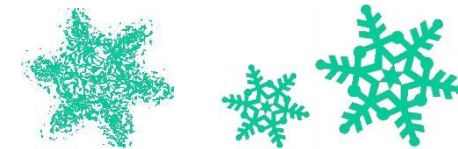







January 2019 - Carmel Terrace - Social Opportunities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AAACCCHHOOOOO!! As we are in the midst of cold and flu season, we offer a reminder about frequent handwashing-- soap and warm water for 20 seconds. Remember to sneeze into the crook of your arm, not into your hands! Together we can help to ensure your health and wellness. Reminder: For safety, replace your worn cane or walker tips and make sure to wear shoes with non-skid soles if venturing outside!</p>	<p><u>Religious Services in our Chapel</u> Daily 9:30 AM Daily Mass; Rosary PM</p> <p><u>Citizens Bank on Campus</u> MONDAY 10:00 AM - 12:00 PM THURSDAY 2:00 PM - 4:00 PM</p> <p><u>Hair/Barber Salon</u> WEDNESDAY & THURSDAY</p> <p><u>Manicures</u> WEDNESDAY & THURSDAY</p> <p>Please check the daily sheets at the Communications Table near your mailboxes, for the most up to date offerings, times and locations.</p>	<p>1 NEW YEAR'S DAY No Exercise Today <u>NO Medical Transportation</u> 9:30 Daily Mass; Rosary 1:45 Afternoon Movie 2:00 Bingo – please note time today! 3:45 Social Hour with Jan Peters and Tom LaMark</p>	<p>2 Hair Salon Open Today 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:15 Angels Among Us Stories 1:45 Trip to CVS* 2:00 Old Time Movie in Arts and Crafts Room 3:45 Social Hour with HONKY TONK PIANO PLAYER GARY LANDGREN! 6:00 Evening Bingo with Cindy</p>	<p>3 Hair Salon Open Today BANKING 2 pm – 4 pm Medical Transportation 9:30 Daily Mass; Rosary 10:45 Tai Chi 11:30 Jog Your Noggin' Trivia 1:00 Book Club 1:45 Bingo 3:00 No Bake Peanut Butter Pie with Melissa* 4:00 Social Hour</p>	<p>4 Rite of Exposition 1st Fri 10:00 am – 1:30 pm Dietitian Is Here By Appointment Today (Snow date is 1/11) 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Sunday Readings with Sr. Jane 2:00 Ceramics with Diane 3:15 News Currents 4:00 Social Hour</p>	<p>5 9:30 Daily Mass; Rosary 1:45 Afternoon Movie 2:00 Bingo 3:00 What's In a Word? 4:00 Social Hour 6:15 TV in the Club Room</p>
<p>6 9:30 Daily Mass; Rosary 1:30 Sacraments Talk in the Chapel with Fr. Brown</p>	<p>7 Banking Today 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:15 Exercise Class Begins 1:30-4:00 Knitting Group 2:00 Afternoon Movie 4:00 Social Hour</p>	<p>8 Medical Transportation 9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Elvis Presley's Birthday Today- come sing some Elvis songs with us! 1:45 Bingo 3:00 Resident Meeting: All residents encouraged to attend 4:00 Social Hour</p>	<p>9 Hair Salon Open Today 9:30 Daily Mass; Rosary 10:30 Exercise Class Begins with Derry 11:30 DEPART FOR LUNCH OUTING Lotus Blossom, Sudbury* 3:00 MEN'S GROUP 4:00 Social Hour 6:00 Evening Bingo with Cindy</p>	<p>10 Hair Salon Open Today BANKING 2 pm – 4 pm Medical Transportation 9:30 Daily Mass; Rosary 10:45 Tai Chi 11:30 Finish the Line/Lyric 1:00 Book Club 1:45 Bingo 3:00 FOOD FORUM MEETING-ALL RESIDENTS ARE ENCOURAGED TO ATTEND 3:45 Social Hour Entertainment with Dan Hart</p>	<p>11 (Dietitian Snow Date) 9:30 Daily Mass; Rosary 10:30 Exercise Class Begins with Derry 11:30 Sunday Readings with Sr. Jane 2:00 News Currents in Arts and Crafts Room 3:00 Michael Goodwin's Music Theater 4:00 Social Hour 6:15 Cards in the Club Room</p>	<p>12 9:30 Daily Mass; Rosary 10:15 SAIL (Staying Active and Independent for Life) Fall Prevention Exercise Class 1:45 Afternoon Movie 2:00 Bingo 3:00 What's In a Word? 3:45 Children's Piano Recital with Judy Hsu 3rd-11th grade Social Hour 6:15 TV in the Club Room</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>9:30 Daily Mass; Rosary</p> <p>2:00 Afternoon Movie</p>	<p>14 Banking 10 am- 12 pm</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Ecumenical Service 