




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p style="text-align: center;">January 2019 Happy New Year!!</p>		<p>10:00 Bingo (OR) 1 2:30 South Pacific Movie and Treats (T) 7:30 Men's Night (MSL) Happy New Year!!</p> 	<p>2 11:00 New Year's Discussion (L) 1:15 Shopping-STC and Shop/Walking Club w/Estelle 7:00 Euchre (MSL) 7:00 Hymn Sing With Daphne (L)</p>	<p>3 10:00 Bingo (OR) 11:00 Sing Along (L) 11:00 Town Hall (T) 3:00 Welcome Tea (PDR) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L)</p>	<p>4 10:30 Wii Bowling (T) 11:00 Therapy Dog (L) 3:00 Wine and Cheese (C) 7:00 Games Night (MSL) Dawood not in today</p>	<p>5 10:00 Bingo (OR) 11:00 Sing – Along (L) 2:00 Manicures and Massages (OR) 3:0 Black Jack (T) 7:00 Movie Time (T) Puzzles in the basement and crosswords at reception.</p>	
	<p>6 10:00 Hymn Sing with Daphne (L) 2:00 Hand Wax (L) 3:00 Bingo (OR) 4:00 Exercise Group (L) 7:00 Movie Night (T) Puzzles all day in the basement, crosswords at reception.</p>	<p>7 9:00 Falls Prevention (FC) 11:30 New Year's Lunch to the Baton Rouge Steak House 3:00 Family Feud (L) 4:00 Games Matinee(C) 7:00 Cards (C)</p>	<p>8 9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (L) 7:30 Men's Night (MSL)</p>	<p>9 9:00 Falls Prevention (FC) 10:30 Trivia & More (T) 1:15 Shopping-Walmart w/Estelle 2:00 Exercise Class (FC) 3:00 Java Music (PDR) 7:00 Euchre (MSL)</p>	<p>10 10:00 Bingo (OR) 11:00 Sing Along (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Craft with Mary (OR) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:30 Non-Denom. Church (T)</p>	<p>11 10:30 Wii Bowling (T) 11:00 Therapy Dog (L) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>12 10:00 Bingo (OR) 11:00 Sing – Along (L) 3:00 New Year's Party! With Darleen and the Sham Rockers(T) 7:00 Movie Time (T) No Manicures today!</p>
	<p>13 10:00 Hymn Sing (L) 11:00 Manicures and Massage (OR) 2:00 Movement To Music (FC) 3:00 Bingo (OR) 7:00 Movie (T) Puzzles all day in the basement, crosswords at</p>	<p>14 9:00 Falls Prevention (FC) 9:30 ROM Outing, Late Lunch 3:00 Trivia & More (L) 4:00 Games Matinee(C) 7:00 Cards (C)</p>	<p>15 9:00 Falls Prev (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 1:45 Positive Pets (L) 2:00 Exercise (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (L) 7:30 Men's Night (MSL)</p>	<p>16 9:00 Falls Prevention (FC) 10:00 Sonita Accessories 10:00 Glen Raven Reading (T) 1:15 Shop Cedarbrae and Shop w/ Arthika 2:00 Exercise Class (FC) 2:30 Movie Afternoon w/ Treats (T) 7:00 Euchre (MSL) 7:00 Hymn Sing With Daphne</p>	<p>17 10:00 Bingo (OR) 11:00 Sing Along (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Baking (OR) 3:15 Chair Yoga (FC) 4:00 Heath Talk (L) 7:00 Adele Story Corner(L)</p>	<p>18 10:30 Catholic Service (T) 11:00 Therapy Dog (L) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>19 10:00 Bingo (OR) 11:00 Sing – Along (L) 2:00 Manicures and Massage (OR) 3:00 Karaoke Party (T) 7:00 Movie Time (T) Puzzles in the basement and crosswords at reception.</p>
	<p>20 10:00 Hymn Sing with Daphne (L) 3:00 Bingo (OR) 4:15 Trivia (L) 7:00 Movie Night (T) Puzzles all day in the basement, crosswords at reception.</p>	<p>21 9:00 Falls Prevention (FC) 10:00 Martin Luther King Day discussion(L) 11:00 Food Council (PDR) 1:15 Mobile Hearing (W) 4:00 Games Matinee(C) 7:00 Cards (C) <small>Martin Luther King Day Tu B'Shevat</small></p>	<p>22 9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (L) 7:30 Men's Night (MSL)</p>	<p>23 9:00 Falls Prevention (FC) 10:30 Wii Bowling (L) 1:15 Shopping-Eglinton and Shop walk with Estelle 3:00 Java Music Club (PDR) 2:00 Exercise Class (FC) 7:00 Euchre (MSL)</p>	<p>24 10:00 Bingo (OR) 11:00 Sing Along (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Lianne Harris Present All about Scotland (T) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:30 Non-Denom. Church (T)</p>	<p>25 10:30 Guitar George (L) 11:00 Therapy Dog (L) 2:00 Hand Wax (L) 3:00 Robert Burns -Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>26 10:00 Bingo (OR) 11:00 Sing – Along (L) 2:00 Manicures and Massages (OR) 3:00 LCR Club (T) 7:00 Movie Time (T) Puzzles in the basement and crosswords at reception.</p>
	<p>27 10:00 Hymn Sing (L) 3:00 Bingo (OR) 4:15 Trivia (L) 7:00 Movie Andre Rieu Live at Royal Albert Hall (T) Puzzles all day in the basement and crosswords at reception.</p>	<p>28 11:00 Winterlicious Lunch outing, Location and information will posted a week prior 4:00 Games Matinee(C) 7:00 Cards (C) <small>Australia Day (observed)</small></p>	<p>29 9:00 Falls Prev. (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (L) 3:00 Birthday Bash (T) 7:30 Men's Night (MSL)</p>	<p>30 9:00 Falls Prevention (FC) 10:00 Discussion Group (L) 1:15 Shopping-Walmart W/Arthika 3:00 Java Music Club (PDR) 2:00 Exercise Class (FC) 7:00 Euchre (MSL)</p>	<p>31 10:00 Bingo (OR) 11:00 Sing Along w/ Helen Stewart (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Games (L) 3:15 Chair Yoga (FC) 4:00 Heath Talk (L)</p>	 <p style="text-align: center;">McCowan Retirement Residence</p> <p style="text-align: center;">Red- Special Events Green – Outings Purple – Vendors Blue – Exercise Program</p>	

