


January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>NEW YEAR'S DAY!</p>  <p>2:00 Documentaries</p>	<p>2</p> <p>9:30 Chair Yoga 10:45 Tea & Talk 2:00 "Never Have I Ever" Game</p>	<p>3</p> <p>9:00 Shopping Shuttle 10:30 Exercise w/Victor 2:00 Book Club</p>	<p>4</p> <p>10:00 Trip to Walmart 10:30 Stretch DVD 2:00 Knitting/Quilting Group 2:30 Coffee & Coloring 4:30 Cocktail Hour</p>	<p>5</p> <p>10:30 Exercise w/Victor 2:30 Bingo 3:00 Librarian Linda Mann</p>	<p>6</p> <p>8:45 Read Aloud 9:30 Chair Yoga 2:00 Ice Cream Social</p>	<p>7</p> <p>10:30 Exercise w/Victor 2:00 Cribbage</p>
<p>8</p> <p>2:30 Sunday Service with Rev Peter Jenks & Rev Rob Laite of the Episcopal Church of St John the Baptist of Thomaston</p>	<p>9</p> <p>9:30 Chair Yoga 10:45 Dominoes 2:00 Armchair Travel to Albania</p>	<p>10</p> <p>9:00 Shopping Shuttle 10:30 Exercise w/Victor 2:00 Crafting</p>	<p>11</p> <p>10:30 Stretch DVD 11:00 Lunch @ Athen's Pizzeria 2:00 Knitting/Quilting Group 2:30 Coffee & Coloring 4:30 Cocktail Hour</p>	<p>12</p> <p>10:30 Exercise w/Victor 2:30 Bingo 3:00 Librarian Linda Mann</p>	<p>13</p> <p>8:45 Read Aloud 9:30 Chair Yoga 10:30 Women's Discussion Group 2:00 Boomer Tech Adventures</p>	<p>14</p> <p>10:00 Bible Study 10:30 Exercise w/Victor 2:00 Cribbage</p>
<p>15</p> <p>2:00 Sunday Service with Lakeview Church</p>	<p>16</p> <p>9:30 Chair Yoga 10:45 Tea & Talk 2:30 Speaker James Thompson "N.C. Wyeth: America's Romantic Illustrator"</p>	<p>17</p> <p>9:00 Shopping Shuttle 10:30 Exercise w/Victor 2:00 Crafting 2:30 Resident Council Meeting</p>	<p>18</p> <p>10:00 Trip to Walmart 10:30 Stretch DVD 1:00 BW Bards 2:00 Knitting/Quilting Group 2:30 Coffee & Coloring 4:30 Cocktail Hour</p>	<p>19</p> <p>NATIONAL POPCORN DAY 10:30 Exercise w/Victor 2:30 Bingo w/Popcorn 3:00 Librarian Linda Mann</p>	<p>20</p> <p>8:45 Read Aloud 9:30 Chair Yoga 10:30 Speaker Michael Perry 2:30 Davis Violin Duo</p>	<p>21</p> <p>10:30 Exercise w/Victor 1:00 Prelude to the Opera with Cherie 2:00 Cribbage</p>
<p>22</p> <p>2:30 Sunday Service with Rev Dr. Susan Stonestreet of the Federated Church of Thomaston</p>	<p>23</p> <p>9:30 Chair Yoga 10:45 Phase 10 2:00 Singer Kat Logan</p>	<p>24</p> <p>9:00 Shopping Shuttle 10:30 Exercise w/Victor 12:30 The Strand's Encore Presentation of the Met Opera's "Fedora"</p>	<p>25</p> <p>8:30 Breakfast @ Moody's Diner 10:30 Stretch DVD 1:00 BW Bards 2:00 Knitting/Quilting Group 2:30 Coffee & Coloring 4:30 Cocktail Hour</p>	<p>26</p> <p>10:30 Exercise w/Victor 2:30 Bingo 3:00 Librarian Linda Mann</p>	<p>27</p> <p>8:45 Read Aloud 9:30 Chair Yoga 10:00 Rockland Public Library & Bookstore 10:30 Men's Discussion Group</p>	<p>28</p> <p>10:00 Bible Study 10:30 Exercise w/Victor 2:00 Cribbage</p>
<p>29</p> <p>2:00 Documentaries</p>	<p>30</p> <p>9:30 Chair Yoga 10:45 Tea & Talk 2:00 Speaker Zach Fowler Shares His Experience "Alone" in Patagonia</p>	<p>31</p> <p>9:00 Shopping Shuttle 10:30 Exercise w/Victor 2:00 Dietary Meeting 2:30 House Meeting 4:30 Wine Social</p>				