1:30-4:00 Knitting Group 1:45 Afternoon Movie 2:00 Pine Cone Bird Feeders 3:45 Social Hour with Entertainer Tom Madden</p>	<p>15 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:00 Donut Time* 10:45 Tai Chi Exercise 11:30 Jog Your Noggin' Trivia 1:45 Bingo 3:00 "Aging and the Five Senses" – Fr. Siberski; M.D. S. J. 4:00 Social Hour</p>	<p>16 Hair Salon Open Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Open 10:30 Exercise Class Begins 10:30 Trip to Stop and Shop* 12:00  JANUARY BIRTHDAY LUNCHEON 2:00 Fully Clothed Massage* 3:00 Trip to Target* 3:00 Pokeno Game 4:00 Social Hour 6:00 Evening Bingo With Cindy</p>	<p>17 Hair Salon Open Today BANKING 2 pm- 4 pm Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:30 VETERAN'S Coffee Social 10:45 Tai Chi Exercise 11:30 Think Fast 1:00 Book Club 1:45 Bingo 3:00 Magdalana Siegel, Therapist Presents on "By My Own Design" - celebrating your life for posterity 4:00 Social Hour</p>	<p>18</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Sunday Readings with Sr. Jane 2:15 News Currents 4:00 Social Hour 6:15 Cards in the Club Room</p>	<p>19</p> <p>9:30 Daily Mass; Rosary 1:45 Afternoon Movie 2:00 Bingo 3:00 What's In a Word? 4:00 Social Hour 6:15 TV in the Club Room</p>
<p>20</p> <p>9:30 Daily Mass; Rosary</p> <p>2:00 Afternoon Movie</p>	<p>21 Venerable Mary Angeline Teresa McCrory, O.Carm  Date of Birth and Death Foundress, Carmelite Sisters 1893-1984 Enjoy Our Hospitality Table In the Lobby Today in Her Memory Martin Luther King, Jr. Day – No Banking</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 1:30-4:00 Knitting Group 1:45 Afternoon Movie 3:45 Social Hour with Very Special Entertainment: The Winiker Bros. Quartet</p>	<p>22 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Brain Games with Melissa 1:45 Bingo 3:00 Post Office Depression Art with Professor Jon Huibregtse 4:00 Social Hour</p>	<p>23 Hair Salon Open Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 12:00 ROMEO MEN'S LUNCHEON 2:00 Tech Questions Answered 3:00 Bracelets with Roberta* 4:00 Social Hour 6:00 Evening Bingo with Cindy</p>	<p>24 Hair Salon Open Today Banking 2 pm- 4 pm Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Stories of Hope and Miracles 1:00 Book Club 1:45 Bingo 3:00 Big Band/Swing Era Music Presentation with John Clark – in Cinema 4:00 Social Hour</p>	<p>25</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Sunday Readings with Sr. Jane 2:00 Michael Winward Dances with Residents 3:15 News Currents 4:00 Social Hour 6:15 Cards in the Club Room</p>	<p>26</p> <p>9:30 Daily Mass; Rosary 10:15 SAIL (Staying Active and Independent for Life) Fall Prevention Exercise Class 1:45 Afternoon Movie 2:00 Bingo 3:00 What's In a Word? 4:00 Social Hour 6:15 TV in the Club Room</p>
<p>27</p> <p>9:30 Daily Mass; Rosary</p> <p>2:00 Afternoon Movie</p>	<p>28 No Ecumenical Service Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Sign Ups for Next Month's Events for Those with Sight Impairment or Memory Care 1:30-4:00 Knitting Group 2:00 Afternoon Movie 4:00 Social Hour</p>	<p>29</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 2:00 Art with Linda 3:00 Trip to Walgreens* 3:45 Social Hour with Kalifornia Karl!</p>	<p>30 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 The Great Fruitcake Toss 2:00 Bingo 3:00 Blood Pressure Clinic * 4:00 Social Hour 6:00 Evening Bingo with Cindy</p>	<p>31 Hair Salon Open Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Jog Your Noggin' Trivia 1:45 Afternoon Movie 2:00 Afternoon Stroll 3:45 Social Hour Sing A Long with Mel Stiller!</p>		<p>REMINDER: PLEASE SIGN UP IN ADVANCE AT COMMUNICATIONS TABLE NEAR YOUR MAILBOXES FOR ALL ACTIVITIES WITH AN *. Thank you!</p> <p>All trips are weather permitting—January in New England!</p>