









JANUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day  Meal at 12:30	2 11:00 - Parkinson's Exercise 3:00 - Mah Jongg 8:00 - Poker Night	3 9:00 - Exercise & Weights 10:00 - Bridge 10:15 - Act. Com. Mtg. 1:30 - Stowe Errands 3:00 - Father Rick	4 Lunch Out And "Mary, Queen Of Scots" At the Roxy In Burlington Depart at 10:30 - Sign Up	5 10:00 - Bridge 
6 Meal at 12:30 3:00 - Bingo	7 9:00 - Circuit Training 2:00 - Drawing Class For Beginners	8 9:30 - Morrisville Errands 2:30 - Poetry Reading	9 11:00 - Parkinson's Exercise 1:00 - Osher 3:00 - Mah Jongg 8:00 - Poker Night	10 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands 3:00 - Meditation	11 1:30 - Food Com. Mtg.	12 10:00 - Bridge  2:00 & 7:30 Movie & Popcorn
13 Meal at 12:30 3:00 - Bingo	14 9:00 - Circuit Training 1:15 - Morrisville Errands 1:30 - Mandala Coloring	15 10:30 - Blood Pressure 11:00 - Community Mtg. 3:00 - Book Club	16 10:00 - Coffee Klatch 11:00 - Parkinson's Exercise 1:00 - Osher 3:00 - Mah Jongg 8:00 - Poker Night	17 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands 3:00 - Meditation	18 Snowshoeing at Weissner Woods And Lunch Out Depart at 10:30 - Sign Up	19 10:00 - Bridge 
20 Meal at 12:30 3:00 - Bingo	21 9:00 - Circuit Training 2:00 - Drawing Class For Beginners	22 9:30 - Morrisville Errands 2:00 - Wii Bowling	23 11:00 - Parkinson's Exercise 1:00 -Osher 3:00 - Mah Jongg 8:00 - Poker Night	24 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands 3:00 - Meditation	25 Ice Carving Tour Depart at 2:00 - Sign Up 5:15 - Wine Party 	26 10:00 - Bridge  2:00 & 7:30 Movie & Popcorn
27 Brunch - 11:30 - 12:30 3:00 - Bingo	28 9:00 - Circuit Training 1:30 - Mandala Coloring	29 8:30 - Foot Clinic 9:30 - Morrisville Errands 2:00 - Scattergories	30 11:00 - Parkinson's Exercise 1:00 -Osher 3:00 - Mah Jongg 8:00 - Poker Night	31 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands 3:00 - Meditation		