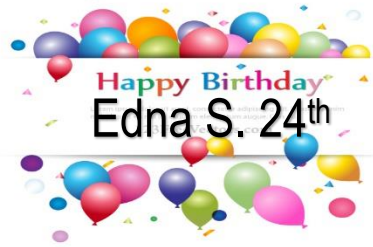


# Life Enrichment Calendar – December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All trips this month are weather permitting and may be cancelled or postponed due to weather. Please check the bulletin board on the 2 <sup>nd</sup> floor outside the dining room for updates and changes.		1P = 1 <sup>st</sup> floor piano area L = Lobby 2 <sup>nd</sup> Floor FR = Fireside room- 2 <sup>nd</sup> Floor MDR = Main Dining Room PDR = Private Dining Room 3L = 3 <sup>rd</sup> Floor Library 3AR = 3 <sup>rd</sup> Floor Activity Room MG = Memory Garden			1 9:30 Terrace Hill Holiday Open House & lunch in Des Moines 10:00 Cards – Resident's Choice 3L 11:00 Music in Motion FR 3:00 Sit Down Dancing FR 7:00 Lawrence Welk FR
2 11:00 Walking Club L 11:00 Music in Motion FR 12:30 4 <sup>th</sup> Annual Christmas Tree Festival at Brethren Church (1-4) 2:00 Movie & Popcorn FR 4:00 Sit Down Dancing FR	3 Place Orders for Groceries 9:00 Men's Coffee PDR 9:45 Music 3AR 10:00 BINGO 3AR 11:00 Music in Motion FR 1:00 Balance Exercises 1P 1:30 Cribbage 1P 4:00 Sit Down Dancing FR	4 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 1P 10:00 Church 1P 11:00 Music in Motion FR 1:00 Bible study 1P 3:00 Resident Meeting MDR 4:00 Cards – Kings in the Corner 3L 4:00 Sit Down Dancing FR	5 9:00 Trip to Dollar General 10:00 Rummikub 3L 11:00 Music in Motion FR 1:00 Balance Exercises 1F 1:30 Puppy Playtime MG 2:30 Birthday Party for December birthdays MDR 4:00 Sit Down Dancing FR	6 9:00 Live 2 B Healthy 1P 9:45 Meditation Moments 1P 10:00 Dominoes (M.T.) 3L 11:00 Music in Motion FR 1:00 Cards – Mr. Wilson 3L 3:00 Happy Hour PDR 4:00 Sit Down Dancing FR	7 GRIEF COUNSELOR TODAY 9:00 Therapy Dog – (Sadie) FR 10:00 Sequence & Board Games 3L 11:00 Music in Motion FR 12:45 Meditation Moments 1P 1:00 Wii Bowling 1P 4:00 Sit Down Dancing FR	8 9:30 Boy Scout Caroling FR 10:00 Cards – Resident's Choice 3L 11:00 Music in Motion FR 3:00 Sit Down Dancing FR 7:00 Lawrence Welk FR
9 11:00 Walking Club L 11:00 Music in Motion FR 2:00 Movie & Popcorn FR 4:00 Sit Down Dancing FR 4:45 Carolers MDR 5:00 Gospel Night – First Christian Church	10 Place Orders for Groceries 9:00 Men's Coffee PDR 9:45 Music 3AR 10:00 BINGO 3AR 11:00 Music in Motion FR 12:45 Balance Exercises 1P 1:30 Activity-AC/GC Students 3AR 2:00 Cribbage 1P 4:00 Sit Down Dancing FR	11 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 1P 9:45 Meditation Moments 1P 10:00 Church 1P 11:00 Music in Motion FR 1:00 Bible study 1P 3:00 Cards – Kings in the Corner 3L 4:00 Sit Down Dancing FR	12 9:00 Reading Buddies @ School 10:00 Rummikub 3L 11:00 Music in Motion FR 1:00 Balance Exercises 1P 1:30 Puppy Playtime MG 2:00 Ladies Coffee PDR 3:00 Cards – UNO 3L 4:00 Sit Down Dancing FR	13 PODIATRIST HERE TODAY 9:00 Live 2 B Healthy 1P 9:45 Meditation Moments 1P 10:00 Game – Dominoes (C.F.) 3L 11:00 Walking Club L 11:00 Music in Motion FR 1:00 Cards – Mr. Wilson 3L 3:00 Happy Hour PDR 3:00 Sit Down Dancing FR	14 9:00 Therapy Dog FR 10:00 Sequence & Board Games 3L 11:00 Walking Club L 11:00 Music in Motion FR 12:45 Meditation Moments 1P 1:00 Wii Bowling 1P 4:00 Sit Down Dancing FR	15 10:00 Cards – Resident's Choice 3L 11:00 Music in Motion FR 3:00 Sit Down Dancing FR 7:00 Lawrence Welk FR
