January 2020

"All Things New Month"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year! ☺ Hat Day at The Cove! ☺ 9:30 Sit & Be Fit (CR) 1:00 Scrabble (GR & CRA) 2:00 Bingo w/Bernie (CR) 6:30 Game Night (GR) New Year's Day	**2** 9:30 Sit & Be Fit (CR) 9:45 Dog Visit w/Willie & Marilyn (GR) 10:00 Trip to Post Office, Hannaford's & Bank 1:00 Departure for Movie at Sunapee Library 6:30 LCR w/Charlotte 3rd (CK)	**3** Salon Open 9 to Noon 9:30 Sit & Be Fit (CR) 10:00 Poetry Sharing (CR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 2:15 Black Jack (GR) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	**4** 10:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Marshawn & Holli (GR) 1:00 Word Search (GR) 4:00 Happy Hour (GR) 6:30 Bingo w/Sabrina (GR)
5 Happy Birthday to Phyllis Grey! ☺ 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR & CRA) 2:30 Sunday Social Music by Captain Al & Veggie Tray Served (CR) 6:30 LCR w/Charlotte 3rd (CK) 6:30 Movie & Popcorn (CR)	**6** 9:30 Sit & Be Fit (CR) 10:00 Coffee & Chat w/Chief Cahill (CR) 1:00 Scrabble (GR & CRA) 1:30-2:30 Foot-soak & Toe-nail Clinic 3rd (CK) 2:00 Bingo (CR) 3:00 The Time Travelers Music Rehearsal (CR) 7:00 Movie & Popcorn (CR)	**7** 9:30 Sit & Be Fit (CR) 10:00 Resident Random Share (GR) 11:00 Chat w/Tony (GR) 12:30 Dog Visit w/Atticus & Susie (GR) 2:00 Visiting Artist (CR) 3:30 Champagne Night (GR) 6:30 Game Night (GR)	**8** Salon Open 9 to 4 pm. 9:30 Sit & Be Fit (CR) 10:00 Poetry Sharing (CR) 10:30 Dog Visit w/Jack, Finn & Robin (GR) 1:00 Scrabble (GR & CRA) 2:00 Bingo (CR) 3:30 Indoor Sports (GR) 6:30 Game Night (GR)	**9** 9:30 Sit & Be Fit (CR) 9:45 Dog Visit w/Willie & Marilyn (GR) 10:00 Trip to Post Office, Colonial & Bank 10:30 Songs by Jennifer (MC) 2:00 Lake Sunapee Region VNA "The ABC's of Heart Health" presentation (CR) 6:30 LCR w/Charlotte 3rd (CK)	**10** Salon Open 9 to Noon 9:30 Sit & Be Fit (CR) 10:00 Reminisce (CR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 1:30-2:30 Foot-soak & Toe-Nail Clinic 3rd (CK) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	**11** 10:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Missy & Beverly (GR) 1:00 Word Search w/Joan (GR) 4:00 Happy Hour (GR) 6:30 Bingo w/Sabrina (GR)
12 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR & CRA) 2:30 Sunday Social Music by Richard King & Ice-Cream Served (CR) 6:30 LCR w/Charlotte 3rd (CK) 6:30 Movie & Popcorn (CR)	**13** 9:30 Sit & Be Fit (CR) 10:30 Trip to Sunapee Library 1:00 Scrabble (GR & CRA) 2:00 Bingo (CR) 3:30 Armchair Travel to the Canary Islands (CR) 7:00 Movie & Popcorn (CR)	**14** 9:30 Sit & Be Fit (CR) 10:00 Reminisce (GR) 11:00 Chat w/Sue (GR) 12:30 Dog Visit w/Atticus & Susie (GR) 2:00 Visiting Artist (CR) 3:30 Champagne Night (GR) 6:30 Game Night (GR)	**15** Salon Open 9 to 4 pm. 9:30 Sit & Be Fit (CR) 10:30 Dog Visit w/Jack, Finn & Robin (GR) 2:00 Piano Music by John Lovejoy (CR) 3:30 Indoor Sports (GR) 6:30 Bingo (CR) 6:30 Scrabble (GR & CRA)	**16** Happy Birthday to Libby Klekot! ☺ 9:30 Sit & Be Fit (CR) 9:45 Dog Visit w/Willie & Marilyn (GR) 10:00 Trip to Post Office, Hannaford's & Bank 2:00 Enrichment Meeting & Root Beer Floats (GR) 6:30 LCR w/Charlotte 3rd (CK)	**17** Salon Open 9 to Noon 9:30 Sit & Be Fit (CR) 10:00 Poetry Sharing (CR) 10:30 Songs by Jennifer (MC) 1:00 Worship & Song w/Pastor Elisabeth (CR) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	**18** 10:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Marshawn & Holli (GR) 1:00 Word Search w/Joan (GR) 4:00 Happy Hour (GR) 6:30 Bingo w/Sabrina (GR)
