




January 2023 Inn & Cottages



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1</i></p>  <p>2:00 Bridge - GR</p>	<p><i>2</i> 10:30 Shop at WalMart 11:15 Balance Focused Exercise with Terri - G 2:00 Introduction to Podcasts - L</p>	<p><i>3</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR</p>	<p><i>4</i> 11:15 Weights & Bands - G 1:30 Movie: <i>A Beautiful Day in the Neighborhood</i> - GLR 2:30 Irish Music with Kevin Farley - D</p>	<p><i>5</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 1:30 Shop at Market Basket</p>	<p><i>6</i> 9:45 Communion - GS 11:15 Seated Pilates - G 1:30 Dominoes - GR 1:30 Bible Study - L 4:00 Social Hour - GLR</p>	<p><i>7</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>8</i> 1:00 The MET On Demand: Hamlet - GLR 2:00 Bridge - GR</p>	<p><i>9</i> 10:30 Shop at Trader Joe's, Kohl's 11:15 Balance Focused Exercise with Terri - G 2:00 Nancy Davison Print-making Demonstration-PR</p>	<p><i>10</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR</p>	<p><i>11</i> 11:15 Weights & Bands - G 1:30 Movie: <i>Argo</i>-GLR 2:30 Accordion Music with Gary - D</p>	<p><i>12</i> 9:30 Coffee & Chat - L 11:15 Exercise with Mark - G 1:30 Shop at Hannaford</p>	<p><i>13</i> 9:45 Communion - GS 11:15 Exercise with Melissa - G 1:30 Dominoes - GR 3:00 Big Ideas: Ethics vs Morality with Mark-GLR</p>	<p><i>14</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>15</i> 2:00 Bridge - GR</p>	<p><i>16</i> 10:30 Shop at TJ Maxx, HomeGoods, Whole Foods, Marshall's 11:15 Balance Focused Exercise with Terri - G 2:00 Piano Music with Sara - GLR</p>	<p><i>17</i> 9:30 Coffee & Chat - L 11:15 Exercise with Mark - G 2:00 News & Views - GLR</p>	<p><i>18</i> 11:15 Weights & Bands - G 1:00 Resident Council 1:30 Movie: <i>Hidden Figures</i> - GLR 2:30 Saxophone Music with Brian Kane-D</p>	<p><i>19</i> 9:30 Coffee & Chat - L 11:15 Exercise with Mark - G 1:30 Shop at Market Basket</p>	<p><i>20</i> 9:45 Communion - GS 11:15 Seated Pilates - G 1:30 Dominoes - GR 1:30 Bible Study - L 3:00 Great Philosophers: Mary Wollstonecraft with Mark - GLR</p>	<p><i>21</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>22</i> 2:00 Bridge - GR 2:30 Bus leaves for Seacoast Community Chorus Concert in York</p>	<p><i>23</i> 11:15 Balance Focused Exercise with Terri - G 2:00 Safety at Home with PT Rachael Percocco - GLR</p>	<p><i>24</i> 9:30 Coffee & Chat - L 10:30 Shop at Reny's 11:15 Exercise with Mark - G 2:00 News & Views - GLR</p>	<p><i>25</i> 11:15 Weights & Bands - G 1:30 Movie: <i>Dunkirk</i> - GLR 2:30 Piano Music with Dave Stone - D</p>	<p><i>26</i> 9:30 Coffee & Chat - L 11:15 Exercise with Mark - G 1:30 Shop at Hannaford</p>	<p><i>27</i> 9:45 Communion - GS 11:15 Seated Pilates - G 1:30 Dominoes - GR 4:00 Social Hour - GLR</p>	<p><i>28</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>29</i> 2:00 Bridge - GR</p>	<p><i>30</i> 10:30 Shop at Target 11:15 Balance Focused Exercise with Terri - G 2:00 Tea & Textiles - Inn Lobby</p>	<p><i>31</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR</p>		<p>Happy Birthday! Vance M - 1/1 Diane R - 1/4 Phyllis H. - 1/21</p> 		<p>D - Dickens Dining Room G - Gym GLR - Grand Living Room GS - Garden Sunroom L - Library PR - Primrose Dining Room</p>