


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 Bible Study Group <b>1</b> 1:30 Crafty Knitters 2:00 Afternoon Movie: "Sophie & The Rising Sun" (2016) 3:30 Cards, Puzzles, & Games 4:00 Indoor Walking Group 6:00 Book Club  New Year's Day	10:00 Dick Van Dyke Show <b>2</b> 10:30 Seated Exercise & Stretch 10:30 AW Wellness Clinic 11:00 Current Events Discussion 1:00 January Wall Art 3:00 <b>Birds of Vermont</b> 4:15 Guided Meditation 5:00 Individual Visits 6:00 Movie: "Death on the Nile" (1978)- DVD	9:30 Yoga <b>3</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 1:00 Bingo 2:30 <b>Catholic Mass</b> 4:00 Netflix Series: "Cosmos: A Sky Full of Ghosts" 5:00 Individual Visits	9:00 Indoor Walking Group <b>4</b> 10:00 Seated Exercise & Stretch 10:00 AGEWell: Dutch Mill 10:30 HV Read to Preschoolers 12:30 AW Wellness Clinic 1:00 Scrabble 2:00 Calendar Review with Ellen, Activities Director 3:00 Men's Coffee Group 4:00 Individual Visits	9:30 AW Coffee Hour <b>5</b> 10:30 Get Fit Exercise 1:30 Cornhole: Bean Bag Toss Game 2:00 Stretch Class on Mats 2:00 Automobile Photo Quiz 3:00 Adult Coloring Group 4:00 "Kings in the Corner" 6:00 Movie: "The Big Sleep" (1946)- DVD	9:00 Cup of Conversation <b>6</b> 2:00 Bingo  Cards, Puzzles, & Games Are Available
9:30 Cup of Conversation <b>7</b> 11:00 Local Televised Mass (Channel 15)  2:00 Afternoon Movie: "The African Queen" (1951)	9:30 Yoga <b>8</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:00 <b>Walmart</b> 1:30 Crafty Knitters 2:00 Pet Therapy with "Cabot" 3:00 Guided Meditation 4:00 Brain Teasers 4:30 Individual Visits 6:15 Memoirs Group	10:00 Dick Van Dyke Show <b>9</b> 10:30 Seated Exercise & Stretch 10:30 AW Wellness Clinic 11:00 Communion & Rosary 11:00 Current Events Discussion 2:00 Art Class with Joan Dillon 3:45 <b>Musical Performance: Cooie DeFrancesco</b> 5:00 Individual Visits 6:00 Movie: "The Secret Garden" (1993)	9:30 Yoga <b>10</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 1:00 Bingo 2:00 Art Class with Joan Dillon 4:00 Netflix Series: "Cosmos: Hiding in the Light" 5:00 Individual Visits	9:00 Indoor Walking Group <b>11</b> 10:00 Seated Exercise & Stretch 10:00 AGEWell: Holiday Inn 10:30 HV Read to Preschoolers 11:00 <b>Food Meeting</b> 12:30 AW Wellness Clinic 1:00 VT Commons HS 2:00 <b>Musical Performance: Corey Gottfried</b> 3:30 Beruit: Ping Pong Toss 4:00 Individual Visits	9:30 AW Coffee Hour <b>12</b> 10:30 Get Fit Exercise 11:15 Adult Coloring Group 2:00 <b>Guest Lecturer: Dan Norris from VABVI</b> 3:30 HV Wine & Cheese Social 3:30 Chair Yoga 4:00 Individual Visits 6:00 Movie: "Turner & Hooch" (1989)	9:00 Cup of Conversation <b>13</b> 10:00 Burlington Farmers Market 2:00 Bingo 2:00 <b>Pet Therapy with "Taz"</b>  Cards, Puzzles, & Games Are Available
