









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 1 RESIDENT ASSOCIATION HOLIDAY SAXAPHONE CONCERT 12:00PM	Dec 2 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR	Dec 3 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 6:30pm - Game Night - GR	Dec 4 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR 7:00pm - MVCC Concert Band-GR	Dec 5 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am-10:45am - Aqua Aerobics - P 11:00am - 4:00pm - Swim w/Buddy - P 1:30pm - Mahjong - GR	Dec 6 8:30 am - 4:00pm - Swim w/Buddy - P 11:00am-Kunkel Ambulance - GR Blood Pressure/Sugar Checks 1:30pm Table Tennis - GR	
Dec 8 	Dec 9 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 3:00pm- Book Club - GR "David Copperfield"	Dec 10 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 6:30pm - Game Night - GR	Dec 11 8:30am-Flexible Fitness GR  National Stretching Day! If you haven't tried out Flexible Fitness, give it a try! It's a great group! 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR	Dec 12 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am-10:45am - Aqua Aerobics - P 11:00am - 4:00pm - Swim w/Buddy - P 11:00am - DIY Gingerbread House with Nikki from The Pines 1:30pm - Mahjong - L	Dec 13  NATIONAL COCOA DAY DECEMBER 13 1:30pm Table Tennis - GR	Dec 14
Dec 15 RESIDENT ASSOCIATION CAROL'S, COOKIES, AND COCOA!! 2:00pm Bring your favorite cookie to share!	Dec 16 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR	Dec 17 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 2:00pm-Reader's Theatre - GR Holiday Presentation 6:30pm - Game Night - GR	Dec 18 8:30am-Flexible Fitness GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR	Dec 19 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 10::00 am - Old Kountry Store - B RESIDENT HOLIDAY PARTY 4:00pm-6:00pm	Dec 20 8:30 am - 2:00pm - Swim w/Buddy - P 10:30am Table Tennis - GR RESIDENT HOLIDAY PARTY 4:00pm-6:00pm	Dec 21  WINTER SOLSTICE 1st DAY OF WINTER
Dec 22	Dec 23 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 3:00pm - Needles Niche -Bldg. 3	Dec 24 	Dec 25 	Dec 26 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 1:30pm - Mahjong - L 	Dec 27 8:30 am - 2:00pm - Swim w/Buddy - P 1:30pm Table Tennis - GR	Dec 28
Dec 29 	Dec 30 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR	Dec 31 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 				

LOCATION KEY	B = Bus	FC = Fitness Center	L = Library	Allure Life ♦Healthy♦ ♦Playful♦ ♦Creative♦ ♦Social♦ ♦Centered♦ ♦Inquisitive♦	OFFICE HOURS	Monday - Friday	8:30 am - 4:30 pm
	BP = Back Patio	G = Game Room	P = Pool			Saturday	
	CR = Craft Room	GR = Great Room	T = Theater			Sunday	CLOSED