

Welcome Arms January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAU = Wauregan Office DAC = Dayville Office KPL = Killingly Public Library	1 	2 10:30 Craft & Chat @ KPL 2:30 Exercise Group 3:00 TEEG Young Adult Art Group	3 9:30 Coffee Social @ Brooklyn Dunkin Donuts 1:30 UNO @ WAU 2:30 Yoga w/ Sue	4 10:30 Game Group @ DAC 2:00 Healthy Plates w/ Sue @ WAU	5 11:00 William Benton Museum and The Beanery Cafe	6
7	8 11:00 Pet Therapy w/ Liz & Paulie @ WAU 2:00 Diamond Painting @ WAU	9 10:00 YMCA 2:00 Bingo @ KPL	10 10:00 Plainfield Pool 11:00 Self-Care Group w/ VOC @ DAC 2:00 Healthy Cooking Soup @ WAU 2:30 Yoga w/ Sue	11 10:30 Game Group @ DAC 2:00 Winter Wellness Talk w/ Melissa @ DAC	12 11:00 Crystal Mall Walk/Shop/Lunch	13
14	15 Agency Closed 	16 10:00 YMCA or Indoor Walking 3:00 TEEG Young Adult Art Group	17 10:00 Plainfield Pool 1:30 Adult Coloring & Card Making @ KPL 3:00 Yoga w/ Sue	18 10:30 Game Group @ DAC 2:30 Chair Yoga w/ Leila @ WAU	19 11:00 Mystic Aquarium	20
21	22 12:00 Lunch/Shopping & Bowling @ Webster	23 9:30 Coffee Social @ WAU 1:00 Reading @ KPL Pearls From Carol	24 10:00 Plainfield Pool 11:00 Self-Care Group w/ VOC @ DAC 1:30 Creative Writing 2:30 Yoga w/ Sue	25 10:30 Game Group @ DAC 2:00 Interactive Trivia w/ Bud @ WAU	26 10:00 YMCA 2:00 Watercolors @ WAU	27
28	29 9:30 Coffee @ Putnam Dunkin Donuts 2:00 Craft/Jewelry Group @ WAU	30 10:00 YMCA or Exercise Group 2:00 Tea Tasting @ WAU	31 10:00 Plainfield Pool 11:30 Day Breaks Diner 2:30 Yoga w/ Sue			
			Judy 860-230-5467	Mary 860-617-4650	Sue 860-771-8067	

