



January 2020

WHEELOCK TERRACE
PREMIER ASSISTED LIVING & MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*Activities may change. Please check the activity board daily for adjustments.		1 New Year's Day 10:00 Fitness Group 10:45 Book Club 2:00 Balloon Exercise 4:00 Pub Social	2 10:00 Catholic Comm. 10:30 Co-op Shopping 11:00 Rhythm Group 2:00 BINGO 4:00 Pub Social 	3 Hair Salon Open 10:00 Fitness Group 10:45 Knitting Group 2:00 Jan Rosen 4:00 Pub Social	4 10:00 Fitness Group 2:00 Movie Matinee 4:00 Pub Social
5 10:00 Fitness Fun 11:00 Current Events 2:00 Sunday Matinee 4:00 Pub Social 	6 10:00 Fitness Group 10:45 Singing Group 2:00 Afternoon Art 4:00 Pub Social	7 10:00 Fitness Group 11:00 Brain Teaser 2:00 Reading Aloud 4:00 Pub Social	8 10:00 Fitness Group 11:00 Book Club 1:15 Meditation Group 2:00 Slattery & Stuart 4:00 Pub Social	9 10:00 Catholic Comm. 10:30 Co-op Shopping 11:00 Baking 2:00 BINGO 4:00 Pub Social G	10 Full Moon Hair Salon Open 10:00 Fitness Group 10:45 Knitting Group 2:00 Mystery Ride 4:00 Pub Social 	11 10:00 Fitness Group 2:00 Ford Dally & Julie 4:00 Pub Social
12 10:00 Fitness Fun 2:00 Sunday Matinee 4:00 Pub Social 	13 10:00 Fitness Group 11:00 Singing Group 2:00 Rich Cummings 4:00 Pub Social	14 10:00 Fitness Group 11:00 Word Search 2:30 Roger Tatro 4:00 Pub Social 	15 10:00 Fitness Group 10:45 Book Club 2:00 Rich Araldi 4:00 Pub Social G	16 10:00 Catholic Comm. 10:30 Co-op Shopping 11:00 Rhythm Group 2:00 BINGO 4:00 Pub Social	17 Hair Salon Open 10:00 Fitness Group 10:45 Knitting Group 11:45 Out to Lunch 4:00 Pub Social 	18 10:00 Fitness Group 2:00 Movie Matinee 4:00 Pub Social
19 10:00 Fitness Fun 11:00 Current Events 2:00 Sunday Matinee 4:00 Pub Social 	20 Martin Luther King Jr. Day 10:00 Fitness Group 10:45 Singing Group 2:00 Poetry Group 4:00 Pub Social 4:00 Food Council 	21 10:00 Fitness Group 11:00 Brain Teaser 2:00 Reading Aloud 4:00 Pub Social	22 10:00 Fitness Group 11:00 Book Club 1:15 Meditation Group 2:30 John Lovejoy 4:00 Pub Social G	23 10:00 Catholic Comm. 10:30 Co-op Shopping 11:00 Baking 1:30 BINGO 2:30 End of Life Café 4:00 Pub Social	24 New Moon Hair Salon Open 10:00 Fitness Group 10:45 Knitting Group 2:00 Mystery Ride 4:00 Pub Social 	25 Chinese New Year 10:00 Fitness Fun 11:00 Music 2:00 Movie Matinee 4:00 Pub Social G
26 10:00 Fitness Fun 2:00 Sunday Matinee 4:00 Pub Social	27 10:00 Fitness Group 10:45 Singing Group 2:00 Resident Council 4:00 Pub Social	28 10:00 Fitness Group 11:00 Word Search 2:00 Reading Aloud 4:00 Pub Social	29 10:00 Fitness Group 10:45 Book Club 2:00 Balloon Exercise 4:00 Pub Social	30 10:00 Catholic Comm. 10:30 Co-op Shopping 11:00 Baking 2:00 BINGO 4:00 Pub Social	31 10:00 Fitness Group 10:45 Knitting Group 2:30 Martha Mitchell 4:00 Pub Social	