16 11:00 Walking Club 11:00 Music in Motion 2:00 Movie & Popcorn 4:00 Sit Down Dancing	17 Place Orders for Groceries 9:00 Men's Coffee PDR 9:45 Music 10:00 BINGO 3AR 11:00 Music in Motion FR 1:00 Balance Exercises 1P 2:00 Christmas Tea & Activities FR 4:00 Sit Down Dancing FR	18 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 1P 9:45 Meditation Moments 1P 10:00 Church 1P 11:00 Music in Motion FR 1:00 Bible study 1P 3:00 Cards – Kings in the Corner 3L 4:00 Sit Down Dancing	19 10:00 Rummikub 3L 11:00 Music in Motion FR 1:00 Balance Exercises 1P 1:30 Puppy Playtime MG 2:00 Ladies Coffee PDR 3:00 Cards – UNO 3L 4:00 Sit Down Dancing FR 5:15 Community Supper (FBC)	20 9:00 Live 2 B Healthy 1P 9:45 Meditation Moments 1P 10:00 Music with Janet Snell MDR 11:00 Music in Motion FR 1:00 Cards – Mr. Wilson 3L 3:00 Happy Hour PDR 4:00 Sit Down Dancing FR	21 9:00 Therapy Dog (Carmel) FR 10:00 Sequence & Board Games 3L 11:00 Walking Club L 11:00 Music in Motion FR 12:45 Meditation Moments 1P 1:00 Wii Bowling 1P 4:00 Sit Down Dancing FR	22 10:00 Cards – Resident's Choice 3L 11:00 Carolers MDR 11:00 Music in Motion FR 3:00 Sit Down Dancing FR 7:00 Lawrence Welk FR
23 & 30 11:00 Walking Club L 11:00 Music in Motion FR 2:00 Movie & Popcorn FR 4:00 Sit Down Dancing FR	24 & 31 CHRISTMAS EVE & NEW YEAR'S EVE 9:00 Men's Coffee PDR 10:00 Holiday Puzzles 3AR 11:00 Music in Motion FR 1:00 Pool – 8 Ball 4P 2:00 Holiday Adult Coloring 3AR 4:00 Sit Down Dancing FR	25 MERRY CHRISTMAS 9:45 Meditation Moments 3L 10:00 Games –Resident's Choice 3L 11:00 Music in Motion FR 1:00 Adult Color-/Word Games 3AR 3:00 Cards – Kings in the Corner 3L 4:00 Sit Down Dancing	26 Hometown Foods Delivery 10:00 Rummikub 3L 11:00 Music in Motion FR 1:00 Balance Exercises 1P 1:30 Puppy Playtime MG 2:00 Ladies Coffee PDR 3:00 Cards – UNO 3L 4:00 Sit Down Dancing FR	27 9:00 Live 2 B Healthy 1P 9:45 Meditation Moments 1P 10:00 Dominoes (M.T.) 3L 11:00 Music in Motion FR 1:00 Cards – Mr. Wilson 3L 3:00 Happy Hour PDR 4:00 Sit Down Dancing FR	28 10:00 Sequence & Board Games 3L 11:00 Walking Club L 11:00 Music in Motion FR 12:45 Meditation Moments 1P 1:00 Trip to Walmart 1:00 Wii Bowling 1P 4:00 Sit Down Dancing FR	29 10:00 Cards – Resident's Choice 3L 11:00 Music in Motion FR 3:00 Sit Down Dancing FR 7:00 Lawrence Welk FR

# The Gardens Life Enrichment Calendar – December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>DECEMBER BIRTHDAYS!!!!</b></p> <p><b>EDNA SCHERLE- 24<sup>TH</sup> (96)</b></p>					<p>1</p> <p>8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>2</p> <p>8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 12:30 Christmas Tree Festival @ Brethren Church 2:00 Movie &amp; Popcorn 4:00 Music in Motion</p>	<p>3 <b>GRIEF COUNSELOR HERE</b></p> <p>9:00 <b>Music Speaks</b> 10:00 Men's Coffee 10:30 Tree Decorating 11:00 Sit Down Dancing 1:00 Games – Residents choice 3:15 Snack 4:00 Music in Motion</p>	<p>4 Hometown Foods Delivery Day</p> <p>9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments &amp; Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 3:00 Snack 4:00 Music in Motion</p>	<p>5</p> <p>8:45 Walking Club 9:00 <b>Music Speaks</b> 10:00 Hand Massage 11:00 Puppy Playtime 2:00 Fill Bird Feeders 3:00 Snack 4:00 Music in Motion</p>	<p>6</p> <p>Hair Day 9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments 10:00 Pet Therapy 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion <b>PODIATRIST COMES TODAY</b></p>	<p>7</p> <p>8:45 