

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Year's Resolution #1: Be More Awesome than last year</p> 		<p>1 Happy New Year Bring on the NEW YEAR!</p> 	<p>2 9.30 Exercise 10.30 L-R-C 1.30 Cards w/ Golden Age 7.00 United Church Sing Along</p>	<p>3 9.30 Exercise 10.30 Singing 1.30 Bingo 7.00 Bridge</p> 	<p>4 9.30 Exercise 10.30 Library 2.30 Ukrainian Happy Hour 7.00 Crib</p>	<p>5 10.00 Walking 2.00 Shuffleboard</p> 
<p>6 9.30 Catholic Serv. 2.00 Cards</p> 	<p>7 9.30 Exercise 10.30 Manicures 1.30 Roll-a-ball 7.00 Sequence</p>	<p>8 9.30 Exercise 10.30 Hand Waxing 1.30 Bingo 7.00 Anglican Serv.</p> 	<p>9 9.30 Exercise 10.30 Domino's 1.30 Yahoo Bingo 7.00 Crib</p> 	<p>10 9.30 Exercise 10.30 Singing 1.30 Bingo 7.00 Bridge</p> 	<p>11 9.30 Exercise 10.30 Craft 2.30 Happy Hour 7.00 Darts</p>	<p>12 10.00 Banter 2.00 Bridge</p> 
<p>13 9.30 Catholic Serv. 9.30 United Serv. 2.00 Crib Tourney</p> 	<p>14 9.30 Exercise 10.30 Nails 1.30 Coffee @ Days Inn 7.00 Shuffleboard</p>	<p>15 9.30 Exercise 10.30 Hand Waxing 1.30 Bingo 7.00 Darts</p> 	<p>16 9.30 Exercise 10.15 Banking 1.30 Bowling 7.00 United Church Sing Along</p> 	<p>17 9.30 Exercise 10.30 Singing 1.30 Bingo 3.00 Aux. Meeting 7.00 Bridge</p>	<p>18 9.30 Exercise 10.30 Library 2.30 Happy Hour 7.00 Pool</p> 	<p>19 10.00 Walking 2.00 Washer Toss</p>
<p>20 9.30 Catholic Serv. 9.30 Anglican Serv. 2.00 Sequence</p>	<p>21 9.30 Exercise Going to Whitecourt 7.00 Cards</p> 	<p>22 Stanford Hearing 9.30 Exercise 10.30 Hand Waxing 1.30 Bingo 7.00 Anglican Serv.</p>	<p>23 9.30 Exercise 10.30 Washer Toss 1.30 Roll-a-ball 7.00 Cards</p> 	<p>24 9.30 Exercise 10.30 Singing 1.30 Bingo 7.00 Bridge</p> 	<p>25 9.30 Exercise 10.30 School?? 2.30 Happy Hour 7.00 LRC</p>	<p>26 10.00 Walking 2.00 Crib</p>
<p>27 9.30 Catholic Serv. 2.00 Shuffleboard</p> 	<p>28 9.30 Exercise 10.30 Nails 1.30 Yahoo Bingo 7.00 Crafting</p>	<p>29 9.30 Exercise 10.30 Hand Waxing 1.30 Bingo 7.00 Cards</p>	<p>30 9.30 Exercise 10.30 Coffee @ H.M. 1.30 Crafting 7.00 United Church Sing Along</p> 	<p>31 9.30 Exercise 10.30 Singing 1.30 Bingo 7.00 Bridge</p>	<p>The biggest lie I tell myself is "I don't need to write that down, I'll remember it."</p>	<p>Don't let aging get you down. It's too hard to get back up!</p> 