



Spring Village at Essex ~ Activities Calendar ~ January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Happy New Year! 900 - Rose Parade 1000 - Aerobics 1030 - New Years Party 1115 - Art Project 100 - Walk ** 130 - Tai Chi 200 - Movie 330 - Coloring/Puzzles 600 - Rose Bowl	2 National Science Fiction Day 930 - News 1000 - Yoga 1100 - Don't Break the Ice 100 - Snowflake Hunt 130 - Sci Fi Short Story 200 - Nebula Jars 400 - Zumba 600 - Tea Tasting	3 930 - Aerobics 1000 - Cooking with Chef Paul 1100 - Snowman Slam 100 - Visit from John the Therapy Dog 130 - Book Club 200 - Active Game Round Robin 400 - Tai Chi 600 - Auction	4 National Trivia Day 930 - News 1000 - Yoga 1100 - Eye Spy Scavenger Hunt 100 - Aerobics 130 - Mindfulness Activity 200 - What's Your Name Workout 230 - Ladies Group 400 - Zumba 600 - Trivia Night	5 930 - News 1000 - Aerobics 1100 - Mad Libs 100 - Snowball Fight 130 - DIY Beanbag 230 - Roll a Story 400 - Tai Chi 600 - Active Games in Town Square	6 National Bean Day 930 - News 1000 - Yoga 1100 - Bean Mosaic 100 - Basketball 200 - Concert in the Square 400 - Zumba 600 - Movie Night	
	7 Old Rock Day 930 - News 1000 - Zumba 1100 - Make Pet Rocks 100 - Rock Lecture 200 - Painting 400 - Aerobics 600 - Music Lounge	8 930 - News 1000 - Aerobics 1100 - Make Paper Snowflakes 100 - Conga Line 200 - Art Hour 400 - Tai Chi 600 - Movie Night	9 930 - News 1000 - Yoga 1100 - Shovel Snow 100 - Snowflake Hop 130 - Family Feud 200 - Sing a Long 400 - Zumba 600 - Fireside Poetry	10 930 - News 1000 - Aerobics 1100 - Snowman Bowling 100 - Visit from John the Therapy Dog 130 - Music and Hot Cocoa 200 - Knitting Club 400 - Tai Chi 600 - Ping Pong	11 930 - News 1000 - Yoga 1100 - Activity Card Game 100 - Aerobics 200 - Build an Igloo 400 - Zumba 600 - Quarter Bingo	12 930 - News 1000 - Fleming Friday 1100 - Get Puzzled! 100 - Aerobics 200 - Story Hour 400 - Tai Chi 600 - Active Games in Town Square	13 930 - News 1000 - Yoga 1100 - Post It Note Relay 100 - Corn Hole 200 - 1 on 1s 400 - Zumba 600 - Movie Night
	14 930 - News 1000 - Zumba 1100 - Sing a Long 100 - Yoga 200 - Painting 400 - Aerobics 600 - Music Lounge	15 National Hat Day 930 - News 1000 - Aerobics 1100 - Music Therapy with Maggie 100 - Walk ** 130 - Hat Bingo 200 - Art Hour 400 - Tai Chi 600 - Movie Night	16 930 - News 1000 - Aerobics 1100 - Ice Fishing 100 - Let's Get Moving 130 - Jeopardy 200 - Sing a Long 400 - Zumba 530 - Indoor Dessert Picnic	17 930 - News 1000 - Aerobics 1100 - Indoor Snow Painting 100 - Visit from John the Therapy Dog 130 - Book Club 200 - Cooking Club 400 - Tai Chi 600 - Hot Apple Cider Social	18 930 - News 1000 - Yoga 1100 - Balloon Tennis 100 - Aerobics 130 - Worship Svc (1st Baptist Church) 200 - Beach Ball Hockey 230 - Ladies Group 400 - Zumba 600 - Amazing Race	19 930 - News 1000 - Outing: Shelburne Museum 1100 - Snowman Says! 100 - Snowball Fight 200 - Snow Day Script 400 - Tai Chi 600 - Active Games in Town Square	20 Penguin Awareness Day 930 - News 1000 - Yoga 1100 - Ring Toss 100 - Penguin Parade 200 - Penguin Craft 330 - Penguin Documentary 400 - Zumba 600 - Movie Night
	21 National Hug Day 930 - News 1000 - Zumba 1100 - Hand Hug Circle 100 - Yoga 200 - Painting 400 - Aerobics 600 - Music Lounge	22 930 - News 1000 - Aerobics 1100 - Group Sudoku 100 - Freeze Dance 200 - Art Hour 400 - Tai Chi 600 - Movie Night	23 930 - News 1000 - Outing: Bowling 100 - Snowball Games 200 - Wheel of Fortune 230 - Ice Painting 400 - Zumba 600 - SVE Fashion Show	24 930 - News 1000 - Aerobics 1100 - Snow Volcano 100 - Visit from John the Therapy Dog 130 - Music and Hot Cocoa 200 - Knitting Club 400 - Tai Chi 600 - Casino Night	25 930 - News 1000 - Yoga 1100 - Cereal Snowflakes 100 - Aerobics 200 - Mindfulness Activity 400 - Zumba 600 - Quarter Bingo	26 930 - Aerobics 1000 - Fleming Friday 1100 - Cupcake Party 100 - Art Hour 200 - Ping Pong 400 - Tai Chi 600 - Active Games in Town Square	27 National Chocolate Cake Day 930 - News 1000 - Yoga 1100 - Ladder Golf 100 - Cake Walk 200 - 1 on 1s 400 - Zumba 600 - Movie Night
	28 National Kazoo Day 930 - News 1000 - Zumba 1100 - Hula Hoop Games 100 - Kazoo Parade 200 - Painting 400 - Aerobics 600 - Music Lounge	29 National Puzzle Day 930 - News 1000 - Aerobics 1100 - Group Puzzle 100 - Walk ** 200 - Puzzle Piece Art 400 - Tai Chi 600 - Movie Night	30 930 - News 1000 - Yoga 1100 - Balloon Tennis 100 - Hokey Pokey 200 - Sing a Long 400 - Zumba 600 - Fireside Book Reading	31 930 - News 1000 - Aerobics 1100 - Melting Snowman 100 - Visit from John the Therapy Dog 130 - Book Club 200 - Cooking Club 400 - Tai Chi 600 - Mid Winter Social	Activities are subject to change ** Activities are Weather Dependent		 <p>Hope smiles from the threshold of the year to come, whispering, "It will be happier." ~ Alfred Lord Tennyson ~</p>