


# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 New Year's Day</b>  2:00 Sunday Matinee, P 2:00 Pet Visit, R2R	<b>2</b> 11:00 Exercise Video, G 2:00 Bingo, A	<b>3</b> 9:30 Roche Bros., O 10:45 Motion w/ Music, P 2:00 Checkers, A 3:00 Blender Drinks & Quotes, P 4:00 Walking, 1st Fl.	<b>4</b> 10:00 Serper II, G 11:00 This Was the Year, P 11:30 Yoga, G 2:00 Opera: <i>Great Opera Arias</i> , G 2:00 Prize Bingo, A 3:00 Mini Golfing, A 3:00 News Currents, P 4:00 Snow Store, Lob 7:00 Movie, G	<b>5</b> <b>Excella Clinic 11:45-1:15, Ex Room</b> 9:15 Resident Meeting, P 9:30 CVS (VFW), O 11:00 Exercise, G 12:00 Communion, G 2:00 Winter Door Decorations, A 4:00 Walking, 1st Fl.	<b>6</b> 10:45 Fit Over 50 @ YMCA, O 11:30 Balloon Volleyball, P 2:00 Bridge, Sunporch 2:00 Bingo, A 3:00 Jeopardy, G	<b>7</b> 10:00 Seamstress, Lob 11:00 Silent Movies w/ Richard, P 2:00 Poker, Lib 2:00 Travel Adventure, P 7:00 Movie, G
<b>8</b> 2:00 Sunday Matinee, P	<b>9</b> <u>Chair Massage</u> <b>Excella Clinic 11:45-1:15, Ex Room</b> 9:30 Roche Bros., O 10:45 Fit Over 50 @ Y, O 11:15 Relaxation Class, G 2:00 Rosary, P 3:00 Bingo, A 7:00 Craft Corner, G	<b>10</b> 10:45 Motion w/ Music, P 2:00 Bubble Bursts, A 3:00 Brown Bag Auction, G 4:00 Walking, 1st Fl. 7:00 Bingo, G	<b>11</b> <u>Take Down Decorations Day</u> 10:00 Serper II, G 10:30 Episcopal Service, P 11:30 Yoga, G 2:00 Prize Bingo, A 3:00 Painting, A 4:30 Beading, A 7:00 Movie, G	<b>12</b> <b>Excella Clinic 11:45-1:15, Ex Room</b> 11:00 Exercise, G 12:00 Communion, G 2:00 Bereavement Group, G 2:00 Bible Study, P 3:00 Ocean State Job Lot, O 3:00 NTOTL: <i>Abe Lincoln</i> , G 4:00 Walking, 1st Fl.	<b>13</b> 10:45 Fit Over 50 @ YMCA, O 11:30 What's Cooking, A 2:15 Pianist: Al Dubois, P 3:30 Bingo, A	<b>14</b> 10:00 Seamstress, Lob 11:00 Come Meet Hannah Jumper, P 2:00 Poker, Lib 2:00 Travel Adventure, P 7:00 Movie, G
<b>15</b> 2:00 Sunday Matinee, P 2:00 Pet Visit, R2R	<b>16</b> <b>Excella Clinic 11:45-1:15, Ex Room</b> 9:30 Roche Bros., O 10:45 Fit Over 50 @ Y, O 11:15 Relaxation Class, G 2:00 Rosary, P 3:00 Bingo, A 4:00 Rummy, A 7:00 Craft Corner, G	<b>17</b> 10:45 Motion w/ Music, P 2:00 Documentary: <i>Pentagon Papers</i> , P 2:00 Barn Babies, G 3:00 Hand Massage, A 4:00 Walking, 1st Fl. 7:00 Bingo, G	<b>18</b> 10:00 Serper II, G 11:00 Go To the Head of the Class, P 11:30 Yoga, G 2:00 Prize Bingo, A 3:00 News Currents, P 3:00 Monopoly, A 4:00 Snow Store, Lob 7:00 Movie, G	<b>19</b> 11:00 Exercise, G 12:00 Communion, G 2:00 Bible Study, P 2:00 Excella Speaker: <i>The Aging Mind &amp; Body</i> , G 3:00 NTOTL: Abe Lincoln, G 3:00 Chair Dancing, P 4:00 Walking, 1st Fl.	