


December 2019

Independent Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>1</p> <p>9:00 CC Community Coffee</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:15 AE Deck the Halls Challenge</p> <p>5:15 CC Seahawks Vs Minnesota</p> <p>6:00 LL Ice Cream Social</p>	<p>2</p> <p>9:00 CC Community Coffee</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:15 AE Deck the Halls Challenge</p> <p>5:15 CC Seahawks Vs Minnesota</p> <p>6:00 LL Ice Cream Social</p>	<p>3</p> <p>10:30 LL Bingo Bango!</p> <p>1:30 LL Safeway Shopping</p> <p>3:00 CE Grieving Presentation By David Lucov</p> <p>4:00 PE Crafty Hands</p> <p>6:00 CC Christmas Light Tour</p>	<p>4</p> <p>Mary Alice Salon</p> <p>9:30 CC Cap Sante Cafe</p> <p>10:30 AE Deck the Halls</p> <p>1:15 PE Mindfulness & Movement</p> <p>2:30 CC Fred Meyers Trip</p> <p>6:00 LL Night Cap</p>	<p>5</p> <p>10:30 CE Trivia on Biology</p> <p>1:30 LL Bingo Bango!</p> <p>2:35 CE TED TALKS The Danger of a Story</p> <p>3:00 SS The Parable of the Seed</p>	<p>6</p> <p>10:00 CC Fritter Friday</p> <p>11:00 PE Music in motion</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:30 CC Happy Hour</p> <p>3:30 AE Scott Thomson On Guitar</p>	<p>7</p> <p>9:30 CC 9:30 Breakfast Club</p> <p>3:00 CC Card Games</p>		
<p>8</p> <p>2:00 LL Movie Matinee</p> <p>5:20 CC Seahawks Vs LA Rams</p>	<p>9</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:15 CE Candy Bar Trivia</p> <p>6:00 LL Ice Cream Social</p>	<p>10</p> <p>9:30 Blood Pressure Check</p> <p>10:30 LL Bingo Bango!</p> <p>1:30 LL Safeway Shopping</p> <p>4:00 AE Lets Bake it!</p> <p>6:00 CC Christmas Light Tour</p>	<p>11</p> <p>Mary Alice Salon</p> <p>9:30 CC Cap Sante Cafe</p> <p>10:30 AE Deck the halls</p> <p>1:15 PE Mindfulness & Movement</p> <p>2:30 CC Oak Harbor Dollar store Trip</p> <p>6:00 LL Night Cap</p> <p>6:15 LL Group of Carolers</p>	<p>12</p> <p>10:30 CE Birding for Beginners</p> <p>1:30 LL Bingo Bango!</p> <p>2:35 CE TED TALKS with Isabel Allende</p> <p>3:00 CE All About Hearing</p> <p>3:00 SS The Parable of the Seed</p> <p>4:00 AE Holiday Arts & Crafts</p>	<p>13</p> <p>11:00 PE Bowling For Gold</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:30 CC Happy Hour</p> <p>3:30 Kristen Cormeau</p>	<p>14</p> <p>9:30 CC 9:30 Breakfast Club</p> <p>2:00 CC Connor Cho on Piano</p>		
<p>15</p> <p>10:00 CC Seahawks Vs Carolina</p> <p>2:00 LL Movie Matinee</p>	<p>16</p> <p>10:00 Health Talk with Martin</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:00 CE Bagging Toys Cap Sante Court Cares</p> <p>6:00 AE Holiday Arts & Crafts</p> <p>6:00 LL Ice Cream Social</p>	<p>17</p> <p>10:30 LL Bingo Bango!</p> <p>1:30 LL Safeway Shopping</p> <p>4:00 AE Crafty Hands</p> <p>6:00 CC Christmas Light Tour</p>	<p>18</p> <p>Mary Alice Salon</p> <p>9:30 CC Cap Sante Cafe</p> <p>10:30 AE Deck the Halls</p> <p>1:15 PE Mindfulness & Movement</p> <p>2:30 CC Mount Vernon Walmart</p> <p>6:00 LL Night Cap</p>	<p>19</p> <p>10:30 CE Bingo Bango!</p> <p>1:30 LL Mount Erie 4th Grade Class carolers</p> <p>2:35 CE TED TALKS 12 truths</p> <p>3:00 SS The Parable of the Seed</p> <p>6:00 CC Community Carols</p> <p>6:30 LL Movie & Popcorn</p>	<p>20</p> <p>10:00 CC Fritter Friday</p> <p>1:30 PE Mindfulness & Movement</p> <p>4:00 CC Cap Sante Holiday Gathering</p>	<p>21</p> <p>9:30 CC 9:30 Breakfast Club</p> <p>3:00 CC Card Games</p>		
<p>22</p> <p>2:00 LL Seahawks Vs Arizona</p>	<p>23</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:15 AE Deck the halls Judgment day</p> <p>6:00 LL Ice Cream Social</p>	<p>24</p> <p>Christmas Eve</p> <p>10:30 LL Bingo Bango!</p> <p>1:30 LL Safeway Shopping</p> <p>4:00 AE Lets Bake it! Christmas Special*</p>	<p>25</p> <p>Christmas Day</p> <p>9:30 CC Cap Sante Cafe</p> <p>10:30 Christmas Carols</p> <p>1:15 PE Mindfulness & Movement</p> <p>2:30 CC Christmas Crafts</p> <p>6:00 LL Night Cap</p>	<p>26</p> <p>10:30 CE Trivia & Mind Madness</p> <p>1:30 LL Bingo Bango!</p> <p>2:35 CE TED TALKS why women should tell stories</p> <p>3:00 SS The Parable of the Seed</p>	<p>27</p> <p>11:00 PE Bowling For Gold</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:30 Happy Hour</p>	<p>28</p> <p>9:30 CC 9:30 Breakfast Club</p> <p>3:00 CC Card Games</p>		
<p>29</p> <p>1:25 LL Seahawks vs San Francisco</p>	<p>30</p> <p>1:30 PE Mindfulness & Movement</p> <p>3:00 CE John Gaffney On Guitar</p> <p>6:00 LL Ice Cream Social</p>	<p>31</p> <p>New Year's Eve</p> <p>10:30 LL Bingo Bango!</p> <p>1:30 LL Safeway Shopping</p> <p>4:00 New Year Resolutions</p>	<p>1111 32nd St. Anacortes, WA 98221 360-293-8088</p> <p> CAP SANTE COURT Retirement Community</p>				<p>AE Artistic Expression</p> <p>CC Community Connections</p> <p>CE Continuing Education</p> <p>LL Lifestyle & Leisure</p> <p>PE Physical Engagement</p> <p>SS Spiritual Support</p>	