

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

# December 2018

## Independent Living Calendar



<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Bredholt-MPR</p>	<p>Podiatrist Dr. Kish 9:30 Chair Aerobics-MPR <u>10:30 Bus departs for Sparkle Nail Spa-FL</u> 2:00 Christmas Trivia-PDR</p> <p>First Day of Hanukkah</p>	<p>9:30 Arthritis Exercise Program-MPR <u>11:00 Bus departs for Tuesday w/Friends-FL</u> 2:00 Bingo-MPR <u>3:15 Resident Council Meeting-PDR</u></p>	<p>BARBER SERVICE 9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF <u>12 noon Birthday Luncheon-DR</u> <u>2:00 Movie in the Library</u></p>	<p>BEAUTY SHOP 9:30 Arthritis Foundation Exercise-MPR <u>10:30 Trader Joe's-GF</u> <u>12noon Captain's Table-PDR</u> <u>6:30-8 Christmas Drop-In (Dining Room)</u></p>	<p>9:30 Warm up /stair Climb-MPR 10:00 Wellness Clinic-FL <u>12-2pm Mary Kay Pampering Session-MC</u> <u>3-5pm Wine &amp; Design ACR</u></p>	<p>9:30 Coffee &amp; Conversation-PDR 10:30 Social Circle-FL 2:00 Movie in Library</p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX <u>1:30 Bus departs for the Singing Christmas Tree-FL</u> 2:45 Chapel Service w/Chaplain Bredholt-MPR</p>	<p>9:30 Chair Aerobics-MRP <u>10:30 Bus departs for Sparkle Nail Spa-FL</u> <u>2:30 Labresca's Pizza Social-PDR</u></p>	<p>LIBRARY SERVICE 9:30 Arthritis Exercise Program-MPR <u>12:30 Christmas Caroling in Dining Room</u> 2:00 Bingo-MPR <u>3:15 Food Committee-DR</u> <u>6:00 Bus departs for Saluda Shoals Christmas lights-FL</u></p>	<p>9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF <u>2:00 Movie on the big screen Miracle on 34<sup>th</sup> Street-MPR</u> (serving cookies &amp; eggnog)</p>	<p>BEAUTY SHOP <u>BLOOD DRIVE/ARBOR</u> 9:30 Inside strolls 10:30 Scripture &amp; Song-MPR 3:30 Bridge Game-PDR</p>	<p>9:30 Warm up/ stair Climb-MPR 10:00 Wellness Clinic-FL 6:00 Movie in the Library</p>	<p>9:30 Coffee &amp; Conversation-PDR <u>11-3 Christmas Shopping-ACR</u> 2:00 Book Club-Library (come and share or listen to reviews)</p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Bredholt-MPR</p>	<p>SPirit WEEK <u>Wear Christmas Hat Day</u> 9:30 Chair Aerobics-MPR <u>10:30 History w/John Miles-MPR</u> <u>2:30 Wine &amp; Cheese Social-PDR</u> 3:30 Bible Study w/EGKM-MPR</p>	<p><u>Wear Red &amp; Green Day</u> 9:30 Arthritis Foundation Exercise-MPR <u>10:30 Bus departs for Dollar Tree-GF</u> 2:00 Bingo-MPR</p>	<p><u>Snowman Day</u> 9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF 2:00 Guitar Music w/Stan-MPR 3:15 Left, Right, Center-PDR <u>3:30 Pet Therapy visits w/Marcia &amp; Scamp</u></p>	<p>BEAUTY SHOP <u>Jingle Bell Day</u> 9:30 Arthritis Foundation Exercise-MPR 10:30 Scripture &amp; Song-MPR <u>2:00 Meeting w/Administrator Lisa Reavis-MPR</u> <u>3:30 Birthday Party-PDR</u></p>	<p><u>Ugly Sweater Day</u> 9:30 Warm up/ stair Climb-MPR 10:00 Wellness Clinic-FL 6:00 Movie in the Library</p> <p>Winter Begins</p>	<p>9:30 Coffee &amp; Conversation-PDR 2:00 Movie in Library</p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Bredholt-MPR</p>	<p>CHRISTMAS EVE 9:30 Inside strolls <u>7:30pm Christmas Eve Service w/Chaplain Bredholt-MPR</u></p>	<p> Christmas Day</p>	<p>9:30 Inside strolls 2:00 Trivia-PDR <u>5:30 Ukulele Music w/Sydney Jackson-DR</u></p> <p>Kwanzaa Begins</p>	<p>BEAUTY SHOP 9:30 Arthritis Foundation Exercise-MPR <u>10:00 Shopping Shuttle-GF</u> 10:30 Scripture &amp; Song-MPR 3:30 Bridge Game-PDR</p>	<p>9:30 Warm up/ stair Climb-MPR 10:00 Wellness Clinic-FL <u>10:30 Music w/Pastor Ron &amp; Jackie-MPR</u> 6:00 Movie in the Library</p>	<p>9:30 Coffee &amp; Conversation-PDR 2:00 Movie in the Library</p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Bredholt-MPR</p>	<p>9:30 Chair Aerobics-MPR 10:30 Apple Cider &amp; Cookies-PDR</p> <p>New Year's Eve</p>	<p><b>Activity Location</b></p> <p>Multi-Purpose Room-MPR Myrtle Court-MC Library-L Garden Floor-GF</p> <p>Conference Room-CR Front Lobby-FL Arbor Community Room-ACR Outing-O Private Dining Room-PDR</p> 				

Activities are subject to change. Any change in schedule will be posted. 9am Prayer Mon-Fri in the Library. Everyone is invited.