






January 2019

December '18

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February '19

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 This month we will be gathering gently used hats and mits to donate to the community. Please send in any donations by January 30th.	31	1 New Years Day CLOSED 	2 CLOSED 	3 CLOSED 	4 CLOSED 	5 CLOSED 
6 Now open Friday evenings 3pm-8pm and Saturdays 9am-3pm	7 Welcome Back! >Grocery Shopping >2019 Bucket List >2019 Community Donation Bucket List	8 >Abode's New Years Eve Party 2.0 > Lunch (L) Eve (8pm Pick-Up*) >Board game >ECH: Basketball (T1) Dinner: Meatballs & Rice (D)	9 CC: Ability Dance Fit (\$) >Movie Day-In >Foot Spa	10 >Volunteer at Calabria Bistro(T1) >Music: Instruments from around the world Eve (7pm Pick-Up) >Mini Golf & Dinner at Colassanti's (T1/\$)	11 Now open in the evening! >Mario-Kart Tournament >Snowflake Bingo Eve (8pm Pick-Up) Dinner and Live Music at Carrots & Dates (T2/\$)	12 Now open Saturdays! > Lunch at Wendy's(\$) >Movie at Lakeshore Cinemas (T2/\$)
13	14 >AquaFit (T1/\$) >Pancake Lunch (L)	15 >Ice Sun Catchers >Vitals with Jess Eve (8pm Pick-Up*) >GHA: Dance & ECH: Basketball(T2*) Dinner: Subway (\$) December invoices due	16 >Snow dough >Bowling (T1/\$) Welcome Monica!	17 >Creativity Hour >Ability Tai Chi (T1) Eve (7pm Pick-Up) >Homemade Hot Choocolate Dinner: Chick. Fing. & Fries (D)	18 CC: Baking Club (\$) >Foot Spa Eve (8pm Pick-Up***) >McGregor KofC Dinner & Dance (T2/\$)	19 >Bliss Winter Wellness at Colassanti's (T1) > Lunch at Colassanti's (\$)
20	21 National Hug Day! >Nature walk (T1)** >Program Shopping	22 > Brunch at Grounded Café(T1/\$) Eve (8pm Pick-Up*) >Campfire at Heather's >ECH: Basketball (T1) Dinner: HotDogs & Veggies(D)	23 CC: Ability Dance Fit (\$) >Morning Stretches >Foot spa	24 >Cardstock accordion snowmen >Movement Eve (7pm Pick-Up) >The Fort Bowling & Dinner (T2/\$)	25 >Abode Pays it Forward (T1) Eve (8pm Pick-Up) >Hoopin' around the Clock (T1) >Dinner: Merlis' Eatery & Beverage (\$)	26 >Let's Brunch(L) >Hockey Game and Hot Chocolate at Atlas Tube (T1/\$)
27	28 >AquaFit (T1/\$) >Snowflake Bingo	29 >Prepare & Cook Soup >Facemask & Relaxation Eve (8pm Pick-Up*) >Drum Circle >ECH: Basketball (T1) Dinner: Soup & Buns (D)	30 Bell Let's Talk >Let's Brunch (L) >Chair Yoga	31 National Backwards Day! >Hat & Mit Drop-Off >Chair Yoga Eve (7pm Pick-Up) >Spray Bottle Paint Night Dinner: Breakfast for Dinner (D)	1	2
3	4	Monthly Notes CC = Community Class *Tuesday night pick-up is at Essex District High School **Jan 21- Nature walk is weather dependent, alternative programming is coffee date at Colassanti's (\$) ***Pick-up on Friday January 18 will be at the Knights of Columbus Hall in McGregor				

