

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

						10:00 AM 1:1 Wellness Visits 10:30 AM Aqua Paints 11:00 AM Bible Study 12:00 PM Lunch 1:30 PM Kickball 2:00 PM EnerG Exercises 2:30 PM Bible Study 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)	11:00 AM EnerG Exercises (ch. 64) 12:00 PM Lunch 2:00 PM Color Me Calm 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)
10:00 AM Worship Service (ch. 64) <u>11:30 AM Songs with Living Waters</u> 12:00 PM Lunch 2:00 PM Trivia 3:00 PM Coffee & Chat	10:00 AM 1:1 Wellness Visits 10:30 AM Puzzles & Word Games 11:00 AM Muscle Movers 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Power Pump & Balloon Ball 3:00 PM Coffee & Chat 3:30 PM Communion 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Ring Toss/Bean Bags 11:00 AM Sit & Be Fit 12:00 PM Lunch <u>1:30 PM Piano w/Deb</u> 3:00 PM Coffee & Chat 3:30 PM Rosary 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM Worship Service (ch 64) 10:00 AM 1:1 Wellness Visits 10:30 AM Color Me Calm 11:00 AM Hot Cocoa Cart 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Cardio Class 3:00 PM Coffee & Chat 3:30 PM Church Service (Cottages) 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Bingo 12:00 PM Lunch 1:30 PM Manicures & Music 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits <u>10:30 AM Guitar w/Bob</u> 12:00 PM Lunch 1:30 PM Kickball 2:00 PM EnerG Exercises 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)		11:00 AM EnerG Exercises (ch. 64) 12:00 PM Lunch 2:00 PM Color Me Calm 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)
10:00 AM Worship Service (ch. 64) 12:00 PM Lunch 2:00 PM Trivia 3:00 PM Coffee & Chat	10:00 AM 1:1 Wellness Visits 10:30 AM Cookie Decorating 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Power Pump & Balloon Ball 3:00 PM Coffee & Chat 3:30 PM Communion 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Cookie Decorating 12:00 PM Lunch <u>1:30 PM Dos Offbeats</u> 3:00 PM Coffee & Chat 3:30 PM Rosary 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM Worship Service (ch 64) <u>10:30 AM Music w/Marie</u> 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Cardio Class 3:00 PM Coffee & Chat 3:30 PM Church Service (Cottages) 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Bingo 12:00 PM Lunch <u>1:30 PM Sing Alongs w/Grant</u> 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits <u>10:45 AM Piano w/Steve</u> 12:00 PM Lunch 1:30 PM Kickball 2:00 PM EnerG Exercises 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64) HAPPY BIRTHDAY LORRAINE!		11:00 AM EnerG Exercises (ch. 64) 12:00 PM Lunch 2:00 PM Color Me Calm 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)
10:00 AM Worship Service (ch. 64) 12:00 PM Lunch 2:00 PM Trivia 3:00 PM Coffee & Chat	10:00 AM 1:1 Wellness Visits <u>10:30 AM Guitar w/Bob</u> 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Power Pump & Balloon Ball 3:00 PM Coffee & Chat 3:30 PM Communion 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits <u>11:00 AM Christmas Caroling</u> 12:00 PM Lunch 1:30 PM Pokeno 2:30 PM Aromatherapy Massage 3:00 PM Coffee & Chat 3:30 PM Rosary 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM Worship Service (ch 64) 10:00 AM Manicures & Music 10:30 AM Color Me Calm 11:00 AM Hot Cocoa Cart 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Cardio Class 3:00 PM Coffee & Chat 3:30 PM Church Service (Cottages) 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Bingo 12:00 PM Lunch <u>1:30 PM Santa Visit</u> 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64) Winter Begins	10:00 AM 1:1 Wellness Visits <u>10:45 AM Piano w/Steve</u> 12:00 PM Lunch 1:30 PM Kickball 2:00 PM EnerG Exercises 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)		11:00 AM EnerG Exercises (ch. 64) 12:00 PM Lunch 2:00 PM Color Me Calm 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)
10:00 AM Worship Service (ch. 64) 12:00 PM Lunch 2:00 PM Trivia 3:00 PM Coffee & Chat	<i>Merry Christmas</i> Christmas		10:00 AM 1:1 Wellness Visits 10:30 AM Ring Toss/Bean Bags 11:00 AM Sit & Be Fit 12:00 PM Lunch 1:30 PM Pokeno 2:30 PM Aromatherapy Massage 3:00 PM Coffee & Chat 3:30 PM Rosary 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM Worship Service (ch 64) 10:00 AM 1:1 Wellness Visits 10:30 AM Color Me Calm 11:00 AM Devotional 12:00 PM Lunch 1:30 PM Bingo 2:30 PM Cardio Class 3:00 PM Coffee & Chat 3:30 PM Church Service (Cottages) 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Bingo 12:00 PM Lunch 1:30 PM Manicures & Music 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)	10:00 AM 1:1 Wellness Visits 10:30 AM Pokeno 12:00 PM Lunch 1:30 PM Kickball <u>2:00 PM Birthday Celebration</u> 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)	11:00 AM EnerG Exercises (ch. 64) 12:00 PM Lunch 2:00 PM Color Me Calm 3:00 PM Coffee & Chat 6:00 PM Stretching/Relaxation (ch. 64)
10:00 AM Worship Service (ch. 64) 12:00 PM Lunch 2:00 PM Trivia 3:00 PM Coffee & Chat New Year's Eve							

Activities, Locations and Times are Subject to Change When Necessary.