








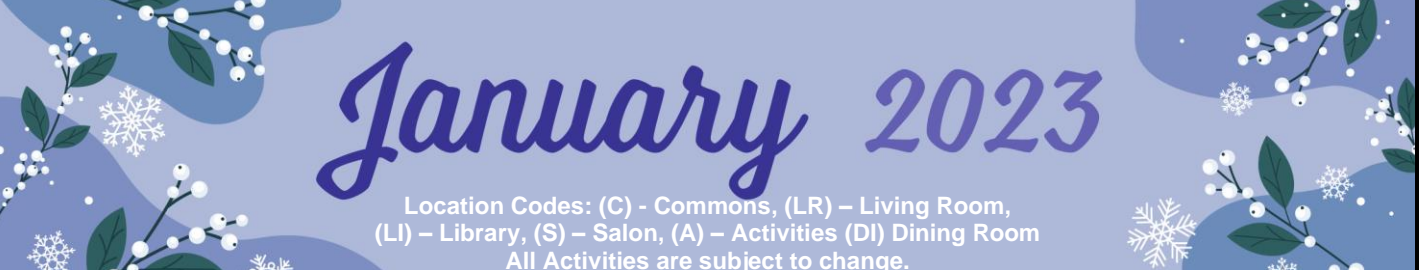


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2pm Matinee Movie – Ocean’s Twelve (C)  New Year’s Day	1 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - New Year’s Resolutions, Stories and Discussion (C) 2:30pm - Yahtzee (A)	2 9am - Chronicle Delivery 10am-10:15 - Blood Pressures (A) 10:15am - Sit and Fit (C) 1pm - Bridge Group (LR) 1pm - Wood Snowman Painting (A) 3:30pm - Tuesday Trivia (C)	3 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 2pm - Drop in Adult Coloring (A)	4 9am - Chronicle Delivery 10am - Smile and Sway (C) 1:30pm-3:30pm - Manicures (S)	5 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 12pm Trip to Masala Corner (C) 3pm - Uno (A)	6 2pm Matinee Movie – Father Stu (C) 
2pm Matinee Movie – The Music Man (C) 	8 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1:30pm - Joseph Gainza Lecture - Movements of the Soul: The Role of Religion in Nonviolent Struggles for Peace (C)	9 9am - Chronicle Delivery 10am-10:15 - Blood Pressures (A) 10:15am - Sit and Fit (C) 1pm - Bridge Group (LR) 1pm - Mandala Window Cling Coloring (A) 2:30pm - Tuesday Trivia (C)	10 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 6:30pm - Gabe Strader Brown – Artist Lecture (C)	11 9am - Chronicle Delivery 10am - Chair Tai Chi (C) 1pm - WRITEaway Group (LI) 1:30pm-3:30pm - Manicures (S)	12 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 2:30 - Monthly Birthday Party (C)	13 10am - Resident Committee Conversation (C) 2pm Matinee Movie – Captain Phillips (C) 
2pm Matinee Movie – Hidden Figures (C) 	15 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - Lynn Tucker (LR) 1pm-3pm - Foot Clinic (S) 3pm - Community Service Project - Sandwiches for the Mission (A) 6:30pm - Movie Showing: Selma (C) Martin Luther King Jr. Day	16 9am - Chronicle Delivery 10am-10:15 - Blood Pressures (A) 10:15am - Sit and Fit (C) 1pm - Bridge Group (LR) 1pm - Lunar New Year Wooden Lantern Craft (A) 2:30pm - Tuesday Trivia (C)	17 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 1pm - Resident Committee (LI) 2:30pm - Parkinson’s Group (C) 6:30pm - Roy Pilcher Presents - To Vermont with Love (C)	18 9am - Chronicle Delivery 10am - Smile and Sway (C) 1:30pm-3:30pm - Manicures (S)	19 8am – Men’s Breakfast (Di) 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 1pm - Bingo (C) 2:30pm - Mocktails (LR)	20 2pm Matinee Movie – Good Morning Vietnam (C) 
2pm Matinee Movie – O Brother, Where Art Thou (C)  Chinese New Year (Year of the Rabbit)	22 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - Board Games (A) 2:30pm - Trivia (C)	23 9am - Chronicle Delivery 10am-10:15 - Blood Pressures (A) 10:15am - Sit and Fit (C) 1pm - Bridge Group (LR) 1:30pm - Chinese New Year Celebration Videos (C) 4:30pm - Chinese Food Buffet (DR) Chinese New Year Celebration	24 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 2pm - Drop in Adult Coloring (A)	25 9am - Chronicle Delivery 10am - Chair Tai Chi (C) 1:30 - Book Club Group (LI) 11am - Lunch at the Dollhouse (Stafford Tech) 1:30pm-3:30pm - Manicures (S)	26 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 2pm - Resident Social (C) 6:30pm - Catamount Brass Quintet by the Activities Committee (C)	27 2pm Matinee Movie – Tootsie (C) 
2pm Matinee Movie – The Wonderful: Stories from the Space Station (C) 	29 9am - Chronicle Delivery 10am - Independent Exercise Group (C) 1:30 pm - Family Feud! (C) 3:30pm - Open Discussion (C)	30 9am - Chronicle Delivery 10am-10:15 - Blood Pressures (A) 10:15am - Sit and Fit (C) 1pm - Bridge Group (LR) 1pm - Heart Box Decorating (A) 2:30pm - Tuesday Trivia (C)	31	 <p> January 2023 Location Codes: (C) - Commons, (LR) – Living Room, (LI) – Library, (S) – Salon, (A) – Activities (DI) Dining Room All Activities are subject to change. </p>		