Happy Birthday from McCowan!

Ross D. Jan 01

Trudy A. Jan 02

Valerie W. Jan 8

Jiri S. Jan 10

Edward T. Jan 10

Robert H. Jan 11

Mary K. Jan 15

Helen B. Jan 15

Ray P. Jan 18

Tamara C. Jan 21

Margaret F. Jan 21

John C. Jan 24

James G. Jan 24

George B. Jan 27

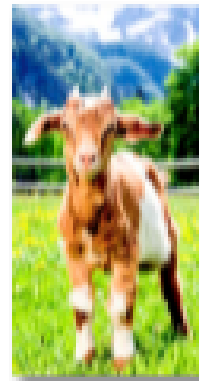
Fumi S. Jan 28

Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AQUARIUS
 AUSTRALIA DAY
 CALENDAR
 CAPRICORN
 CARNATION
 COLD
 FIRST



GARNET
 GOAT (Capricorn)
 JANUARY
 MARTIN L. KING (Day)
 NEW YEAR'S DAY
 WATER BEARER (Aquarius)
 WINTER

Program Locations:

Main Floor:

Dining Room (DR)
 Private Dining Room (PDR)
 Café (C)
 Lobby (L)
 Garden (G)

Lower Level:

Oak Ridge's Room (OR)
 Theater (T)
 Pool (P)
 Main Street Lounge (MSL)
 Fitness Center (FC)
 Wellness Center (WC)

The Following are in the Wellness Center:

Foot care Dentist
 Hearing Specialist

Theater:

Eye Clinic
 Salon: Hairdresser –Wednesday & Fridays
 Esthetician – Every other Thursday
Please be sure to book an appointment

