

# December/January

## WEEKLY ACTIVITIES

<b>SUN</b> <b>29<sup>th</sup></b>	<b>2:30 – Church Service in the Chapel</b>
<b>MON</b> <b>30<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Walking Club (meet in the U.L.)</b> <b>1:00 – Trivia in the U.L.</b> <b>2:00 – Birthday Party in the Dining Room</b> <b>3:00 – Velcro Darts in the L.L.</b>
<b>TUE</b> <b>31<sup>st</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>9:30 – Coffee with Friends in the Dining Room</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b>
<b>WED</b> <b>1<sup>st</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>No Meditation Today</b> <b><i><u>Happy New Year!!!</u></i></b>
<b>THU</b> <b>2<sup>nd</sup></b>	<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> <b>3<sup>rd</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Catholic Service with Father Collins in the Chapel</b> <b>No Meditation Today</b> <b>10:30 – Water Aerobics in the Pool Room</b> <b>12:30 – Walmart Trip</b> <b>(Sign up on the bulletin board)</b> <b>6:00 – Pool Party in the L.L.</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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## WEEKLY ACTIVITIES

**SAT**  
**4<sup>th</sup>**

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

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