

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2018



Worship Service & Communion @ 9:45 AM		Sit & Stretch @ 9:30 AM Grocery Shopping @ 1:00 PM <small>First Day of Hanukkah</small>		4 Birthday Party @ 2:00 PM  Balance 9:30 AM		5 Word & Song @ 6:30 PM		6 Strength @ 9:45 AM		7		8	
Worship Service & Communion @ 9:45 AM		9 Sit & Stretch @ 9:30 AM Grocery Shopping @ 1:00 PM		11		12 Balance @ 9:30 AM		13 Word & Song @ 6:30 PM		14 NO EXERCISE		15 Olive Garden @ 11:00 AM	
Worship Service & Communion @ 9:45 AM		16 Sit & Stretch @ 9:30 AM Grocery Shopping @ 1 PM Lights Tour @ 6:00 PM		17 MOVIE: 1 pm 18 1st Floor Activity Room Christmas Oranges		19 Balance @ 9:30 AM		20 Word & Song @ 6:30 PM		21 Blood Pressure @ 9:30 AM Strength @ 9:45 AM Christmas Party @ 4:00 PM <small>Winter Begins</small>		22	
Worship Service & Communion @ 9:45 AM		23 NO EXERCISE 24 Grocery Shopping @ 1:00 PM		25 Merry Christmas  <small>Christmas Day</small>		26 NO EXERCISE		27 Word & Song @ 6:30 PM		28  Donuts @ 9 AM Strength @ 9:45 AM		29	
Worship Service & Communion @ 9:45 AM		30 Sit & Stretch @ 9:30 AM Grocery Shopping @ 1:00 PM <small>New Year's Eve</small>		31		<b>DECEMBER ACTIVITIES</b>							