<b>20</b> <u>Happy B'day Isabelle</u> 10:45 Fit Over 50 @ YMCA, O 11:30 Volleyball, P 2:00 Poetry w/ Park School Students, G 2:00 Bridge, Sunporch 3:00 Bingo, A 4:00 Photo Caption, G 7:00 Movie, G	<b>21</b> 10:00 Seamstress, Lob 2:00 Poker, Lib 2:00 Travel Adventure, P 7:00 Movie, G
<b>22</b> 2:00 Sunday Matinee, P	<b>23</b> <u>Chair Massage</u> <b>Excella Clinic 11:45-1:15, Ex Room</b> 9:30 Roche Bros., O 10:45 Fit Over 50 @ Y, O 11:15 Relaxation Class, G 12:30 Chinese Lunch, A 2:00 Rosary, P 3:00 Bingo, A 4:00 Scrabble, A	<b>24</b> 10:45 Motion w/ Music, P 2:00 Putterham Lib, O 2:00 Protestant Service, G 3:00 Coffee/Converse, P 4:00 Walking, 1st Fl. 7:00 Bingo, G	<b>25</b> 10:00 Serper II, G 11:00 Categories, P 11:30 Yoga, G 2:00 Prize Bingo, A 2:00 Photographer/Speaker Nancy Scariati: <i>Top 10 Quarterbacks in the NFL</i> , G 3:00 Drawing, A 4:00 Dice Roll Game, A 7:00 Movie, G	<b>26</b> 9:30 CVS (Centre St.), O 11:00 Exercise, G 2:00 Catholic Mass, G 2:00 Bible Study, P 3:00 Soup for the Soul, G 4:00 Walking, 1st Fl.	<b>27</b> 10:45 Fit Over 50 @ YMCA, O 11:00 Guitarist: Dan Hart, P 2:00 Bridge, Lib 2:00 Bingo, A 3:00 Charades, P 7:00 Movie, G	<b>28</b> 10:00 Seamstress, Lob 2:00 Poker, Lib 2:00 Travel Adventure, P 7:00 Movie, G
<b>29</b> 2:00 Sunday Matinee, P 2:00 Pet Visit, R2R	<b>30</b> <b>Excella Clinic 11:45-1:15, Ex Room</b> 9:30 Roche Bros., O 10:45 Fit Over 50 @ Y, O 11:15 Daycare Kids, G 2:00 Rosary, P 3:00 Bingo, A 4:00 Uno Card Game, A 7:00 Craft Corner, G	<b>31</b> <u>Clashing Clothes Day</u> 10:45 Motion w/ Music, P 2:00 Wacky Words, P 3:00 Clashing Clothes Fashion Show, G 4:00 Walking, 1st Fl. 7:00 Bingo, G			<b>Location Key:</b> <b>G</b> : Great Room <b>P</b> : Parlor <b>A</b> : Activity Room <b>Lob</b> : Lobby <b>Lib</b> : Library <b>O</b> : Outing	<b>Ex Room: Exercise Room</b> Please be advised that the calendar is subject to change. For the most up to date information see the Daily Flyers.

**Reminder:**  
Please remember to have money to the Activities office before the deadline for upcoming outings. We can no longer purchase tickets for people who are signed up but have not yet paid.

**Excella Clinic**  
Open every Monday & Thursday 11:45-1:15 in the Exercise Room  
 \* **Answer Health Questions**  
 \* **Blood Pressure Reading**  
 \* **Answer medication questions**  
 No Appointment Needed!