

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Our Daily Bread 9:30 Morning News 10:00 Low Impact Cardio 10:45 Spiritual Elder Care 11:00 Communion Service 1:30 Sorting & Folding 2:30 Music Therapy 3:00 Nails 4:00 Singfit 6:00 Book Club	2 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Balance & Strength 11:00 Delicious Discoveries 2:30 Music Therapy 3:00 Christmas Performance with Timo 5:30 Monday Night Football	3 9:30 Morning News 10:30 Silver Sneaker Exercise 11:00 Fresh Blendz 11:00 15-Min. Mystery 2:00 Trivia 2:30 Christmas Cards 3:30 Spray Paint 4:00 Singfit 6:00 Game Night	4 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Guess the Name 1:00 People and Places Travel Class 2:30 Christmas Craft 3:30 Bingo 4:00 Silver Sneakers Exercise Class 6:00 Bingo Night	5 9:30 Color Therapy 9:30 Morning News 10:00 Resistance Band Workout 10:30 Pictionary 11:00 Guided Painting 1:30 Documentary 3:00 Christmas Ornaments 4:00 Yoga Ball Drumming 4:30 Sing Along 6:00 Movie Night	6 9:30 Morning Brain Games 9:30 Morning News 11:00 Strength & Balance 11:00 Parachute 2:00 Christmas Wreaths 3:30 Outdoor Activity 6:00 Color Therapy Music Appreciation	7 Pearl Harbor Remembrance 9:30 Morning News 10:00 Stroll/Bike Workout 11:00 Fresh Blendz 11:30 Brain Games 1:15 Jeopardy 2:00 Snack & Name That Tune 2:30 Balloon volleyball 3:15 Brush Hour 4:30 Sing Along
8 9:30 Our Daily Bread 9:30 Morning News 10:00 Low Impact Cardio 10:45 Spiritual Elder Care 11:00 Communion Service 1:30 Sorting & Folding 2:30 Pine Cone Craft 3:00 Nails 4:00 Singfit 6:00 Book Club	9 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Balance & Strength 11:00 Delicious Discoveries 2:30 Music Therapy 3:30 Sing-A-Long 5:30 Monday Night Football	10 9:30 Morning News 10:30 Silver Sneaker Exercise 11:00 Fresh Blendz 11:00 15-Min. Mystery 2:00 Trivia 2:30 Gingerbread Garland 3:30 Spray Paint 4:00 Singfit 6:00 Game Night	11 9:30 Morning News 10:00 Catholic Mass 10:00 Stroll/Bike Workout 10:30 Guess the Name 1:00 People and Places Travel Class 2:30 Craft 2:30 Hot Chocolate Social 3:30 Bingo 4:00 Silver Sneakers Exercise Class 6:00 Bingo Night	12 9:30 Color Therapy 9:30 Morning News 10:00 Resistance Band Workout 10:30 Pictionary 11:00 Guided Painting 2:30 Christmas Social 3:15 Decorating Christmas Houses 4:00 Yoga Ball Drumming 4:30 Sing Along 6:00 Movie Night	13 9:30 Morning Brain Games 9:30 Morning News 11:00 Strength & Balance 11:00 Parachute 2:30 Music & Happy Hour with Mike Noonan 3:30 Outdoor Activity 6:00 Christmas Caroling and Crafts with 4h Community Club	14 9:30 Morning News 10:00 Stroll/Bike Workout 11:00 Fresh Blendz 11:30 Brain Games 1:15 Jeopardy 2:00 Snack & Name That Tune 2:30 Balloon volleyball 3:15 Brush Hour 4:30 Christmas Caroling Lutheran Church