Fill Bird Baths 9:00 Therapy Dog 10:00 <b>Bingo</b> 10:30 Nail Care 11:00 Sit Down Dancing 2:00 Uno Club 3:00 Snack 4:00 Music in Motion</p>	<p>8</p> <p>8:45 Walking Club 9:30 Boy Scout Caroling 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>9</p> <p>8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie &amp; Popcorn 4:00 Music in Motion 5:00 Gospel Night- First Christian Church</p>	<p>10</p> <p>9:00 <b>Music Speaks</b> 10:00 Men's Coffee 10:30 Christmas Craft 11:00 Sit Down Dancing 1:00 Games – Residents Choice 3:15 Snack 4:00 Music in Motion</p>	<p>11 Hometown Foods Delivery Day</p> <p>9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments &amp; Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 2:00 Word Games 3:00 Snack 4:00 Music in Motion</p>	<p>12</p> <p>8:45 Walking Club 9:00 <b>Music Speaks</b> 10:00 Hand Massage 11:00 Sit Down Dancing 11:00 Puppy Playtime 2:00 Fill Bird Feeders 3:00 Snack 4:00 Music in Motion</p>	<p>13</p> <p>Hair Day 9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments 10:00 Pet Therapy 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>14</p> <p>8:45 Fill Bird Baths 9:00 Therapy Dog 10:00 <b>Bingo</b> 11:00 Sit Down Dancing 2:00 Uno Club 3:00 Snack 4:00 Music in Motion</p>	<p>15</p> <p>8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>16</p> <p>8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie &amp; Popcorn 4:00 Music in Motion</p>	<p>17</p> <p>9:00 <b>Music Speaks</b> 10:00 Men's Coffee 10:30 Gift making 11:00 Sit Down Dancing 1:00 Games – Residents choice 3:15 Snack 4:00 Music in Motion</p>	<p>18 Hometown Foods Delivery Day</p> <p>9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments &amp; Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 3:00 Snack 4:00 Music in Motion</p>	<p>19</p> <p>8:45 Walking Club 9:00 <b>Music Speaks</b> 10:00 Hand Massage 11:00 Puppy Playtime 2:00 Fill Bird Feeders 3:00 Snack 4:00 Music in Motion</p>	<p>20</p> <p>Hair Day 9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments 10:00 Pet Therapy 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>21</p> <p>8:45 Fill Bird Baths 9:00 Therapy Dog 10:00 <b>Bingo</b> 11:00 Sit Down Dancing 2:00 Uno Club 3:00 Snack 4:00 Music in Motion</p>	<p>22</p> <p>8:45 Walking Club 11:00 1<sup>st</sup> Christian Church Carolers 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>23/30</p> <p>8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie &amp; Popcorn 4:00 Music in Motion</p>	<p>24/31 <b>HAPPY 96<sup>TH</sup> BIRTHDAY EDNA!</b></p> <p>9:00 <b>Music Speaks</b> 10:00 <b>Birthday Party for Edna!</b> 11:00 Sit Down Dancing 1:00 Games – Residents choice 3:15 Snack 4:00 Music in Motion</p>	<p>25 Hometown Foods Delivery Day</p> <p>9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments &amp; Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 3:00 Snack 4:00 Music in Motion</p>	<p>26</p> <p>8:45 Walking Club 9:00 <b>Music Speaks</b> 10:00 Hand Massage 11:00 Puppy Playtime 2:00 Fill Birdfeeders 3:00 Snack 4:00 Music in Motion</p>	<p>27</p> <p>Hair Day 9:00 <b>Live 2 B Healthy</b> 9:45 Meditation Moments 10:00 Pet Therapy 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>28</p> <p>8:45 Fill Bird Baths 9:30 <b>Bingo</b> 10:30 Nail Care 11:00 Sit Down Dancing 2:00 Uno Club 3:00 Snack 4:00 Music in Motion</p>	<p>29</p> <p>8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>