

# December

## WEEKLY ACTIVITIES

<b>SUN</b> 1st	<b>2:30 – Church Service in the Chapel</b>
<b>MON</b> 2nd	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Walking Club (meet in the U.L.)</b> <b>1:00 – Christmas Decoration in the Lobby</b> <b>3:00 – Colter the Guitar Player in the Dining Room</b> <b>5:00 – Community Band in the U.L.</b>
<b>TUE</b> 3rd	<b>9:30 – Chair exercise in the Chapel</b> <b>No Coffee with Friends Today</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b>
<b>WED</b> 4th	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Meditation in the Sensory Room</b> <b>12:30 – Walmart Trip</b> <b>(Sign up on the bulletin board)</b>
<b>THU</b> 5th	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Bible Study in the Chapel (hosted by Shirley Davis)</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b>
<b>FRI</b> 6th	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Meditation in the Sensory Room</b> <b>10:30 – Catholic Service with Father Collins in the Chapel</b> <b>10:30 – Water Aerobics in the Pool Room</b> <b>1:00 – Scattegories in the U.L.</b> <b>2:00 – Keep it Moving in the L.L.</b> <b>3:00 – Rock Painting in the L.L.</b> <b>5:00 – Parade of Lights in Town (Sign up on the bulletin board)</b>

**\*\*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**  
**7<sup>th</sup>**

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



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**(turn page over for weekly menu)**