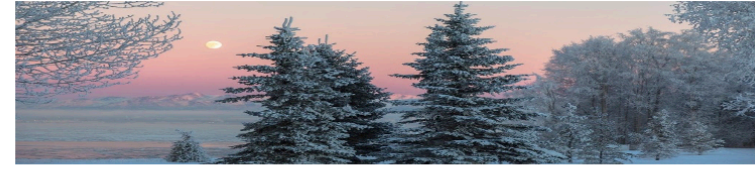


January 25 The Woodlands at Stowe Calendar of Events



(Subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 9:30 - Exercise New Year's Day Meal time 12:30	2 10:30 - Exercise 2:00 - Chair Yoga	3 9:30 - Exercise 10:30 - Stowe Errands 1:00 - Show and Tell (LR)	4 Music Field Trip (FT) *Outside Presenter Birthday Activity (new time)
5 Meal Time 12:30 2:00 - Mah Jongg	6 9:30 - Exercise 11:00 - Bible Study 2:00 - Trivia 3:30 - Scattegories (LR)	7 9:30 - Stowe Errands 10:00 - Better Balance 11:00 - Library committee 2:00 - Book Group 3:00 - Cardio	8 9:30 - Exercise 11:00 - Coffee and Donuts 1:00 - Cards and Rummi (LR) 3:00 - Book Movie (CR) 4:00 - Handwork Group	9 10:30 - Exercise 2:00 - Paint with Casey (CR) or (GR)	10 9:30 - Exercise 10:30 - Stowe Errands 1:30 - Learn Poker (LR)	11  2 & 7:30 - Movie+Popcorn
12 Meal Time 12:30 10:00 - Cardio machines 2:00 - Glass studio tour 2:00 - Mah Jongg	13 9:30 - Exercise 11:00 - Bible Study 2:00 - Trivia 3:30 - Writers' Group	14 9:30 - Stowe Errands 10:00 - Better Balance 3:00 - Resident council 3:00 - Cardio	15 9:30 - Exercise 1:00 - Cards and Rummi 3:00 - Book Movie 4:00 - Learn Poker (GR)	16 10:30 - Exercise 2:00 - Chair Yoga 4:00 - Arm chair travel (CR)	18 9:30 - Exercise 10:30 - Stowe Errands	18
19 Meal Time 12:30 2:00 - Mah Jongg	20 9:30 - Exercise 11:00 - Bible Study 2:00 - Trivia	21 9:30 - Stowe Errands 10:00 - Better Balance 10:15 - Blood Pressure 11:00 - Community Meeting 3:00 - Cardio	22 9:30 - Exercise 1:00 - Cards and Rummi 3:00 - Book Movie 4:00 - Handwork Group	23 10:30 - Exercise 11:30 - Dan Levine (LR) 3:00 - Art w/ Jen Volansky (GR) or (CR)	24 9:30 - Exercise 10:30 - Stowe Errands 2:00 - Birthday Party	25  2 & 7:30 - Movie +Popcorn
26 Meal Time 12:30 10:00 - Cardio machines 12:00 - VT Ski Museum 2:00 - Poker Tournament 2:00 - Mah Jongg	28 9:30 - Exercise 11:00 - Bible Study 2:00 - Trivia 3:30 - Writers' group	28 9:30 - Stowe Errands 10:00 - Better Balance 3:00 - Cardio	29 9:30 - Exercise 1:00 - Cards and Rummi 3:00 - Book Movie	30 10:30 - Exercise 4:00 - Music with Stephan 5:15 - Soiree	31 9:30 - Exercise	LR-Living Room GR-Game Room CR-Conference Room