




Inn & Cottages Activities Calendar January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions? Comments? Contact Julia, Activities Director x 1304</p>		<p>1 <i>New Years Day</i> 9a Coffee & Chat, LB 10:30am Sit & Fit, T 11:30a Walk & Talk, Lob</p> 	<p>2 9:30am Catholic Communion, TG 10:30am Sit & Fit, T 11am BP Clinic, LB 4pm Social Hour w Trivia, GLR</p>	<p>3 9a Coffee & Chat, LB 10:30am Sit & Fit, T 11:30a Walk & Talk, Lob 1pm Hannaford, D 2:30pm Music with Gary Scedzenski, D</p>	<p>4 10:30am Sit & Fit, T 1:30p Bible Study, LB 4pm Social Hour w. Dave Stone, GLR</p>	<p>5 9a Coffee & Chat, LB 10:30am Sit & Fit, T</p>
<p>6 9:30am St. Georges Episcopal Service, TG 10:30am Sit & Fit, T</p>	<p>7 10am Walmart, D 10:30am Sit & Fit, T 2:30p Podcast & Discussion w Nick, L 4pm Social Hour w, Trivia, GLR</p>	<p>8 9a Coffee & Chat, LB 10a Shop @ Goodwill, D 10:30 Hearing Aid Clinic, 11:30a Walk & Talk, Lob 2p News & Views, GLR 3:15p Grand friends, TG</p>	<p>9 9:30am Catholic Communion, TG 10:30am Sit & Fit, T 11a York St. Baptist, TG 11am BP Clinic, LB 4pm Social Hour w Trivia, GLR</p>	<p>10 9a Coffee & Chat, LB 10:30am Sit & Fit, T 11a Tech Advice - Appt. Only 11:30a Walk & Talk, Lob 1p Market Basket, D</p>	<p>11 9am Footcare w. Lorraine - Appt. Only 10:30am Sit & Fit, T 3:30p Music by Julie Anne Thompson, D 4pm Social Hour w. Peter Mezoian, GLR</p>	<p>12 9a Coffee & Chat, LB 10:30am Sit & Fit, T</p>
<p>13 10:30am Sit & Fit, T 2pm Bingo, PDR</p>	<p>14 10:30am Sit & Fit, T 2:30p Podcast & Discussion w Nick, L 3:15pm Music by Chris Heard, D 4pm Social Hour w, Trivia, GLR</p>	<p>15 9a Coffee & Chat, LB 11:30a Inn Town Council, GLR 2p News & Views, GLR 3:15p Grand friends, TG 3:30pm ALZ Support Group, GLR</p>	<p>16 9:30am Catholic Communion, TG 10:30am Sit & Fit, T 11am BP Clinic, LB 4pm Social Hour w Trivia, GLR</p>	<p>17 9 Coffee & Chat, LB 10am Strength & Balance, G 1pm Hannaford, D 2:30pm Music with Billy Jo Lake, D</p>	<p>18 10:30am Sit & Fit, T 1:30p Bible Study, LB 4pm Social Hour w. Gary S. GLR</p>	<p>19 9a Coffee & Chat, LB 10:30am Sit & Fit, T 12:15pm The King & I @ Portsmouth Music Hall, Lob</p>
<p>20 9:30am St. Georges Episcopal Service, TG 10:30am Sit & Fit, T</p>	<p>21 <i>MLK Jr. Day</i> 10:30am Sit & Fit, T 2:30pm Podcast & Discussion w Nick, L 4pm Social Hour w, Trivia, GLR</p>	<p>22 9a Coffee & Chat, LB 10:30am Sit & Fit, T 11am Inn Lunch Out 2p News & Views, GLR</p>	<p>23 9:30am Catholic Communion, TG 10:30am Sit & Fit, T 11am BP Clinic, LB 4pm Social Hour w Trivia, GLR</p> 	<p>24 9a Coffee & Chat, LB 10am Strength & Balance, G 11:30a Walk & Talk, Lob 1p Market Basket, D 2:30pm Music with Jose Duddy, D</p>	<p>25 10:30am Sit & Fit, T 3:15pm The Hawk & The Dove: Book Talk w. Roland Glenn, T 4pm Social Hour w. Richard Kruppa, GLR</p> 	<p>26 9a Coffee & Chat, LB 10:30am Sit & Fit, T</p>
<p>27 10:30am Sit & Fit, T 2pm Bingo, PDR</p>	<p>28 10:30am Sit & Fit, T 11a Tech Advice - Appt. Only 2:30pm Podcast & Discussion w Nick, L 4pm Social Hour w, Trivia, GLR</p>	<p>29 9a Coffee & Chat, LB 11:30a Walk & Talk, Lob 2p News & Views, GLR 3pm Guest Speaker Mike Perry: Finland & Oslo, T</p>	<p>30 9:30am Catholic Communion, TG 10:30am Sit & Fit, T 11am BP Clinic, LB 4pm Social Hour w Trivia, GLR</p>	<p>31 9a Coffee & Chat, LB 10am Strength & Balance, G 11:30a Walk & Talk, Lob 1pm Hannaford, D 2:30pm Music by Rob Duquette D</p>	<p><u>Location Key</u> TG — The Garden/Browning D - Dickens PDR - Primrose Dining Room T - Tennyson WR - Waterford Dining Room LB - Inn Library GLR - Grand Living Room G - Gym AR - Arbor Room Lob — Lobby, Inn</p>	