






SENIORS DAY PROGRAM DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 10:00 Coffee Social Blood Pressure and Weights 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack & Catherine -Music	4 10:00 Coffee Social Ice Breakers 11:00 Light Exercise 12:15 Lunch 1:15 Home Early	5 10:00 Coffee Social Health Chat - Stroke 11:00 VON SMART Exercise 12:15 Lunch 1:15 Alzheimer's Society Info Session	6 10:00 Coffee Social Adult Christmas Coloring 11:00 Light Exercise 12:15 Lunch 1:15 Xmas Craft
10 10:00 Coffee Social Holiday Word Search 11:00 VON SMART Exercise 12:15 Lunch 1:15 Shuffle Board	11 10:00 Coffee Social Balloon Badminton 11:00 Light Exercise 12:15 Lunch 1:15 Wii Bowling	12 10:00 Coffee Social Xmas Word in a Word 11:00 VON SMART Exercise 12:15 Lunch 1:15 Bean Bag Board Toss	13 10:00 Coffee Social Scavenger Hunt 11:00 Light Exercise 12:15 Lunch 1:15 BINGO
17 10:00 Coffee Social Christmas Traditions 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack & Katherine Music	18 10:00 Coffee Social Large Crossword 11:00 Light Exercise 12:15 Lunch 1:15 Home Early	19 10:00 Coffee Social Christmas Carols 11:00 VON SMART Exercise 12:15 Lunch 1:15 Xmas Craft	20 10:00 Coffee Social St. Louis School Choir 11:00 Light Exercise 12:15 Lunch 1:15 Christmas Party!
24 10:00 Coffee Social Mind Joggers 11:00 VON SMART Exercise 12:15 Lunch 1:15 UNO	25 PROGRAM CLOSED 	26 PROGRAM CLOSED BOXING DAY	27 10:00 Coffee Social Current Events 11:00 Light Exercise 12:15 Lunch 1:15 Board or Card Games
31 10:00 Coffee Social 11:00 VON SMART Exercise Bringing in the New Year! 12:15 Lunch 1:15 BINGO			TO BOOK OR CANCEL CALL CAROL @ 705-355-1022 EXT.238 PLEASE LEAVE MESSAGE