9:30 Cup of Conversation <b>14</b> 11:00 Local Televised Mass (Channel 15)	9:30 Yoga <b>15</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:30 Crafty Knitters 2:00 Honoring MLK 3:00 Dove Oragami: Folding Paper Craft 4:00 Guided Mediation 4:30 Individual Visits  Martin Luther King Day	10:00 Dick Van Dyke Show <b>16</b> 10:30 Seated Exercise & Stretch 10:30 AW Wellness Clinic 11:00 Communion & Rosary (in the Conference Room) 11:00 Dementia Support Group 11:00 Current Events Discussion 1:30 <b>Guest Lecturer: Jim Condos</b> 2:00 Art Class with Joan Dillon 3:30 Short Story Reading 6:00 Movie: "The Fountainhead" (1949)- DVD	9:30 Yoga <b>17</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 1:00 Bingo 2:00 Art Class with Joan Dillon 4:00 Netflix Series: "Cosmos: Deeper, Deeper Still" 5:00 Individual Visits	9:00 Indoor Walking Group <b>18</b> 10:00 Seated Exercise & Stretch 10:30 HV Read to Preschoolers 11:30 <b>Lunch Outing: Al's French Fry's</b> 12:30 AW Wellness Clinic 3:30 Women's Tea Group 4:00 Scrabble 5:00 Individual Visits	9:30 AW Coffee Hour <b>19</b> 10:30 Get Fit Exercise 11:15 Nail Painting 1:00 Name All 50 States 2:00 <b>Musical Performance: Bill &amp; Roger Duet</b> 4:00 "Kings in the Corner" 4:15 Chair Yoga 5:00 Individual Visits 6:00 Movie: "Zodiac" (2007)	9:00 Cup of Conversation <b>20</b> 2:00 Bingo  Cards, Puzzles, & Games Are Available
9:30 Cup of Conversation <b>21</b> 11:00 Local Televised Mass (Channel 15)  2:00 Afternoon Movie: "The Band Wagon" (1953)- DVD	9:30 Yoga <b>22</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:30 Crafty Knitters 2:00 Q & A with Liza 2:00 Pet Therapy with "Cabot" 3:00 Guided Meditation 4:00 Brain Teasers 4:30 Individual Visits	10:00 Dick Van Dyke Show <b>23</b> 10:30 Seated Exercise & Stretch 10:30 AW Wellness Clinic 11:00 Communion & Rosary 11:00 Current Events Discussion 2:00 Art Class with Joan Dillon 3:30 Root Beer Float Social 4:30 Individual Visits 6:00 Movie: "Iris" (2014)	9:30 Yoga <b>24</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 1:00 Bingo 2:00 Art Class with Joan Dillon 4:00 Netflix Series: "Cosmos: The Clean Room" 5:00 Individual Visits	9:00 Indoor Walking Group <b>25</b> 10:00 <b>Guest Lecturer: Warren Baker</b> 10:30 HV Read to Preschoolers 12:30 AW Wellness Clinic 1:30 Cornhole: Bean Bag Toss Game 3:30 Chair Yoga 4:15 Individual Visits	9:30 AW Coffee Hour <b>26</b> 10:30 Get Fit Exercise 12:00 <b>New Resident Lunch</b> 2:00 Stretch Class on Mats 2:00 Adult Coloring Group 3:30 What is Australia Day? 3:30 HV Wine & Cheese Social 4:00 Individual Visits 6:00 Movie: "The Dead Poets Society" (1989)  Australia Day	9:00 Cup of Conversation <b>27</b> 10:00 Burlington Farmers Market 2:00 Bingo 2:00 <b>Pet Therapy with "Taz"</b>  Cards, Puzzles, & Games Are Available
9:30 Cup of Conversation <b>28</b> 11:00 Local Televised Mass (Channel 15)	9:30 Yoga <b>29</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:00 <b>Barnes &amp; Noble</b> 1:30 Crafty Knitters 2:30 <b>January Birthdays Dinner</b> 3:30 Collage Postcards 4:30 Individual Visits	10:00 Dick Van Dyke Show <b>30</b> 10:30 Seated Exercise & Stretch 10:30 AW Wellness Clinic 11:00 Communion & Rosary 11:00 Current Events Discussion 2:00 Art Class with Joan Dillon 4:00 Poetry Reading & Analysis 5:00 Individual Visits 6:00 Movie: "Michael Clayton" (2007)	9:30 Yoga <b>31</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 1:00 Bingo 2:00 Art Class with Joan Dillon 4:00 Netflix Series: "Cosmos: Sisters of the Sun" 5:00 Individual Visits  Tu B'Shevat	 <h1>January 2018</h1> <h2>Allenwood &amp; Harborview Activity Calendar</h2>		