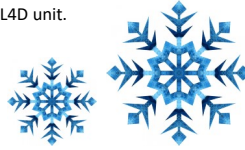




JANUARY

GDR - Gem Dining Room 2nd Floor **Courtyard**- Unit 1
REC - Recreation Room 1st Floor **Backyard**- Hallway before
IPL - Ingram Park Lounge 2nd Floor the SL4D unit.
DDR - Duchess Dining Room 1st Floor
HAL - Fairview Hall 2nd Floor
TPL - Tilliebrook Park Lounge 2nd Floor
PPL - Pleasant Park Lounge 1st Floor



Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

						<p>1</p> <p>2 Cream Puff Day</p> <p>2:30 Fresh Bread GDR</p>
<p>3</p>	<p>4 10:00 Church Service REC 1:00 Crosswords REC 2:30 Fresh Bread DDR 2:30 Bingo GDR 4:00 Broom Ball PPL 6:30 Movie Night REC</p>	<p>5 9:30 Busy Boards PPL 10:30 Sit-Er-Cise TPL 2:30 Baking Club: Brownies in a mug 4:00 Sit-Er-Cise PPL</p>	<p>6 10:00 Life Skills PPL 10:00 Chair Yoga TPL 1:00 News and Views TPL/PPL 2:00 Pampering Hands REC 2:30 Fresh Bread GDR/DDR</p>	<p>7 9:30 Pampering Hands PPL 10:30 Keep Fit TPL 1:00 Bean Bag Toss REC 2:30 Birthday Social DDR 2:30 Indoor Plant Care 4:00 Keep Fit PPL 6:30 Jeopardy</p>	<p>8 10:00 Badminton REC 1:00 Elvis Concert PPL/TPL 2:00 Movie Matinee PPL/TPL 2:30 Fresh Bread DDR</p>	<p>9</p>
<p>10</p>	<p>11 10:00 Church Service REC 1:00 Book Club TPL 2:30 Fresh Bread DDR 4:00 Life Skills PPL</p>	<p>12 9:30 Music Time PPL 10:30 Armchair Exercise TPL 2:30 Tea Time GDR 4:00 Armchair Exercise PPL</p>	<p>13 9:30 Aroma Therapy PPL 10:30 Chair Yoga 1:00 News and Views REC 2:30 Tea time DDR 4:00 News and Views PPL 6:30 Bingo GDR</p>	<p>14 9:30 Noodle Ball 10:30 Keep Fit 1:00 Indoor Plant Care 2:30 Fresh Bread GDR 4:00 Keep Fit PPL 6:30 Movie Night REC</p>	<p>15 10:00 Bowling REC 1:00 Comedy Hour 2:30 Fresh Bread DDR</p>	<p>16 10:00 Craft TPL 1:00 Craft PPL 2:30 Fresh Bread GDR</p>
<p>17</p>	<p>18 10:00 Church Service REC 1:00 Wheel of Fortune REC 2:30 Fresh Bread DDR 2:30 Crosswords REC 4:00 Broom Ball PPL 6:30 BINGO GDR</p>	<p>19 9:30 Busy Boards PPL 10:30 Sit-Er-Cise TPL 2:30- Baking Club: Cookies SGDR</p>	<p>20 10:00 Life Skills PPL 10:00 Chair Yoga TPL 1:00 News and Views TPL/PPL 2:30 Fresh Bread DDR/GDR</p>	<p>21 National Pie Day 9:30 Noodle Ball PPL 10:30 Keep Fit TPL 1:00 Indoor Plant Care 2:30 Fresh Pie DDR/GDR 4:00 Keep Fit PPL 6:30 Movie Night REC</p>	<p>22 Compliment Day 10:00 Horse Races REC 1:00 Armchair Travel: Poland REC 1:00 Bean Bag Toss PPL 2:30 Birthday Social GDR</p>	<p>23</p>
<p>24</p> <p>31</p>	<p>25 Chocolate Cake Day 10:00 Church Service REC 1:00 Book Club TPL 2:30 Fresh Bread DDR</p>	<p>26 9:30 Music Time PPL 10:30 Armchair Exercise TPL 2:30 Wheel of Fortune REC 4:00 Armchair Exercise PPL</p>	<p>27 National Puzzle Day 9:30 Aroma Therapy PPL 10:30 Chair Yoga 1:00 News and Views REC 2:30 High Tea DDR/GDR 4:00 News and Views PPL 6:30 Bingo GDR</p>	<p>28 9:30 Noodle Ball PPL 10:30 Keep Fit TPL 1:00 Indoor Plant Care 2:30 Fresh Bread GDR 2:30 Color With Me PPL 4:00 Keep Fit PPL 6:30 Movie Night REC</p>	<p>29 10:00 Bowling REC 1:00 Comedy Hour 2:30 Fresh Bread DDR</p>	