

GLEN ACTIVITIES CALENDAR

Week Of January 22nd – January 28th

ACTIVITIES



SUNDAY : January 22nd, 2023

9:50am: TRANSPORT TO MASS AT ST. CLARE PARISH

Must sign up, sign up sheet is in the Glen lobby .

11:30am: EXERCISE CLASS WITH SUE THOMAS: EVERGREEN ROOM

1:30pm: DINNER WILL BE IN THE MAIN DINING ROOM

Feel free to relax in the glen library and put a movie on Netflix.

If you need help the receptionist is more than gladly to help.

There are also instructions on how to work the television.

MONDAY: January 23rd, 2023

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

- Start your morning with a great low impact exercise program.

This class will use the tape recorder.

10:00am: TRIVIA: EVERGREEN ROOM

11:00am: BALANCE & STRENGTH PROGRAM WITH JILL: EVERGREEN ROOM

11:30am: WALKING GROUP WITH JILL: MEET IN THE 2nd floor lobby

1:30pm: BINGO: EVERGREEN ROOM

3:00pm: RE-SCHEDULE OF PAINTING A GNOME: EVERGREEN ROOM

To those that signed up last week. (6 spots only)



6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM

TUESDAY: January 24th, 2023

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

10:30am:WORD IN A WORD: EVERGREEN ROOM

1:30pm: BINGO: EVERGREEN ROOM

3:00pm: HORSE RACING GAME : EVERGREEN ROOM

50 cents per game.

4:30pm HAPPY HOUR: TAVERN

Music entertainment by Steve Rudolph



6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM

WEDNESDAY: January 25th, 2023



9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

- Start your morning with a great low impact exercise program. This class will use the tape recorder.

10:00am: BUS TRIP TO STOP & SHOP: GLEN LOBBY

Must sign up there are limited seats. Sign-up sheet is in the Glen Lobby

10:30am: GENTLE RANGE OF MOTION CHAIR EXERCISES: EVERGREEN ROOM

2:00pm: MUSIC ENTERTAINMENT: EVERGREEN ROOM

Music by Frank Adams

3:30pm: WHEEL OF FORTUNE: EVERGREEN ROOM

6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM

THURSDAY: January 26th, 2023

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

- Start your morning with a great low impact exercise program. This class will use the tape recorder.

10:00am:CHAIR YOGA: EVERGREEN ROOM

11:00am:INDEPENDENT ROSARY: GROVE CHAPEL

2:00pm: JANUARY BIRTHDAY PARTY: EVERGREEN ROOM

Music by Brian Corcoran

Happy Birthday - Mary K., Paul L., Joan T., Adelle H.



3:45pm: Pictionary: EVERGREEN ROOM

6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM

FRIDAY: January 27th ,2023

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

- Start your morning with a great low impact exercise program. This class will use the tape recorder.

1:30pm: BINGO: EVERGREEN ROOM

3:00pm: LEFT,RIGHT,CENTER:EVERGREEN ROOM

6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM

SATURDAY: January 28th, 2023

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

- Start your morning with a great low impact exercise program. This class will use the tape recorder.



1:00pm: BINGO: EVERGREEN ROOM

- \$1 to play. One card per person. Last game is coverall.

6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM



Grove Manor Estates

Weekly Dinner Menu



Week of 1/28/2023

~ Sunday ~

- ♥ *Roast Tenderloin of Beef with Au Jus*
Maple Glazed Carved Pit Ham

~ Monday ~

- ♥ *Roasted Loin of Pork with Pan Gravy*
Chicken Parmesan served with Pasta and Garlic Bread

~Tuesday~

- ♥ *Boiled Dinner*
Seafood Stuffed Filet of Sole

~ Wednesday ~

- Wiener Schnitzel with Braised Cabbage and Boiled Potato*
♥ *Fresh Fried Fish N Chips with Slaw*

~ Thursday ~

- Turkey Pot Pie*
Pasta and Meatballs with Garlic Bread

~ Friday ~

- ♥ *Seafood Newburg with Puff Pastry*
New York Sirloin of Beef Au Jus

~Saturday~

- ♥ *Franks Beans and Brown Bread*
Turkey Burger with Cranberry Mayo