

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Seated Dance Party with Paul 10:00 Daily Chronicle Extra 10:30 Coffee and Conversation > Monthly Gazette > January Newsletter 11:30 Which Decade Is It? 1:00 Table Talk Tidbit and January IQ 2:00 Cheers to New Beginnings Social 3:00 Remembering Etta James 6:00 Movie Time New Year's Day	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Is It Groovy in the 1960's 11:30 The Swinging 60's Word Puzzles 1:00 60's Greatest Hits Sing-along 3:00 Groovy 60's Bingo 4:00 One-to-One Room Visits 6:00 Movie Time Reminiscence Day	9:00 Fitness Friday Exercises 10:00 Daily Chronicle Extra 10:30 Pondering Prompts 11:00 Piano with Anne 11:30 Cooking- Chocolate Covered Cherry Mice 1:00 Baking - Chocolate Covered Cherry Bars 2:00 Chocolate Cherry Social 3:00 Bingo 6:00 Movie Time Chocolate Covered Cherry Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Idiom in Disguise Game 11:30 Who, What, Where? 1:00 Modern Jeopardy Trivia 3:00 Remember These Vintage Objects? 6:00 Movie Time Trivia Day
9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 Worship Service- Love 11:30 Pinecone Birdfeeders 1:00 Birds of the Northeast Quiz 3:00 Craft- Snowbirds Art 6:00 Movie Time All Day Live Bird Cams Around the World National Bird Day	9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Category Wheel of Fortune 11:30 Picture it in Words 1:00 Woodland Walkers 3:00 Movie & Popcorn > Driving Miss Daisy 6:00 Movie Time Wheel of Fortune Day	9:00 Bat the Balloon 10:00 Daily Chronicle Extra 10:30 Alice Bingo 11:30 Down the Rabbit Hole 1:00 Sensory Group > Cup of Tea Lacing Cards 3:00 Movie and Cocoa > Alice's Adventures in Wonderland 6:00 Movie Time Wonderful Wonderful Day	9:00 Elvis Fitness Trivia Brain and Body Workout 10:00 Daily Chronicle Extra 10:30 Music with Terry 11:30 Woodland Walkers 11:30 Rock Around the Clock Detective 1:00 Elvis' Blue Shoes Game 3:00 Elvis Bingo 6:00 Movie Time Find Elvis in the building! Elvis Lives Day	9:00 Seated Cardio Jam 10:00 Daily Chronicle Extra 10:30 Baking-Apricot Mud Hen Cake Bars 11:30 Fruit Trivia 1:00 Goodie Bingo 3:00 Reminiscing with the Senses 6:00 Movie Time National Apricot Day	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Baking-S'more Cookies 11:30 A Steady Diet of Chocolate 1:00 Bridgton Library 3:00 Movie and Cocoa > Willy Wonka and the Chocolate Factory 6:00 Movie Time Bittersweet Chocolate Day	9:00 Fun Senior Gold Chair Dance Fitness 10:00 Daily Chronicle Extra 10:30 Craft- Q-tip Snowflake 11:30 Snow Time Crossword 1:00 Tabletop Snowman Bowling 3:00 Movie and Popcorn > Snow Day 6:00 Movie Time Let it Snow Day
9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Worship Service- Blessing 11:30 Tea Party Detective 1:00 Cooking- Spiced Milk Tea 2:00 Tea Party 3:00 Movie and Popcorn > The Importance of Being Ernest 6:00 Movie Time National Hot Tea Day	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Craft- Howling Wolf Art 11:30 Animals A-Z 1:00 TV Travel- A Wolf's Journey 3:00 Forest Roll and Cover 6:00 Movie Time Wolf Moon	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Memory Lane Show 11:30 Winter Collage Detective 1:00 Reminiscing with the Senses > Flexible Flyer Sled 3:00 Save the Snowperson 6:00 Movie Time Wintertime Memories	9:00 Memory Support Noodle Exercises 10:00 Daily Chronicle Extra 10:30 Craft- Tissue Paper Mitten Art Collage 11:30 Winter Weather Trivia 1:00 100 Years of Fashion Trends 3:00 Movie and Cocoa > The Journey Home 6:00 Movie Time Wacky Winter Wardrobe Wednesday	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Coffee and Conversation > Do You Know Your Neighbor? 