

Welcome Arms February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Judy 860-230-5467	Sue 860-771-8067	Mary 860-617-4650	1 10:30 Game Group @ DAC 2:00 Diamond Painting @ WAU	2 Movie Day	3
4	5 10:00 Coffee Social 11:00 Pet Therapy w/ Liz and Paulie Both @ WAU	6 10:30 Craft & Chat@ KPL 2:00 Indoor Walking Challenge @ WAU 3:00 TEEG YA Art Group	7 12:00 Lunch/Shopping & Bowling @ Webster 2:30 Yoga w/ Sue @WAU	8 10:30 Game Group @ DAC 2:30 "Heart Health" Wellness Group w/ Melissa @ WAU	9 10:30 Local Shopping & Lunch Out	10
11	12 12:00 Lunch/Shopping & Bowling @ Webster	13 10:00 YMCA 11:00 Self-Care Group w/ VOC @ DAC 2:00 Bingo @ KPL	14 10:30 Heart Healthy Walking Exercise & Snacks @ WAU 2:30 Yoga w/ Sue @WAU	15 10:30 Game Group @ DAC 2:30 Yoga w/ Leila @ WAU 3:00 Relax with Watercolors @ KPL	16 11:00 Social Fun Day @ WAU "LOVE"	17
18	19  PRESIDENTS DAY	20 10:00 YMCA 2:00 Heart Healthy Cooking Class @ WAU 3:00 TEEG YA Art Group	21 9:30 Coffee Social @ Brooklyn DD 1:30 Adult Coloring & Card Making @ KPL 3:00 Yoga w/ Sue @WAU	22 10:30 Game Group @ DAC 2:00 Interactive Trivia w/ Bud @ WAU	23 11:00 William Benton Museum of Art & The Beanery Cafe	24
25	26 10:00 Plainfield Pool 11:30 Day Breaks Diner 2:00 Board Games @ WAU	27 10:00 YMCA 11:00 Self-Care Group w/ VOC @ WAU 2:00 Crafts @ WAU	28 9:30 Coffee Social @ Putnam DD 1:30 Creative Writing @WAU 2:30 Yoga w/ Sue @WAU	29 10:30 Game Group @ DAC 2:00 Indoor Walking Challenge @ WAU		KPL = Killingly Public Library DAC = Dayville Office WAU = Wauregan Office

