

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday


2:00 pm Movie & Popcorn, MT



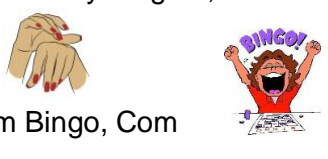
**1** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew, CB  
10:45am Hangman, Com  
1:30pm Activity Sign Up! Com  
2:30pm Horse Racing, Com



**2** 8:45am Wii Bowling, Com  
10:00am Lower body, Com  
10:30am Coffee Crew, CB  
10:45 Reminiscing & Coffee, Com  
**1:30pm Walmart, FE**



**3** 8:45am Wii Bowling, Com  
10:00am Upper body, Com  
10:30am Coffee Crew, CB  
10:45am Sorry & Coffee, Com  
1:00pm Office Work, Com  
1:30pm Pretty Fingers, Com



3:00pm Bingo, Com

**4** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Bible Study, Com  
10:45am Reading Chicken Soup, CR  
2:00pm Rosary, Com  
3:00pm Community Worship, Com



**5** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew CB  
**11:00am Dixies, FE**  
1:30pm Table games Available, Com  
**3:00pm Happy Hour w/ Mary Wayne, Com**




**6** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Coffee Crew, CB  
10:45am Table Game, Com  
1:30pm Movie & Popcorn, MT



2:00 pm Movie & Popcorn, MT




**8** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew, CB  
10:45am Dear Abbey, Com  
1:30pm Activity Sign Up! Com  
**2:00pm Birthday Party w/ Steve, DR**



**9** 8:45am Wii Bowling, Com  
10:00am Lower body, Com  
10:30am Coffee Crew, CB  
10:45 Reminiscing & Coffee, Com  
**1:30pm Dollar Tree, FE**



**10** 8:45am Wii Bowling, Com  
10:00am Upper body, Com  
10:30am Coffee Crew, CB  
10:45am Seven, Com  
1:00pm Office Work, Com  
1:30pm Activity w/ Marcia, Com  
3:00pm Bingo, Com



**11** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Bible Study, Com  
10:45am Reading Chicken Soup, CR  
2:00pm Communion, Com



3:00pm Community Worship, Com


**12** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew CB  
**11:00am House of Wong, FE**  
1:30pm Table games Available, Com  
3:00pm Happy Hour w/ Carol, Com



**13** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Coffee Crew, CB  
10:45am Table Game, Com  
1:30pm Movie & Popcorn, MT



2:00 pm Movie & Popcorn, MT




**15** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew, CB  
10:45am Bunco, Com  
1:30pm Activity Sign Up! Com  
2:00pm Joyful Hymsters, DR



6:00pm Light Tour, FE


**16** 8:45am Wii Bowling, Com  
10:00am Lower body, Com  
10:30am Coffee Crew, CB  
10:45 Reminiscing & Coffee, Com  
1:30pm Aldi's, FE



**17** 8:45am Wii Bowling, Com  
10:00am Upper body, Com  
10:30am Coffee Crew, CB  
10:45am Garbage, Com  
**2:00pm Crafts w/ Jill, Com**

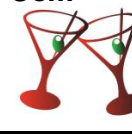


**18** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Bible Study, Com  
10:45am Reading Chicken Soup, CR  
2:00pm Rosary, Com



3:00pm Community Worship, Com

**19** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew CB  
10:45am Staff Decorating for Xmas Happy Hour  
**3:00pm X-mas Happy Hour w/ Spencer, Com**



**20** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Coffee Crew, CB  
10:45am Table Game, Com  
1:30pm Movie & Popcorn, MT



2:00 pm Movie & Popcorn, MT



**22** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew, CB  
10:45am Garbage, Com  
**2:00pm Community Room**



**23** 8:45am Wii Bowling, Com  
10:30am Coffee Crew, CB

*It's Christmas Eve and All is Well*



**24** *Merry Christmas!*



**25** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:45am Reading Chicken Soup, CR  
2:00pm Mass, Com



3:00pm Community Worship, Com

*Kwanzaa Begins*


**26** 8:45am Wii Bowling, Com  
10:00am Dumbbell EX., Com  
10:30am Coffee Crew CB  
**11:00am Golden Coral, FE**  
1:30pm Table games Available, Com  
3:00pm Happy Hour w/Carol, Com




**27** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Coffee Crew, CB  
10:45am Table Game, Com  
1:30pm Movie & Popcorn, MT



2:00 pm Movie & Popcorn, MT



**29** 8:45am Wii Bowling, Com  
10:00am Morning Stretch, Com  
10:30am Coffee Crew, CB  
10:45am Activity w/ Suzie, Com  
3:00pm Carol (Pianist) CB



**30** 8:45am Wii Bowling, Com  
10:00am Lower body, Com  
10:30am Coffee Crew, CB  
10:45 Staff Decorating for New Years Party! Com  
**2:00pm New Year's Party!**



*New Year's Eve*



# December 2019



## The Shores of Lake Phalen Independent & Assisted Living