






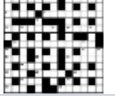








JANUARY

January 2023 - Iris Marshall Gowland Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service</p> <p>1</p>  <p>Happy Birthday Hennie!</p>	<p>9:30 RC Communion 10:00 Coffee Social 10:00 Hymn Sing 1:00 Tuck Shop Open 2:30 Group Exercise 6:00 Small Group Program</p> <p>2</p>	<p>10:00 Coffee Social 10:30 Manicures 1:30 Craft Corner 6:00 Small Group Program</p> <p>3</p> 	<p>9:00 Group Exercise 10:00 Task & Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program</p> <p>4</p>	<p>10:00 Coffee Social 10:00 Let's Bake Together 12:00 East side Marios Luncheon 1:30 Word Games 6:00 Small Group Program 6:00 Rosary Group</p> <p>5</p> 	<p>9:00 Group Exercise 10:00 Coffee Social 11:00 Bible Study Group 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour</p> <p>6</p>	<p>10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program</p> <p>7</p> 
<p>10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service</p> <p>8</p>	<p>10:00 Coffee Social 10:30 Board Games 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Vic & the Campfire Band 2:30 Group Exercise 6:00 Small Group Program</p> <p>9</p>	<p>10:00 Coffee Social 10:00 Resident's Council 1:30 Library Book Exchange 1:30 Afternoon Movie 6:00 Small Group Program</p> <p>10</p>	<p>9:00 Group Exercise 10:00 Task & Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program</p> <p>Happy Birthday Judi!</p> 	<p>10:00 Coffee Social 10:00 Community Outing 1:30 Craft Corner 6:00 Small Group Program 6:00 Rosary Group</p> <p>12</p>	<p>9:00 Group Exercise 10:00 Coffee Social 11:00 Bible Study Group 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour</p> <p>13</p> 	<p>10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program</p> <p>14</p>
<p>10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service</p> <p>15</p> 	<p>10:00 Coffee Social 10:00 Crossword Puzzle 1:00 Tuck Shop Open 1:30 Recreational Games 2:30 Group Exercise 6:00 Small Group Program</p> <p>16</p> 	<p>10:00 Coffee Social 10:30 Manicures 1:30 Board Games 6:00 Small Group Program</p> <p>17</p>	<p>9:00 Group Exercise 10:00 Task & Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program</p> <p>25</p> 	<p>10:00 Coffee Social 10:00 Craft Corner 1:30 Kernels Popcorn Social (National Popcorn Day) 6:00 Small Group Program 6:00 Rosary Group</p> <p>19</p> 	<p>9:00 Group Exercise 10:00 Coffee Social 11:00 Bible Study Group 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour</p> <p>Happy Birthday Ian!</p> <p>20</p>	<p>10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program</p> <p>21</p>
<p>10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service</p> <p>22</p>	<p>10:00 Coffee Social 10:00 Hymn Sing 1:00 Tuck Shop Open 1:30 National Pie Day Social 1:30 Trivia 2:30 Group Exercise 6:00 Small Group Program</p> <p>Happy Birthday Barb!</p> <p>23</p>	<p>10:00 Coffee Social 10:00 Word Games 12:00 Midtown Luncheon 1:30 Music with Laura 6:00 Small Group Program</p> <p>24</p> 	<p>9:00 Group Exercise 10:00 Task & Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program</p> <p>25</p> 	<p>10:00 Coffee Social 10:00 Community Outing 1:30 Craft Corner 6:00 Small Group Program 6:00 Rosary Group</p> <p>26</p>	<p>9:00 Group Exercise 10:00 Coffee Social 10:00 Library Craft Collaboration 11:00 Bible Study Group 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour</p> <p>27</p>	<p>10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program</p> <p>28</p> 
<p>10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service</p> <p>29</p> 	<p>10:00 Coffee Social 10:00 Morning Movie 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Randy Grey 2:30 Group Exercise 6:00 Small Group Program</p> <p>30</p>	<p>10:00 Coffee Social 10:00 Inspire Your Heart with Art Day! 1:30 Board Games 6:00 Small Group Program</p> <p>31</p> 