

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 * No Activity Programs Today	3 9:30 Big Brain 10:30 Stretch & Strength 1:00 Bingo 2:30 Resident Choir 6:30 Rummy	4 10:30 Exercises 1:00 Horse Races 2:30 Floor Shuffleboard	5 10:30 Stretch & Strength 11:15 Catholic Service 1:00 Hymn Sing 3:00 Lutheran Service	6 10:30 Exercises 1:00 Card Bingo 2:30 Happy Hour 5:00 Ukrainian Christmas Dinner-Special Function	7 <i>Happy Ukrainian Christmas</i> 9:30 Pet Visit 1:00 Bingo 2:30 Shuffleboard
8 	9 9:30 Christmas Un-Decorating 2:30 The Crown-Mini-Series	10 9:30 Resident Council Meeting 10:30 General Resident Meeting 1:00 Food Reflections Meeting 6:30 Movie Night	11 10:30 Exercises 11:00 Blood Pressure Clinic 1:00 Horse Races 2:30 Bowling	12 10:15 Catholic Service 10:30 Stretch & Strength 1:00 Afternoon Music 3:00 Lutheran Service	13 10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social 3:30 Chair Dance	14  1:00 Bingo 2:30 Shuffleboard
15 	16 * No Morning Programs 10:30 Bus Outing-River Cree Casino & Lunch	17 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Bingo 2:30 The Crown-Mini Series 6:30 Uno	18 10:30 Exercises 1:00 Horse Races 2:30 Shuffleboard Bowling	19 10:30 Stretch & Strength 11:15 Catholic Service 1:00 Singalong 3:00 Lutheran Service	20 10:30 Exercises 1:00 Winter Gala 3:00 Happy Hour	21  1:00 Bingo 2:30 Shuffleboard
22 	23 10:30 Exercises 1:00 Health Presentation- 2:30 The Crown Mini-Series	24 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Bingo 2:30 Crafts 6:30 Scattergories	25 <i>Robbie Burns Day</i> 10:30 Exercises 1:00 Horse Races 2:30 Beanbag Baseball	26 10:30 Stretch & Strength 11:15 Catholic Service 1:00 Wheel of Fortune 3:00 Lutheran Service	27 10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social 3:30 Chair Dance	28  1:00 Bingo 2:30 Shuffleboard
29 	30 * No Morning Programs 12:30 Bus Outing-IMAX Movie Theatre	31 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Monthly Birthday Party & Entertainment 2:30 The Crown-Mini-Series 6:30 Word Scrabble	Activity Programs Take Place in the C/D Room Unless Otherwise Posted	Please check the white board next to the Manager's office daily for changes to the recreation calendar	For Bus Outings, Please Sign Up on Sign-Up Sheets on Clip Board by Laundry Room.	For More Information: Please contact Sandy, Activities Convenor at 780-962-6149, Ext. 203