

DECEMBER

Health & Rehab 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us."</p> <p><small>Park & City Daily Quotes © Terri Marshall Inspired Conscious Living ©2018 Terri Marshall</small></p>		<p>HAPPY HOLIDAYS</p>		<p><i>it's the most wonderful time of the year</i></p>		<p>1</p> <p>10:30 Total Body Workout 11:00 Cards 1:30 1:1 visits 2:30 Bingo 3:30 Family Movie 7:00 Lawrence Welk Show- PBS</p>
<p>2</p> <p>9:30 Worship 10:00 Total Body Workout 1:30 1:1 visits 3:00 Youth Symphony Christmas Program 4:00 Cards 6:00 Independent Games</p>	<p>3</p> <p>9:00 Sunday Review 10:00 Total Body Workout 11:00 Cheryl Beauchamp 1:30 Face to Face 2:30 Board Games 3:00 Tea Social 4:00 Remember When 6:30 UNO</p>	<p>4</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Wheel of Fortune 1:30 Fleece Blankets 2:30 Manicures 3:30 Art Inspiration 6:30 Cards-Sevens</p>	<p>5</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Arts & Crafts 1:30 Cards 3:00 What's Cooking 3:00 Catholic Services 6:00 Bingo</p>	<p>6</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Price is Right 1:30 1:1 2:30 Cards 4:00 Adult Coloring 7:00 VGV Chorus Concert-GR</p>	<p>7</p> <p>9:00 News and Doughnuts 10:00 Total Body Workout 11:00 Book Club 1:30 Face to Face 2:30 BINGO 3:30 TGIF Social 7:00 Jubilate Singers-GR</p>	<p>8</p> <p>10:30 Total Body Workout 11:00 Cards 1:30 1:1 visits 2:30 Next Step Dance Center-GR 3:30 Family Movie 7:00 Lawrence Welk Show- PBS Ch.8</p>
<p>9</p> <p>9:30 Worship 10:00 Total Body Workout 1:30 1:1 visits 2:30 Movie 4:00 Cards 6:00 Independent Games</p>	<p>10</p> <p>9:00 Sunday Review 10:00 Total Body Workout 11:00 Book Club 1:30 Face to Face 2:30 Board Games 3:00 Trio Singers-GR 4:00 Remember When 6:30 UNO</p>	<p>11</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Wheel of Fortune 1:30 Fleece Blankets 2:30 Manicures 3:30 Art Inspiration 6:00 Christmas Lights Show</p>	<p>12</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Arts & Crafts 1:30 Cards 3:00 What's Cooking 3:00 Catholic Services 7:00 NWH Jazz Band-GR</p>	<p>13</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Price is Right 1:30 1:1 2:30 Cards 4:00 Adult Coloring 6:00 Dinner and Movie</p>	<p>14</p> <p>9:00 News and Doughnuts 10:00 Total Body Workout 11:00 Luke Cyrus 1:30 Face to Face 2:30 BINGO 3:30 TGIF Social w/ Dennis Michaels 6:30 Scrabble</p>	<p>15</p> <p>10:30 Total Body Workout 11:00 Cards 1:30 1:1 visits 2:30 Bingo 3:30 Family Movie 7:00 Lawrence Welk Show- PBS Ch. 8</p>
<p>16</p> <p>9:30 Worship 10:00 Total Body Workout 1:30 1:1 visits 3:00 Piano Student Recital-GR 4:00 Cards 6:00 Independent Games</p>	<p>17</p> <p>9:00 Sunday Review 10:00 Total Body Workout 11:00 Book Club 1:30 Face to Face 2:00 Board Games 3:00 Resident Council 4:00 Remember When 7:00 Hanasen Family Special GR</p>	<p>18</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Wheel of Fortune 1:30 Fleece Blankets 2:30 Manicures 3:30 Art Inspiration 6:30 NW Vocal Dimensions</p>	<p>19</p> <p>9:00 Face to Face 10:00 Arnold School 10:30 Total Body Workout 11:00 Arts & Crafts 1:30 Cards 3:00 What's Cooking 3:00 Catholic Services 7:00 VGV Christmas Caroling</p>	<p>20</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Price is Right 1:30 1:1 3:00 Wildlife GR 4:00 Adult Coloring 6:00 Dinner and Movie</p>	<p>21</p> <p>9:00 News and Doughnuts 10:00 Total Body Workout 11:00 Betty Blue 1:30 Face to Face 2:30 Christmas Trivia With staff 3:30 TGIF Social 7:00 Steven Murphy-GR</p>	<p>22</p> <p>10:30 Total Body Workout 11:00 Cards 1:30 1:1 visits 2:30 Bingo 3:30 Family Movie 7:00 Lawrence Welk Show- PBS Ch.8</p>
<p>23</p> <p>9:30 Worship 10:00 Total Body Workout 1:30 1:1 visits 2:30 Movie 4:00 Cards 6:00 Independent Games</p>	<p>24</p> <p>9:30 Sunday Review 10:00 Total Body Workout 11:00 Book Club 1:30 Face to Face 2:00 Board Games 3:00 Tea Social 4:00 UNO</p>	<p>25</p> <p>10:00 Total Body Workout 11:00 Bingo 1:30 Room Visits from Santa's Helpers 3:00 Christmas Movie</p>	<p>26</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Arts & Crafts 1:30 Cards 3:00 What's Cooking 3:00 Catholic Services 6:00 Bingo</p>	<p>27</p> <p>9:00 Face to Face 10:00 Total Body Workout 11:00 Price is Right 1:30 1:1 2:30 Cards 4:00 Adult Coloring 6:00 Dinner and Movie</p>	<p>28</p> <p>9:30 News and Doughnuts 10:00 Total Body Workout 11:00 Book Club 1:30 Face to Face 2:30 BINGO 3:30 TGIF Social</p>	<p>29</p> <p>10:30 Total Body Workout 11:00 Cards 1:30 1:1 visits 2:30 Bingo 3:30 Family Movie 7:00 Lawrence Welk Show- PBS Ch. 8</p>
<p>30</p> <p>9:30 Worship 10:00 Total Body Workout 1:30 1:1 visits 2:30 Movie 4:00 Cards 6:00 Independent Games</p>	<p>31</p> <p>9:00 Sunday Review 10:00 Total Body Workout 11:00 Book Club 1:30 Face to Face 2:00 Board Games 3:00 Tea Social 4:00 Remember When 6:30 UNO</p>	<p><i>Happy Holidays</i></p> <p><i>The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness.</i></p> <p><i>-Helen Keller</i></p>			<p><i>good tidings of COMFORT and joy</i></p>	<p>EQUAL HOUSING OPPORTUNITY</p>