






JANUARY CALENDAR 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy New Year</p> <p>Blue Neighborhood Leads</p>		<p>1 NEW YEARS DAY 10:30 EXERCISE / Get To Know Me 2:00 Sing Along / Get To Know Me 3:00 COFFEE & VISITS 6:30 BINGO</p>	<p>2 Neighborhood Gathering 10:30 EXERCISE / WALKING PRGM 2:00 DANCE "Joe The Singing KJ" 3:00 COFFEE & VISITS 6:30 KARAOKE / Get To Know Me</p>	<p>3 9:00 BUS OUT TRIP 10:30 EXERCISE / Get To Know Me 2:00 BINGO / Get To Know Me 3:00 COFFEE & VISITS 6:30 Ukulele Sing Along /Janet</p>	<p>4 HAIRDRESSER IN TODAY 10:30 BOWLING 2:00 MANICURES 3:00 COFFEE & VISITS 7:00 PUB AT LYNNWOOD</p>	<p>5 10:00 BIRD CAGE CARE 10:30 EXERCISE/ WALKING PRGM 2:00 GREAT ROOM ACTIVITY 3:00 COFFEE & VISITS 7:00 LAWRENCE WELK</p>
<p>6 10:30 Hymn Sing / Bird Care 2:00 IN HOUSE CHRISTMAS TREE & DÉCOR REMOVAL 3:00 COFFEE & VISITS 6:30 Movie & Popcorn / Plant Care Green Neighborhood Leads</p>	<p>7 Carol Away Today 10:00 EXERCISE / WALKING PRGM 2:00 DANCE "DWAYNE CANNAN" 3:00 COFFEE & VISITS 6:30 KICKBALL /Get To Know Me</p>	<p>8 BAKING WITH CAROL 10:30 EXERCISE / Get To Know Me 2:00 SING ALONG SOCIAL / GET TO KNOW ME 3:00 COFFEE & VISITS 7:00 C.P.S.CHOIR</p>	<p>9 Neighborhood Gathering 10:30 EXERCISE / WALKING PRGM 12:30 ART FUN WITH "JANI" 2:00 HYMN SING WITH "LINDA" 3:00 COFFEE & VISITS 6:30 KARAOKE / Get To Know Me</p>	<p>10 9:00 BUS OUT TRIP 10:30 EXERCISE / Get To Know Me 2:00 BINGO / Get To Know Me 3:00 COFFEE & VISITS 6:30 IN HOUSE MANICURES</p>	<p>11 HAIRDRESSER IN TODAY 10:30 BOWLING 1:45 PUB AT LYNNWOOD 2:00 MANICURES 3:00 COFFEE & VISITS 6:30 DANCE " MR. MELODY"</p>	<p>12 10:00 BIRD CAGE CARE 10:30 EXERCISE/ WALKING PRGM 2:00 Ukulele Sing Along /Janet 3:00 COFFEE & VISITS 7:00 LAWRENCE WELK</p>
<p>13 10:30 Hymn Sing / Bird Care 2:00 EXERCISE / WALKING PRGM 3:00 COFFEE & VISITS 5:00 Dinner Out Trip With Carol 6:30 Movie & Popcorn /Plant Care Rose Neighborhood Leads</p>	<p>14 Carol Away Today 10:30 EXERCISE / WALKING PRGM 2:00 DANCE "OLD SMOOTHIES" 3:00 COFFEE & VISITS 6:30 KICKBALL /Get To Know Me</p>	<p>15 Neighborhood Gathering 10:30 EXERCISE / Get To Know Me 2:00 Carol (PPC Meeting) 2:00 Sing Along / Get To Know Me 3:00 COFFEE & VISITS 6:30 BINGO</p>	<p>16 10:30 EXERCISE / WALKING PRGM 2:00 MONTHLY BIRTHDAY PARTY MUSIC OF "RON & CAROL" 3:00 COFFEE & VISITS 6:30 EXERCISE WITH CAROL</p>	<p>17 10:30 EXERCISE / Get To Know Me 2:00 BINGO / Get To Know Me 3:00 COFFEE & VISITS 6:30 IN HOUSE MANICURES</p>	<p>18 HAIRDRESSER IN TODAY 10:30 BOWLING 2:00 MANICURES 3:00 COFFEE & VISITS 7:00 PUB AT LYNNWOOD</p>	<p>19 10:00 BIRD CAGE CARE 10:30 EXERCISE/ WALKING PRGM 2:00 Ukulele Sing Along /Janet 3:00 COFFEE & VISITS 7:00 LAWRENCE WELK</p>
