


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p>  <p>New Year's Day</p>	<p>2</p> <p>9:30 Morning Group 11:00 Keeping Fit 1:30 Foot Spa 3:00 Café A La Carte</p>	<p>3</p> <p>11:00 Mid-week Stretch 1:30 Cooking Tapioca 3:00 Coffee Time</p>	<p>4</p> <p>9:30 Morning Group 11:00 Fitness Club 1:30 Nat. Bird Day Wreaths 2:00 St. Mary's Mass</p>	<p>5</p> <p>9:30 Morning Group 11:00 Physical Friday 1:30 Bingo 3:00 Movie Matinee</p>	<p>6</p> <p>11:00 Morning Group 1:30 Resident Recreation 3:00 Coffee Talk</p>
<p>7</p>	<p>8</p> <p>11:00 Monday Morning Exercise 1:30 Bingo 3:00 Afternoon Social</p>	<p>9</p> <p>9:30 Morning Group 11:00 Keeping Fit 1:30 Ritchie Bern 3:00 Elvis' B-day Cafe</p>	<p>10</p> <p>11:00 Mid-week Stretch 1:30 Apricot Day 3:00 Coffee, tea, and treats!</p>	<p>11</p> <p>9:30 Morning Group 11:00 Fitness Club 1:30 Flower Baskets 2:00 Communion 3:00 Coffee Hour</p>	<p>12</p> <p>9:30 Morning Group 11:00 Physical Friday 1:30 Bingo 3:00 Movie Matinee</p>	<p>13</p> <p>11:00 Morning Group 1:30 Weekend Warriors 3:00 Coffee Talk</p>
<p>14</p>	<p>15</p> <p>11:00 Monday Morning Exercise 2:00 Memory Lane Singers 3:00 Afternoon Social</p> <p>Martin Luther King Jr. Day</p>	<p>16</p> <p>9:30 Morning Group 11:00 Keeping Fit 1:30 Celestial Mobiles 3:00 Milky Way Cafe</p>	<p>17</p> <p>11:00 Mid-week Stretch 1:30 Resident Birthday Party w Bill Burke 3:00 Cake & Icecream</p>	<p>18</p> <p>9:30 Morning Group 11:00 Fitness Club 1:30 Snowflake Day 2:00 Communion 3:00 Coffee Hour</p>	<p>19</p> <p>9:30 Morning Group 11:00 Physical Friday 1:30 Bingo 3:00 Movie Matinee</p>	<p>20</p> <p>11:00 Morning Group 1:30 Resident Recreation 3:00 Coffee Talk</p>
<p>21</p> <p>Activity Professionals Week</p>	<p>22</p> <p>11:00 Monday Morning Exercise 1:30 Bingo 3:00 Afternoon Social</p>	<p>23</p> <p>9:30 Morning Group 11:00 Keeping Fit 1:30 Rock Day 3:00 On the Rocks</p>	<p>24</p> <p>11:00 Mid-week Stretch 1:30 Baking Tres Lechas for Tu B' Shevat 3:00 Coffee, tea, and treats!</p> <p>Tu B'Shevat Begins</p>	<p>25</p> <p>9:30 Morning Group 11:00 Fitness Club 12:00 Pajama Pizza Party 2:00 Communion 3:00 Coffee Hour</p>	<p>26</p> <p>9:30 Morning Group 11:00 Physical Friday 1:30 Bingo 3:00 Movie Matinee</p> <p>Australia Day (Observed)</p>	<p>27</p> <p>11:00 Morning Group 1:30 Weekend Warriors 3:00 Coffee Talk</p>
<p>28</p>	<p>29</p> <p>11:00 Monday Morning Exercise 1:30 Resident Council 3:00 Afternoon Social</p>	<p>30</p> <p>9:30 Morning Group 11:00 Keeping Fit 1:30 Bottle Painting 3:00 Refreshments</p>	<p>31</p> <p>11:00 Mid-week Stretch 1:30 Matt Browne 3:00 Coffee Time</p>	<h1>January 2024</h1> <h2>Cardigan Nursing & Rehabilitation Center</h2>		