

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	2 9:00 Morning Coffee	3 9:00 Morning Coffee 8:30 Karen's Moving to the Music Exercise Class 9:30 Chair Yoga DVD ***0:00 Catholic Communion 1:00 Rummikub 1:00 Farkle 3:00 Bible Study w/Joyce	4 9:00 Morning Coffee 1:00 Trivia 2:00 Wii Bowling 3:30 Blackhawk Bethlehem Church	5 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Chickenfoot	6 BINGO! <i>10:00 Bingo in the Dining Room. Part of Holly Jolly Christmas Event. Invite family and friends.</i>
7	8 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Kendall and Karen Holiday Sing-a-long 2:00 Birthday Celebrations	9 9:00 Morning Coffee 8:30 Wellness Clinic 1:30 Cookie Baking and Decorating	10 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:05 River Arts 9:30 Chair Yoga DVD 1:00 Rummikub 3:00 Bible Study w/Joyce	11 9:00 Morning Coffee 10:00 Catholic Mass 2:00 Wii Bowling 3:30 St John's Lutheran Church	12 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Chickenfoot	13
14	15 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	16 9:00 Morning Coffee	17 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub 1:00 Farkle 3:00 Bible Study w/Joyce 5:00 Holiday Light Tour	18 8:45 Walmart 9:00 Morning Coffee 10:00 Catholic Communion 1:00 Bingo with Julie 2:00 Wii Bowling 3:30 Calvary Baptist Church	19 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Chickenfoot	20
21	22 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	23 9:00 Morning Coffee 3:30 Christmas Party-Larry Busch Trio Meal to follow	24 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD ***10:00 Catholic Communion 1:00 Rummikub UGLY SWEATER OR SHIRT DAY! 	25 9:00 Morning Coffee w/ Pastry  NO NOON MEAL	26 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Chickenfoot	27
28	29 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	30 9:00 Morning Coffee	31 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub 4:00 New Years Eve Game Night and Social. 			