll Fitness <b>12</b></p> <p>2:00 Ice Cream Social</p> <p>7:00 Games, Resident's Choice</p>
<p>10:00 Seniorsize <b>13</b></p> <p>2:00 Bingo</p> <p>4:00 Happy Hour</p> <p>7:00 Game Night</p>	<p>10:00 Hula Hoop Exercise <b>14</b></p> <p>1:00 PM Bible Study</p> <p>3:00 PM Music with Billy Jo Lake</p> <p>4:00 Resident's Choice</p>	<p>10:00 Morning Movement <b>15</b></p> <p>2:00 Crafty Crew</p> <p>7:00 One on One's</p>	<p>10:00 Seniorsize <b>16</b></p> <p>2:00 Book Club</p> <p>7:00 Resident's Choice of Games</p>	<p>10:00 Walking Club Outside (weather permitting) <b>17</b></p> <p>2:00 Scrabble</p> <p>7:00 Evening Stretch</p>	<p>9:00 Shopping Trip Resident's choice of destinations <b>18</b></p> <p>1:00 Music with Dick &amp; Frank</p> <p>7:00 Bowling</p>	<p>10:00 Hula Hoop <b>19</b></p> <p>2:00 Ice Cream Social</p> <p>4:00 Scrabble ( Or game of Choice)</p>
<p>10:00 Seniorsize <b>20</b></p> <p>2:00 Bingo</p> <p>7:00 Game Night</p>	<p>10:00 Move &amp; Groove <b>21</b></p> <p>1:00 PM Bible Study</p> <p>3:00 PM Music with Dick Moreau</p>	<p>10:00 Walking Club Outside (weather permitting) <b>22</b></p> <p>2:00 Reminiscing</p> <p>7:00 Evening Stretch</p>	<p>10:00 Hula Hoop Exercise <b>23</b></p> <p>2:00 Book Club</p> <p>4:00 Corn Hole</p>	<p>10:00 Yoga/ Seniorsize <b>24</b></p> <p>2:00 Manicures</p> <p>7:00 Corn Hole Tournament</p>	<p>10:00 Exercise of Choice <b>25</b></p> <p>11:00 Lunch Outing</p> <p>2:00 Painting</p> <p>7:00 Evening Stretch</p>	<p>10:00 Walking Club <b>26</b></p> <p>2:00 Ice Cream Social</p> <p>7:00 Reminiscing</p>
<p>10:00 Resident's Choice <b>27</b></p> <p>2:00 Bingo</p> <p>7:00 Game Night</p>	<p>10:00 Morning Stretch <b>28</b></p> <p>1:00 Bible Study</p> <p>2:00 Manicure / hand massage</p>	<p>10:00 Walking Club <b>29</b></p> <p>2:00 Scrabble ( or Game of Choice)</p> <p>4:00 Crafty Crew</p>	<p>10:00 Seniorsize <b>30</b></p> <p>2:00 Book Club</p> <p>4:00 Corn Hole</p>	<p>10:00 Walking Club <b>31</b></p> <p>2:00 Games of Choice</p> <p>7:00 Residents let us know what additions they'd like to see offered for activities!</p>		

