

JANUARY



 *Thomasville Apartments*

1720 4th Street, White Bear Lake MN

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|--|---|
| | | 1 OFFICE CLOSED  | 2 | 3 | 4 8:00 – 11:00 Community Room  | 5 10:00 AM  WALKING |
| 6  12-3 PM | 7 Yoga 12-1 PM  | 8 | 9 30 Minute STRETCH 1:30 – 2:00  | 10 | 11  Clubhouse 12:00 | 12 10:00 AM  WALKING |
| 13 | 14 Resident Council 7:00 PM  | 15  Puzzles in the community room 3-4:30 PM | 16 30 Minute STRETCH 1:30 – 2:00  | 17 1-3 Hot Chocolate in the office  | 18  Cooking with Residents 6:30 | 19 10:00 AM  WALKING |
| 20 | 21 Build your own Pizza Bar  | 22 | 23 30 Minute STRETCH 1:30 – 2:00  | 24 Movie and popcorn in the clubhouse 2:00 - 4:00  | 25  Game night in the clubhouse 6:00-8:00 | 26 10:00 AM  WALKING |
| 27 | 28 | 29 Coloring for all Ages 2:00-3:00  | 30 30 Minute STRETCH 1:30 -2:00  | 31 Build a snowman with your neighbors! 1:00 p.m.  |  | |

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