

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special events are in BLUE .				Arbor Café Hours: Monday - Friday 5 - 7 p.m. Call for reservations or FREE delivery. 402.991.4164		1 1:30 Bingo
2	3 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	4 11:00 Bible Study 1:30 Coloring 7:00 Bridge	5 2:00 Scrabble	6 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	7 7:00 Pinochle	8 1:30 Bingo
9	10 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	11 11-1 Holiday lunch with Mr. & Mrs. Santa Claus 1:30 Coloring 7:00 Bridge	12 2:00 Scrabble	13 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	14 1:00 Birthday Celebration 7:00 Pinochle	15 1:30 Bingo
16 3:30 United Methodist Caroling 4:00 Vespers	17 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	18 1:30 Coloring 7:00 Bridge	19 9-11 Toe Nail Clippings 2:00 Scrabble 3:30 Hearing Checks	20 1:00 Writers' Workshop 3:30 Rosary 7:00 Bridge	21 5-7 Christmas Buffet 7:00 Pinochle	22 11-12 Caroling with Ray and Teri 1:30 Bingo
23/30	24/31 (24) Office Open 8a-2p No Housekeeping Arbor Café Close 1:00 Bridge 7:00 Poker/Dominoes/ Chess	25 Christmas Day Office Closed No Housekeeping Arbor Café Close 1:30 Coloring 7:00 Bridge	26 2:00 Scrabble	27 8:15 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	28 7:00 Pinochle	29 1:30 Bingo

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<p>A physician's consent form will be required to participate in exercise classes and the wellness center. Katie will provide those. No pre-registration for classes is required.</p>						1
2	<p>3</p> <p>9:30 Resident Led Exercise</p>	<p>4</p> <p>10:00 Core Balance 11:00 Small Group Training 1:30 Muscle Works</p>	<p>5</p> <p>9:30 Resident Led Exercise</p>	<p>6</p> <p>9:30 Tai Chi 11:00 Small Group Training 1:30 Muscle Works</p>	<p>7</p> <p>9:30 Resident Led Exercise</p>	8
9	<p>10</p> <p>9:30 Resident Led Exercise</p>	<p>11</p> <p>10:00 Core Balance 11:00 Small Group Training 1:30 Muscle Works</p>	<p>12</p> <p>9:30 Resident Led Exercise</p>	<p>13</p> <p>9:30 Tai Chi 11:00 Small Group Training 1:00 VNA Kiosk Sign-up 1:30 Muscle Works</p>	<p>14</p> <p>9:30 Resident Led Exercise 11:00 Wii Bowling</p>	15
16	<p>17</p> <p>9:30 Resident Led Exercise</p>	<p>18</p> <p>10:00 Core Balance 11:00 Small Group Training 1:30 Muscle Works</p>	<p>19</p> <p>9:30 Resident Led Exercise</p>	<p>20</p> <p>9:30 Tai Chi 11:00 Small Group Training 1:30 Muscle Works</p>	<p>21</p> <p>9:30 Resident Led Exercise</p>	22
23/30	<p>24/31</p> <p>9:30 Resident Led Exercise</p>	<p>25</p> <p>Christmas Day</p>	<p>26</p> <p>9:30 Resident Led Exercise</p>	<p>27</p>	<p>28</p> <p>9:30 Resident Led Exercise</p>	29