11:30 Remember When? 1:00 Bingo and Beverages 3:00 Guess the 60's Show Theme Songs 6:00 Movie Time Get to Know your Customer Day	9:00 Full Chair Workout for Seniors 10:00 Daily Chronicle Extra 10:30 "S'no" Jokin' 11:00 Piano with Anne 1:00 Craft- Coffee Filter Snowflakes 3:00 Pair Up Game 4:00 One to One Visits 6:00 Movie Time Snowflake Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Coffee and Conversation > Gourmet Coffee 11:30 BREWS Categories 1:00 Craft- Coffee Art 3:00 Noodle Ball 6:00 Movie Time Gourmet Coffee Day
9:00 Morning Stretch and Kickball 10:00 Daily Chronicle Extra 10:30 Worship Service- Community 11:30 Antarctica Quiz 1:00 No Bake- Snack Cake Penguins 3:00 Movie and Cocoa > Eight Below 6:00 Movie Time Welcome Antarctica!	9:00 Healthy Life Chair Exercises 10:00 Daily Chronicle Extra 10:30 Coffee and Conversation > Martin Luther King Jeopardy Trivia > Martin Luther King Memorial 11:30 What Am I? 1:00 Peace Doves Watercolor Art 3:00 MLK Roll and Cover Game 6:00 Movie Time Martin Luther King Day!	9:00 Bat the Balloon 10:00 Daily Chronicle Extra 10:30 Craft- Squirrely Ledge Decor 11:30 Squirrel Fun Facts 1:00 Funny Squirrel Clips 2:00 Music with Dan 3:00 Woodland Walkers 3:00 One to One Room Visits 6:00 Movie Time Squirrel Appreciation Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Baking- Blondies 11:30 Finish the Line 1:00 Bingo 3:00 Game Day 6:00 Movie Time Blonde Brownie Day	9:00 Full Body Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Bocce Ball 11:30 Table Talk Tidbits 1:00 Modern Marvels > How Wine is Made 2:00 Wine and Cheese Party 3:00 Funniest Lucy Moments 6:00 Movie Time A Day to "Wine" About	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Baking- Classic Peanut Butter Cafeteria Bars 11:30 Belly Laughs 1:00 Bridgton Library 3:00 Remote Control Car Races 6:00 Movie Time Hooray! It's Peanut Butter Day	9:00 Low Impact Cardio Workout 10:00 Daily Chronicle Extra 10:30 Paper Plate Dalmatians Dog Craft 11:30 Dog Trivia 1:00 Funniest Pets 3:00 Movie and Popcorn > 101 Dalmatians 6:00 Movie Time 101 Dalmatians Day
9:00 Full Brain and Body Workout 10:00 Daily Chronicle Extra 10:30 Worship Service- The Golden Rule 11:30 Australia Trivia 1:00 Craft- Toilet Paper Roll Kangaroo 3:00 TV travel- Sydney Opera House 6:00 Movie Time Australia Day	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Craft- No Sew Sock Bunny 11:30 Animals A-Z 1:00 Funny Socks Bingo 3:00 Magazine Scavenger Hunt 6:00 Movie Time Strange Socks Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Music with Mary 11:30 Matching trivia 1:00 Craft- 3-D Teacups 2:00 Tasteful Tea Tasting Social 3:00 Tea for Two Sing-alongs 6:00 Movie Time Tea and Trivia Tuesday	9:00 Senior Workout 10:00 Daily Chronicle Extra 10:30 Peanut Butter and Corn Chip No Bake Cookies 11:30 EZ Trivia 1:00 Cornhole 3:00 Short Stories by the Fireplace 6:00 Movie Time Corn Chip Day	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Craft- Make Your Own Sports Pennant 11:30 Game Time Sports Trivia 1:00 Tabletop Bowling 3:00 Movie and Popcorn > Caddyshack 6:00 Movie Time Favorite Sports Team Day	9:00 Seated Workout for Health 10:00 Daily Chronicle Extra 10:30 Hot Chocolate Mug Craft 11:30 Woodland Walkers 1:00 How It's Made > Chocolate 2:00 Hot Chocolate Bar 3:00 Remember When 6:00 Movie Time Hot Chocolate Day	

