


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Location Key G- Great Room P- Parlor A- Activity Room O- Outing BP- Beauty Parlor Lob. - Lobby Ex. Rm.-Exercise Room		1 Holiday 	2 9:30 Dollar Tree-O 11:00 Chair Exercises-G 2:00 New Year's Trivia-A 3:00 Walking Club-P 4:00 IL Resident Mtg.-G 4:00 Bingo-A 7:00 Games-G	3 11:00 Fortuin Family Instrumental and Sing-a-long Holiday Music-G 12:00 Roche Bros.-O 2:00 Taxi Coupons-PDR 2:30 Yoga w/ Nellie-G 3:30 Challenging Trivia-A 7:00 Movie-G	4 10:00 Seamstress 11:00 Meditation With Kat-G 11:00 Memoir Writing w/ Terri-P 1:30 Poker-G 3:00 Movie-P 7:00 Movie-G
5 Happy Birthday Bette and Barbara S.-S. 3:00 Movie-P	6 Chair Massage-Spa 9:30 Shaw's-O 10:00 Bible Study-PDR 10:20 Park School Visit-G 11:00 Strength & Stretch-G 2:00 Music & Exercise w/ Steve-G 2:00 Visit w/ Rabbi-P 3:30 Rosary-P 3:00 Singer-Bill McCoy-G	7 Happy Birthday Judy W. and Pat W. 2:00 Lecturer- Mark Grimason-"Fins, Fir and Feathers"-G 2:30 Make Blonde Brownies-A 4:00 Bingo-A 7:00 Bingo-G	8 Happy Birthday Carol W. 10:00 Animal of the Month-Albino Rat-A 11:30 Yoga-G 2:30 Brown Bag Bingo-G 4:00 Snow Store -Lob.& A 5:30 Tokyo Restaurant-O 7:00 Movies-G	9 10:00 TJ Maxx-O 11:00 Chair Exercises-G 2:00 "The Hidden Benefits of Exercise" with Trainer Beth E.-G 3:00 Walking Club-P 4:00 Tech Club-G 4:00 Bingo-A 7:00 Games-G	10 10:30 Pianist-Al Dubois-P 12:00 Stop & Shop-O. 2:30 Yoga w/ Nellie-G 3:30 Play Family Feud-A 7:00 Movie-G	11 10:00 Seamstress -Lob. 11:00 Silent Movies with Richard-P 1:30 Poker- A 3:00 Movie-P 7:00 Movie-G
12 1:45 Lutheran-P 3:00 Movie-P	13 Full Body Massage-Spa 9:30 Roche Bros.-O 10:20 Park School Visit-G 11:00 Strength & Stretch-G 2:00 Protestant Service-G 2:30 Rosary-P 3:00 Telecommunications Talk-G 3:30 IL Resident Council Mtg.-G	14 10:00 Shadow the Dog-G 10:45 Motion w/ Music-P 12:30 Cheesecake Factory-O 2:00 Rockland Trust-PDR 2:30 Dragons Day Discussion-A 4:00 Bingo-A 7:00 Bingo-G	15 Happy Birthday Sarah B and Sylvia 9:30-10:30 Blood Pressure Clinic-Ex. Rm 10:00 Little Blessings -G 10:45 Newscurrents-G 11:30 Yoga-G 2:30 Wheel of Fortune-G 7:00 Movie-G	16 Happy Birthday Rosemary 10:00 Putterham Library-O 10:30-4 Manicurist-BP 11:00 Chair Exercises-G 3:00 Walking Club-P 4:00 Tech Club-G 4:00 Bingo-A 7:00 Games-G	17 11:00 Winter Craft-G 12:00 Roche Bros.-O 2:30 Yoga w/ Nellie-G 3:30 Challenging Trivia-A 7:00 Movie-G	18 10:00 Seamstress -Lob 11:00 Meditation with Kat-G 1:30 Poker-G 3:00 Movie-P 7:00 Movie-G
19 3:00 Movie- P	20 Martin Luther King Jr. Day Chair Massage-Spa 9:30 Roche Bros.-O 10:20 Park School Visit-G 2:00 Music & Exercise w/ Steve-G 2:30 Rosary-P 3:30 Documentary-MLK-G	21 National 'Give A Hug Day!' 11:30 Lunch at Wayside Inn-O 2:30 Chocolate Pudding Pie-A 4:00 Bingo-A 7:00 Bingo-G	22 10:00 Coffee and Conversation-G 12:30 Chinese New Year Luncheon-G 2:00 Visit w/ Rabbi-P 2:30 Beading-G 4:00 Snow Store -Lob 7:00 Movie-G	23 Happy Birthday Niki B. 10:00 Trader Joe's-O 10:00-12 JP Current Events-P 11:00 Chair Exercises-G 2:00 Mass & Confession-P 4:00 Bingo-A	24 10-12:00 Michelle's Fashions-G 12:00 Shaw's.-O 2:30 Yoga w/ Nellie-G 3:30 Horseracing Game-A 7:00 Movie-G	25 Chinese New Year  10:00 Seamstress-L 1:30 Poker-G 3:00 Movie-P 7:00 Movie-G
26 3:00 Movie- P	27 Full Body Massage-Spa 9:30 Stop & Shop,-O 10:20 Park School Visit-G 11:00 Exercise w/ Doreen-G 2:30 Rosary-P 3:30 Short Story Group -G 3:30 Paint to Classical Music-A	28 10:45 Motion w/ Music-P 2:30 Bubble Wrap Art-G 4:00 Bingo-A 7:00 Bingo-G	29 10:00 Newscurrents-G 2:30 Price Is Right-G 4:00 Winter Word Games-G 7:00 Movie-G	30 10:00 Job Lot-O 11:00 Chair Exercises-G 2:30 Let's Play Dominos!-G 4:00 Bingo-A 7:00 Games-G	31 11:00 Singer-Dan Hart-P 12:00 Roche Bros.-O 2:30 Yoga w/ Nellie-G 3:30 Winter Animal Quiz!-A 7:00 Movie-G	Activities are subject to change. For more up-to-date information See the daily flyers in the elevators and at the nurse's stations.