

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>No Coffee &amp; Cookie Hour December 18th</b>	<b>Holiday Open House December 18th From 5:00-7:00 Parking available both sides Oakdale Ave from 4:00-9:00</b>			
1 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Bible Stories 1:45 Classic T.V. 3:00 Coffee & Cookies 3:15 Current Events 4:00 Active Games 6:00 Music Listening	2 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Games 1:45 Inspirational Stories 2:30 Lets Sing Holiday Songs 3:15 Coffee & Cookies 4:00 Ring Toss 6:00 Reading Circle 	3 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Pet Visits 1:45 Memory Time 2:45 Sensory Adventures 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening	4 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Fun 1:45 Task Group 3:15 Snacks & Trivia 4:00 7th Inning Stretch 6:00 Reading Circle	5 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Hand Massage Therapy 1:45 Chicken Soup for the Soul Stories 2:45 You Pick a Game 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening	6 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 6:00 Reading Circle	7 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Art Fun 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan.2,3)
8 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Bible Stories 1:45 Classic T.V. 3:00 Coffee & Cookies 3:15 Current Events 4:00 Active Games 6:00 Music Listening	9 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Games 1:45 Inspirational Stories <b>2:00 Come see Santa in the Lobby</b> 3:15 Coffee & Cookies 4:00 Ring Toss 6:00 Reading Circle 	10 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Pet Visits 1:45 Memory Time 2:45 Sensory Adventures 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening	11 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good <b>10:15 Table Fun</b> 3:15 Snacks & Trivia 4:00 7th Inning Stretch 6:00 Reading Circle	12 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Hand Massage Therapy 1:45 Chicken Soup for the Soul Stories 3:15 Coffee & Cookies 4:00 Balloon Volleyball <b>6:00 Christmas Light Outing</b> 	13 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 4:00 Arm Chair Exercise 6:00 Reading Circle	14 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Art Fun 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan.2,3)
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