

December

WEEKLY ACTIVITIES

SUN 22nd	11:00-2:00 – Christmas Buffet in the Dining Room 2:30 – Church Service in the Chapel 3:00 – Christmas Caroling in the Lobby
MON 23rd	9:30 – Chair exercise in the Chapel 10:00 – Walking Club (meet in the U.L.) 12:30 – Wildlife Trip (Sign up on the bulletin board)
TUE 24th	9:30 – Chair exercise in the Chapel 10:15 – Catholic Service in the Chapel No Coffee with Friends Today No Bingo Today No Chair Yoga Today
WED 25th	9:30 – Chair exercise in the Chapel No Meditation Today Merry Christmas
THU 26th	9:30 – Chair exercise in the Chapel 10:00 – Bible Study in the Chapel (hosted by Shirley Davis) 10:00 – Poetry Club in the U.L. 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel
FRI 27th	9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 10:30 – Water Aerobics in the Pool Room 1:00 – Left, Right, Center Game in the U.L. 2:00 – Kick the Ball in the L.L. 3:00 – Scattegories in the U.L.

****Refer a friend to live here at fabulous Pine Hills Retirement Community and receive \$500 off 1 months rent!!****

(turn page over for weekly menu)

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SAT
28th

1:00 – Cards (313) in the U.L. (Hosted by Frances)

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