



January Carlow & Donegal



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Welcome</p> <p>2019</p>	<p>Please check Daily events board for any changes</p>	<p>1</p> <p><i>Happy New Year</i></p>	<p>2 no exercises 🎵</p> <p>10:00 Jon Whitmore</p> <p>Afternoon Taking down Christmas Decorations</p> <p>2:00 Nels Meservier</p>	<p>3 no exercises</p> <p>Taking down Christmas decoration</p>	<p>4 9:15 exercises RR</p> <p>10:00 Sharon Wright LR 🎵</p> <p>2:00 Julie Thompson LR</p>	<p>5 10:00 Bingo RR</p> <p>1:30 January Thaw Social with Hot Tod-dies</p>
<p>6</p> <p>Activity Baskets available in The Rec. room and Donegal's living room</p>	<p>7 9:15 exercises</p> <p>10:00 French Group RR</p> <p>2:00 Craft Corner RR</p>	<p>8</p> <p>9:15 exercises LR</p> <p>10:00 Bingo RR</p> <p>2:00 Communion Service LR</p>	<p>9 9:15 exercises RR 🎵</p> <p>10:00 Jon Whitmore LR</p> <p>4:00 The soup Ladle liver and onions RR</p>	<p>10 9:15 exercises LR</p> <p>10:00 Pokeno RR</p> <p>10:00 Out to Walmart and lunch</p> <p>2:00 Church of the Nazarene LR</p>	<p>11</p> <p>10:00 Zumba LR</p> <p>10:00 Art Class RR</p> <p>2:00 Louis Philippe LR 🎵</p>	<p>12</p> <p>10:00 Bingo RR</p> <p>2:00 Bible Study LR</p>
<p>13</p> <p>Activity Baskets available in The Rec. room and Donegal's living room</p>	<p>14 9:15 exercises LR</p> <p>10:00 Brain Fitness RR</p> <p>1:30 -3:00 Winter Carnival LR</p>	<p>15 9:15 exercises RR</p> <p>10:00 Volley Ball LR</p> <p>2:00 Communion Service LR</p> <p>6:00 Mary K Make over RR</p>	<p>16 9:15 exercises RR</p> <p>10:00 Jon Whitmore LR 🎵</p> <p>2:00 Ann Clark LR</p>	<p>17 Order Out K.F.C.</p> <p>2:00 Sammie Angel LR 🎵</p> <p>6:00 Movie Night</p>	<p>18 9:15 exercises LR</p> <p>10:00 French Group RR</p> <p>2:00 Barry Wood LR 🎵</p>	<p>19</p> <p>10:00 Bingo RR</p> <p>2:00 Bible Study LR</p>
<p>20</p> <p>Activity Baskets available in The Rec. room and Donegal's living room</p>	<p>21 9:15 exercises LR</p> <p>10:00 Brain Fitness RR</p> <p>2:00 Jose' LR 🎵</p>	<p>22 9:15 exercises RR</p> <p>10:00 Jerry Lachance</p> <p>1:30 Pokeno RR 🎵</p>	<p>23 9:15 exercises</p> <p>10:00 Jon Whitmore LR 🎵</p> <p>2:00 Birthday Social</p>	<p>24 9:15 exercises</p> <p>10:00 Protestant Service</p> <p>4:00 The Soup Ladle RR</p>	<p>25 9:15 exercises LR</p> <p>10:00 Zumba RR</p> <p>10:00 Art Class LR</p> <p>2:00 Barry Wood LR 🎵</p>	<p>26</p> <p>10:00 Bingo RR</p> <p>2:00 Bible Study LR</p>
<p>27</p> <p>Activity Baskets available in The Rec. room and Donegal's living room</p>	<p>28 9:15 exercises RR</p> <p>10:00 Larry Gowell LR 🎵</p> <p>2:00 Craft corner RR</p>	<p>29 9:15 Walking Group</p> <p>9:30 Out to Walmart</p> <p>Cocktails in Carlows Dining room</p>	<p>30 9:15 exercises RR</p> <p>10:00 Jon Whitmore LR 🎵</p> <p>11:30 Out to Long Horns</p> <p>2:00 Craft Corner</p>	<p>31 9:15 exercises LR</p> <p>10:00 Brain Fitness RR</p> <p>2:00 Resident Council RR</p>		