19 9 to 9 Vitals Clinic 2nd (CK) 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR & CRA) 2:00 Episcopal Church (CR) 2:30 Sunday Social Music by Chris Ekblom & Veggie Tray Served (CR) 6:30 LCR w/Charlotte 3rd (CK) 6:30 Movie & Popcorn (CR) Activity Professionals Week	**20** Martin Luther King Day 9:30 Sit & Be Fit (CR) 1:00 Scrabble (GR & CRA) 2:00 Bingo (CR) 3:15 Pianist Dan Kennedy (CR) 7:00 Movie & Popcorn (CR) Martin Luther King Day	**21** 9:30 Sit & Be Fit (CR) 11:00 Chat w/Tony (GR) 12:30 Dog Visit w/Atticus & Susie (GR) 2:00 "Watching the Lights Go Out" w/Thomas Farmen & his dog, Bessie (CR) 3:30 Champagne Night (GR) 6:30 Game Night (GR)	**22** Salon Open 9 to 4 pm. 9:30 Sit & Be Fit (CR) 10:30 Dog Visit w/Jack, Finn & Robin (GR) 1:00 Scrabble (GR & CRA) 2:00 Bingo w/Bernie (CR) 3:30 Indoor Sports (GR) 6:30 Game Night (GR)	**23** 9:30 Sit & Be Fit (CR) 9:45 Dog Visit w/Willie & Marilyn (GR) 10:30 Songs by Jennifer (MC) 2:30 Movie Matinee (CR) 6:30 LCR w/Charlotte 3rd (CK)	**24** Salon Open 9 to Noon 9:30 Sit & Be Fit (CR) 10:00 Reminisce (CR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	**25** 10:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Missy & Beverly (GR) 1:00 Word Search w/Joan (GR) 2:00 Visiting Artist (CR) 4:00 Happy Hour (GR) 6:30 Bingo w/Sabrina (GR) Chinese New Year
26 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR & CRA) 2:00 Sunday Social Music by David Thron & Ice-Cream Served (CR) 6:30 LCR w/Charlotte 3rd (CK) 6:30 Movie & Popcorn (CR)	**27** 9:30 Sit & Be Fit (CR) 10:30 Trip to Sunapee Library 1:00 Scrabble (GR & CRA) 2:00 Bingo (CR) 3:30 Visit w/SMHS Students CR) 7:00 Movie & Popcorn (CR) Australia Day (observed)	**28** 9:30 Sit & Be Fit (CR) 11:00 Chat w/Tony (GR) 12:30 Dog Visit w/Atticus & Susie (GR) 2:00 Visiting Artist (CR) 3:30 Champagne Night (GR) 6:30 Game Night (GR)	**29** Happy Birthday to Bert Hastings! ☺ Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:30 Dog Visit w/Jack, Finn & Robin (GR) 1:00 Scrabble (GR & CRA) 2:00 Bingo (CR) 3:30 Indoor Sports (GR) 6:30 Game Night (GR)	**30** 9:30 Sit & Be Fit (CR) 9:45 Dog Visit w/Willie & Marilyn (GR) 10:00 Trip to Post Office, Hannaford's & Bank 12:00 Birthday Cake (DR) 2:45 Jan Rosen Music (CR) 6:30 LCR w/Charlotte 3rd (CK)	**31** Salon Open 9 to Noon 9:30 Sit & Be Fit (CR) 10:00 Poetry Sharing (CR) 10:30 Songs by Jennifer (MC) 1:00 Worship & Song w/Pastor Elisabeth (CR) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	Staff Birthdays: Vicki Hayward 1/12 Jacob Des Jardin 1/16 Diane Koller 1/23 Denise MacDonald 1/27 If you have any questions or suggestions, then please feel free to contact Peg at 763-1517. Thanks! ☺

Key Code: CR = Community Room; CRA = Community Room Alcove; CK = Country Kitchen 2nd or 3rd Floor; DR = Dining Room; GR = Great Room; MC = Memory Care. Events subject to change & posted on Daily Sheet.