


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) New Year's Day	<div>2</div> 9:30 am Departure: Shopping (Walmart, Thomaston)* ** 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR)	<div>3</div> 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
<div>4</div>	<div>5</div> 10 am: Fitness Class (MR) 2 pm: Book Club (L) 4 pm: Bereavement Support Group (GR)	<div>6</div> 9:30 am Departure: Shopping (Camden) 10 am: Activities Committee Mtg (GR) 1 to 2 pm: Blood Pressure Clinic (HSC)	<div>7</div> 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 2 pm: Library Committee Meeting (L) 3 pm: Wii Bowling 4:30 pm: Piano by George (MR)	<div>8</div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 3 pm: Resident Council Exec. Committee Mtg (GR)	<div>9</div> 10 am: Fitness Class (MR) 10 am: Video Presentation: "Walk Through Bethlehem" (2T)* 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Birthday Social (M/LR)	<div>10</div>
<div>11</div>	<div>12</div> 10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 3 pm: Food Committee Mtg (PDR)	<div>13</div> 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 3:30 pm: Celebration of Life (M/LR)	<div>14</div> 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	<div>15</div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 1 pm: CMCA Art Studio (GDR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 3 pm: Resident Council Meeting (M/LR) 3:30 pm: Caregiver Support Group (GR)	<div>16</div> 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 1:30 pm: Flower Hour Lecture and Painting Workshop (M/LR)*	<div>17</div> 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
<div>18</div>	<div>19</div> 2 pm: Movement for the Body & Mind Guided Exercise Class (M/LR)* Martin Luther King Jr. Day	<div>20</div> 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Live Piano Music w/ Masanobu (M/LR)	<div>21</div> 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 3 pm: Wii Bowling 4:30 pm: Piano by George (MR)	<div>22</div> 9:30 am: Balance Exercise Class (FR) 10 am: Dealing with Dementia Caregiver Workshop (M/LR)* 10:30 am: Men's Group (GR) 2 pm: Seated Yoga (2T) 2:30 pm: Community Service Committee Meeting (HSC) 3 pm: Resident Council Executive Committee Mtg (GR)	<div>23</div> 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm: Preferred Therapy Solutions Learning Lab: "What Does PTS Do and How Do I Obtain a Referral?" (M/LR)* 4 to 5:15 pm: Wine & Cheese Social (M/LR)	<div>24</div>
<div>25</div> 1:30 pm: Chestnut Street Baptist Church Service (2T)	<div>26</div> 10 am: Fitness Class (MR) 3 to 4 pm: New Residents' Tea (M/LR)	<div>27</div> 9 am: QHA Board Meeting (M/LR; Microsoft Teams) 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC)	<div>28</div> 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	<div>29</div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Seated Yoga (2T)	<div>30</div> 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR)	<div>31</div> 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)