15 9:30 Our Daily Bread 9:30 Morning News 10:00 Low Impact Cardio 10:45 Spiritual Elder Care 11:00 Communion Service 1:30 Christmas Craft 2:30 Music Therapy 3:00 Nails 4:00 Singfit 6:00 Book Club	16 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Balance & Strength 11:00 Parachute 2:30 Performance with Brotherly Love 3:30 Brain Games 5:30 Monday Night Football	17 9:30 Morning News 10:30 Silver Sneaker Exercise 11:00 Fresh Blendz 11:00 Pictionary 2:00 Trivia 2:30 Password 3:30 Christmas Craft 4:00 Singfit 6:30 Performance with Camerata Singers	18 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Guess the Name 11:00 Episcopal Service 1:00 People and Places Travel Class 2:30 Puzzle Craft 3:30 Bingo 4:00 Silver Sneakers Exercise Class 6:00 Bingo Night	19 9:30 Color Therapy 9:30 Morning News 10:00 Resistance Band Workout 10:30 Pictionary 11:00 Guided Painting 1:30 Documentary 2:30 Christmas Sing Along 4:00 Low Impact Cardio 6:00 Movie Night	20 9:30 Morning Brain Games 9:30 Morning News 11:00 Strength & Balance 11:00 Parachute 2:30 Music & Happy Hour With Bag O' Trix 3:30 Outdoor Activity 6:00 Color Therapy Music Appreciation	21 Winter Begins 9:30 Morning News 10:00 Stroll/Bike Workout 11:00 Fresh Blendz 11:30 Brain Games 1:15 Jeopardy 2:00 Snack & Name That Tune 2:30 Button Craft 3:15 Brush Hour 4:30 Sing Along

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22 9:30 Our Daily Bread 9:30 Morning News 10:00 Low Impact Cardio 10:45 Spiritual Elder Care 11:00 Communion Service 1:30 Sorting & Folding 2:30 Christmas Craft 3:00 Nails 4:00 Singfit 6:00 Book Club	23 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Balance & Strength 11:00 Brain Games 2:30 Music Therapy 3:30 Sing-A-Long 5:30 Monday Night Football	24 Christmas Eve 9:30 Morning News 10:30 Silver Sneaker Exercise 11:00 Fresh Blendz 11:00 15-Min. Mystery 2:30 Name That Tune 4:00 Pictionary 6:00 Game Night	25 Christmas Day 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Guess the Name 1:00 People and Places Travel Class 1:45 Penny Pitching 2:30 Craft 2:30 Hot Chocolate Social 3:30 Bingo 4:00 Silver Sneakers Exercise Class 6:00 Bingo Night	26 First Full Day - Hanukkah 9:30 Color Therapy 9:30 Morning News 10:00 Resistance Band Workout 10:30 Pictionary 11:00 Guided Painting 1:30 Documentary 2:30 Cranium Crunches 4:00 Yoga Ball Drumming 4:30 Sing Along 6:00 Movie Night	27 9:30 Morning Brain Games 9:30 Morning News 11:00 Strength & Balance 11:00 Parachute 3:30 Outdoor Activity 6:00 Color Therapy Music Appreciation	28 9:30 Morning News 10:00 Stroll/Bike Workout 11:00 Fresh Blendz 11:30 Brain Games 1:15 Jeopardy 2:00 Snack & Name That Tune 2:30 Balloon volleyball 3:15 Brush Hour 4:30 Sing Along
29 9:30 Our Daily Bread 9:30 Morning News 10:00 Low Impact Cardio 10:45 Spiritual Elder Care 11:00 Communion Service 1:30 Sorting & Folding 2:30 Music Therapy 3:00 Nails 4:00 Singfit 6:00 Book Club	30 9:30 Morning News 10:00 Stroll/Bike Workout 10:30 Balance & Strength 11:00 Delicious Discoveries 2:30 Wheel of Fortune 3:30 Sing-A-Long 5:30 Monday Night Football	31 New Year's Eve 9:30 Morning News 10:30 Silver Sneaker Exercise 11:00 Fresh Blendz 11:00 15-Min. Mystery 2:00 Trivia 2:30 Puzzles 3:30 Spray Paint 4:00 Singfit 6:00 Casino Night New Years Celebration				