

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2018

## HAPPY HOLIDAYS!



						<p>9:00 CHAIR STRETCHES 9:30 SCENIC DRIVE  10:30 HYDRATION/SNACKS 2:00 ICE CREAM SOCIAL 3:00 NAIL SALON 6:00 SMOOTH JAZZ</p>
<p>9:00 CHAIR EXERCISE 9:30 BIBLE STUDY 10:00 HYDRATION/ FRUIT MOVIE TIME 2:00 HYDRATION/ SINGALONG 4:00 RING TOSS</p>	<p>9:00 CHAIR STRETCHES 9:30 TODAY IN HISTORY 10:00 HYDRATION/BAKE A CAKE 10.30 TRIVIA 11:00 INSIDE WALK 2:00 HYDRATION/ SING ALONG 3:00 PUZZLE &amp; GAMES 6:00 MUSIC TO RELAX 7:00 HOT TEA &amp; TREAT</p>	<p>9:00 CHAIR STRETCHES 9:30 TODAY IN HISTORY 10:00 HYDRATION/BAKE A CAKE 10.30 TRIVIA 11:00 HANGMAN 2:00 HYDRATION/ SING ALONG 3:00 BINGO 6:00 MUSIC TO RELAX 7:00 HOT TEA &amp; TREAT</p>	<p>9:00 CHAIR STRETCHES 9:30 TODAY IN HISTORY 10:00 HYDRATION/BAKE A CAKE  2:00 HYDRATION/ SING ALONG 3:00 BIBLE STUDY 6:00 MUSIC TO RELAX 7:00 HOT TEA &amp; TREAT</p>	<p>9:00 CHAIR STRETCHES 9:30 QUIZ TIME 10:30 HYDRATION/CRACKERS 11:00 BALL TOSS 2:00 HYDRATION 2:30 SING ALONG 4:00 WATER PAINTING 6:00 MUSIC TO RELAX 7:00 HOT COCOA</p>	<p>9:00 CHAIR STRETCHES 9:30 PEANUT BUTTER SANDWICH/HYDRATION 10:30 BOOK CLUB 11:00 HAND MASSAGE 2:00 HYDRATION/ SNACKS 3:00  6:00 MOVIE NITE</p>	<p>9:00 CHAIR STRETCH  10:30 HYDRATION 2:00 ICE CREAM SOCIAL 3:00 NAIL SALON 6:00 SMOOTH JAZZ</p>
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