<p>20 10:30 Hymn Sing / Bird Care 2:00 EXERCISE / WALKING PRGM 3:00 COFFEE & VISITS 6:30 INDOOR PLANT WATERING MOVIE & POPCORN Blue Neighborhood Leads</p>	<p>21 BAKING WITH CAROL 10:30 EXERCISE / WALKING PRGM 2:00 DANCE "GOLDEN DREAMS" 3:00 COFFEE & VISITS 6:30 KICKBALL /Get To Know Me</p>	<p>22 Neighborhood Gathering 10:30 EXERCISE / Get To Know Me 2:00 SING ALONG SOCIAL GET TO KNOW ME 3:00 COFFEE & VISITS 6:30 BINGO</p>	<p>23 Neighborhood Gathering 10:30 EXERCISE / WALKING PRGM 12:30 ART FUN WITH "JANI" 2:00 Welcome Tea "Ethel & Alma" 3:00 COFFEE & VISITS 6:30 KARAOKE / Get To Know Me</p>	<p>24 10:30 EXERCISE / Get To Know Me 2:00 BINGO / Get To Know Me 3:00 COFFEE & VISITS 6:30 EXERCISE WITH CAROL</p>	<p>25 HAIRDRESSER IN TODAY 10:30 BOWLING 1:45 PUB AT LYNNWOOD 2:00 MANICURES 3:00 COFFEE & VISITS 6:30 DANCE "WES ROSHKO"</p>	<p>26 10:00 BIRD CAGE CARE 10:30 EXERCISE/ WALKING PRGM 2:00 GREAT ROOM ACTIVITY 3:00 COFFEE & VISITS 7:00 LAWRENCE WELK</p>
<p>27 10:30 Hymn Sing / Bird Care 2:00 EXERCISE / WALKING PRGM 3:00 COFFEE & VISITS 6:30 INDOOR PLANT WATERING MOVIE & POPCORN Green Neighborhood Leads</p>	<p>28 BAKING WITH CAROL 10:30 EXERCISE / WALKING PRGM 2:00 DANCE "SWINGALONGS" 3:00 COFFEE & VISITS 6:30 KICKBALL /Get To Know Me</p>	<p>29 Neighborhood Gathering 10:30 EXERCISE / Get To Know Me 2:00 SING ALONG SOCIAL GET TO KNOW ME 3:00 COFFEE & VISITS 6:30 BINGO</p>	<p>30 9:00 BUS OUT TRIP 10:30 EXERCISE / WALKING PRGM 2:00 Card Creations With "Barb" 3:00 COFFEE & VISITS 6:30 KARAOKE / Get To Know Me</p>	<p>31 10:30 EXERCISE / Get To Know Me 2:00 BINGO / Get To Know Me 3:00 COFFEE & VISITS 6:30 Ukulele Sing Along /Janet</p>	<p>JANUARY BIRTHDAYS MAUREEN N. JANUARY 18th MARIE P. JANUARY 23rd</p>	
	<p>PLEASE JOIN US TO WELCOME ALMA & ETHEL TO OUR MCCONNELL FAMILY.</p>		<p>A snowflake is winter's <i>butterfly</i></p>	<p>MPW has 2 cats: Penny & Trixie. They are cared for by residents & staff on night shift. There are 3 birds which are cared for by the residents & staff on the day shift. The plants are cared for by residents & staff on evenings.</p>		<p>Therapy Assistant: Carol MacDonald (780) 413-4901 carolmacdonald@capitalcare.net</p>