

















January 2022



Continue to smile, stay Happy and Healthy. We can help with almost anything. Just give us a call!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>A/C - Arts & Crafts Lib - Library L/R - I/L Living Room M/R - Media Room PD - Private Dining PDR - Pinkham (Main) Dining S/U - Sign Up</p>	<p><i>January Birthday's</i> 6 Grace Tellefsen 11 Bob Hanley</p> 	<p><i>St. Columba's Episcopal Church</i> Service 3rd Thurs. of Each month @ 10:15am Located in the P.Dining</p>	<p>Podiatrist Visits- Jan 12 Media Room</p> <p>Nail Tech Visits- Tuesday Jan 11 Please contact Barbara for appointments thank you!</p>		<p><i>Time With Tim Gagnon, LCSW.</i> 2- 3:30 1/2 hr appts available 1/14- sign up at reception</p>	<p><i>1 Happy New Year!</i></p>  <p>10AM Join us for Coffee & Chat!</p>
<p>2</p>  <p>5:30 Dinner Served</p>	<p>3 Grocery List Due 9:15 & 10:30 Mindful Movements with Tonia 2:30 Piano with Mickey Felder</p> 	<p>4 National Trivia Day Complete the quiz (at Reception) and you could win a prize! 1:30 Join us for Stiches & Stories PDR</p>	<p>5 Groceries Arrive 9:15 & 10:30 Mindful Movements with Tonia</p> 	<p>6 4:00PM Piano music with Kevin Kiley</p> 	<p>7 9:15 & 10:30 Mindful Movements with Tonia 1:30 PM Movie & Popcorn "Catch Me If You Can" s/u</p> 	<p>8 10AM Join us for Coffee & Chat!</p>
<p>9 12:00 Noon Meal</p> 	<p>10 Grocery List Due 9:15 & 10:30 Mindful Movements with Tonia 1:30 Bangles ,Baubles & Beads with Ruth s/u</p>	<p>11 1:30 Join us for Stiches & Stories PDR</p>	<p>12 Groceries Arrive 9:15 & 10:30 Mindful Movements with Tonia Hot Tea Day Today 1:30 Tea and yummy Cookies to enjoy! PDR</p>	<p>13 1:30 Join us for s/u</p> 	<p>14 9:15 & 10:30 Mindful Movements with Tonia 1:30 PM Movie & Popcorn "Some Like It Hot" s/u 2-3:30 Time With Tim Gagnon LCSW s/u</p>	<p>15 10AM Join us for Coffee & Chat!</p>
<p>16</p>  <p>5:30 Dinner Served</p>	<p>17 Martin Luther King Jr. Day 9:15 & 10:30 Mindful Movements with Tonia 1:30 PM Movie & Popcorn "My Big Fat Greek Wedding" s/u</p>	<p>18 10AM & 11AM Town Hall Meetings 1:30 Join us for s/u</p> 	<p>19 Groceries Arrive 9:15 & 10:30 Mindful Movements with Tonia 4:00PM Piano music with Kevin Kiley</p> 	<p>20 1:30 Stone Painting Something new , FUN and creative! PDR Come and join us!</p> 	<p>21 9:15 & 10:30 Mindful Movements with Tonia 1:30 PM Movie & Popcorn " Little Miss Sunshine" s/u</p>	<p>22 10AM Join us for Coffee & Chat!</p>
<p>23 12:00 Noon Meal</p> <p>30 5:30 Dinner Served</p>	<p>24 Grocery List Due 9:15 & 10:30 Mindful Movements with Tonia 31 9:15 & 10:30 Mindful Movements with Tonia</p>	<p>25 10AM Cottage Zoom Meeting 2-4 Health Clinic with Wendy D. R.N.</p>	<p>26 Groceries Arrive 9:15 & 10:30 Mindful Movements with Tonia</p>	<p>27 1:30 Join us for the Birthday Party s/u</p> 	<p>28 9:15 & 10:30 Mindful Movements with Tonia 1:30 Music with David Stone</p> 	<p>29 10AM Join us for Coffee & Chat!</p>