

J  
A  
N  
U  
A  
R  
Y  
2  
0  
1  
8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"To read a poem in January is as lovely as to go for a walk in June." ~ Jean-Paul Sartre</p>		<p><b>2 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk &amp; Roll 3:00 Readings 4:00 Mental Aerobics</p>	<p><b>3</b> 9:30 Mental Aerobics 1:30 Sandbag Toss <b>All Day: Take Down Christmas Decorations</b> 7:00 Bingo</p>	<p><b>4</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi</p>	<p><b>5</b> 10:00 Mental Aerobics 1:30 Noodle Hcky 2:30 Happy Hours</p>	<p><b>6</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo</p>
<p><b>7</b> 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church</p>	<p><b>8</b> 10:15 Bowling at Scottsdale Lanes 2:30 Video Memories 3:45 Left Right Center</p>	<p><b>9 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk &amp; Roll 3:00 Readings 4:00 Mental Aerobics</p>	<p><b>10 9:30 Painting All Day</b> 4:00 Relax Colouring 7:00 Bingo</p>	<p><b>11</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi</p>	<p><b>12</b> 10:15 Mental Aerobics 10:30 Communion <b>11:30 Lunch at the Espresso Cafe</b> 2:30 Happy Hours</p>	<p><b>13</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo</p>
<p><b>14</b> 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church</p>	<p><b>15</b> 11:00 Lunch at Boundary Bay Airport 2:30 Video Memories 3:45 Left Right Center 3:30 Resonate with Joy</p>	<p><b>16 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk &amp; Roll 3:00 Readings 4:00 Mental Aerobics</p>	<p><b>17 9:00 Absolute Hearing</b> <b>10:00 Health Corner with Brigita</b> <b>2:30 Birthday Party with Barry Powel</b> 7:00 Bingo</p>	<p><b>18</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi</p>	<p><b>19</b> 9:30 Mental Aerobics <b>10:30 BCID Trip &amp; Lunch in Cloverdale</b> 1:30 Noodle Hcky 2:30 Happy Hours</p>	<p><b>20</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo</p>
<p><b>21</b> 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church</p>	<p><b>22</b> 11:00 Lunch at the Roadhouse 2:00 Video Memories 3:30 Left Right Center</p>	<p><b>23 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk &amp; Roll 3:00 Readings 4:00 Mental Aerobics</p>	<p><b>24</b> 10:00 Sandbag Toss <b>1-3:30 Debra Lynn Footwear - Orthotics</b> <b>2:45 Coffee Klatch</b> 3:45 Relax Colouring 7:00 Bingo</p>	<p><b>25</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi</p>	<p><b>26</b> 10:15 Mental Aerobics <b>11:00 Lunch at Country Meadows</b> 1:30 Noodle Hcky <b>2:30 Happy Hour with Carl</b></p>	<p><b>27</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo</p>
<p><b>28</b> 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church</p>	<p><b>29</b> 10:00 Shopping at Willowbrook Mall 2:00 Video Memories 3:30 Left Right Center 3:30 Resonate with Joy</p>	<p><b>30 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk &amp; Roll 3:00 Readings 4:00 Mental Aerobics</p>	<p><b>31`</b> 10:00 Sandbag Toss <b>11:15 C-Lovers</b> 1:30 Sandbag Toss 2:45 Relaxation Colouring 7:00 Bingo</p>	<div data-bbox="1192 1349 1404 1560" style="border: 1px solid black; padding: 5px;"> <p>I never run with scissors. Those last two words were unnecessary.</p> </div>	<p>Dear New Year's Resolution, Well, it was fun while it lasted. Sincerely, January 2nd</p>	<p><b>Slow as molasses in January...</b> ☺</p>