

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

PARAMOUNT HOUSE SENIOR LIVING

							9:00 am Balloon Volleyball 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Hangman 10:45 Stretch and Flex 1:00 pm Hand and Foot 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball
9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Hangman 12:45 pm Balloon Volleyball 2:00 pm Nickle Bingo 4:00 pm Winter Concert w/Jr High Orchestra	9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 3:00 pm SWEET G'S <small>First Day of Hanukkah</small>	9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Outdoor Walk 10:30 am Penny Poker 12:45 pm Nails w/Olivia 1:30 pm Nickle Bingo 2:00 pm Pinochle 3:00 pm Puzzles 3:00 pm Nail Salon	9:00 am Facials 9:20 am Coffee Chat 10:15 am Mental Stimulation 10:30 am 99 CENT STORE 1:30 pm Nickle Bingo 2:45 pm Sign to Song 3:35 pm Balloon Volleyball 2:45 pm Sign to Song 3:35 pm Balloon Volleyball	9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Exercise w/Kathy 10:15 am Catholic Mass 10:45 am HEALTHY BREATHING W/JENNIFER 12:45 pm <i>Olivia's Choice</i> 1:20 pm Nickle Bingo 2:30 pm Bible Study Anne 3:35 pm ALVIN	PEARL HARBOR REMEMBRANCE DAY 9:00 am Dancing 9:00 am Coffee Chat 9:35 am Exercise w/Kathy 10:15 am Music Makers 10:15 am Exercise your Brain 1:30 pm Nickle Bingo 2:45 pm Mental Stimulation 3:35 pm Balloon Volleyball	CHOCOLATE BROWNIE DAY 9:00 am Dancing 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Debra's Choice 12:45 pm Bible Study w/Culley's 1:00 pm <u>Hand and Foot</u> 2:00 pm Nickle Bingo 3:00 pm Dixon Dancers	
9:00 am Dancing 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Crossword Puzzle 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 2:30 pm Sing-a-long 3:35 pm Balloon Volleyball	9:30 am Sitting Aerobics 10:15 am Loving Animals 10:30 am FIVE WISHES 11:00 am <i>Town Hall</i> 1:30 pm Nickle Bingo 3:00 pm Nail Salon 4:00 pm Balloon Volleyball 5:15 pm <u>Christmas Lights(MC)</u>	9:00 am Dancing 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Trivia 10:15 am Chair Yoga 11:00 am PANERA BREAD 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Exercise with Kathy 10:15 am Communion Service 12:45 pm Christmas Craft w/Olivia 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 2:45 PM Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Facials 9:00 am Coffee Chat 9:30 am Juice Chat 9:35 am Exercise w/Kathy 10:15 am Sitting Yoga 10:45 am Name That Tune 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	NAT. CUPCAKE DAY 9:00 am Dancing 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Hangman 12:45 pm Bible Study w/Culley's 1:00 pm Hand and Foot 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	
9:00 am Bingo 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Hangman 12:45 pm Tic Tac Do 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 3:00 pm MONTHLY B-DAY PARTY W/ SWEET G'S	9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Mental Stimulation 10:30 am Christmas Craft 12:45 pm Facials w/Olivia 1:30 pm Nickle Bingo 3:00 pm Nail Salon 4:00 PM Balloon Volleyball 5:15 pm <u>Christmas Lights(AL)</u>	OATMEAL MUFFIN DAY 9:00 am Dancing 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Mental Stimulation 10:30 am TARGET 12:45 pm Movie 1:00 pm Movie 2:45 pm Sign to Song 3:35 pm Balloon Volleyball	9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Exercise w/Kathy 10:15 am Communion Service 12:45 pm Balloon Volleyball w/Olivia 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 3:30 pm Decker Family Singers	NAT HAMBURGER DAY 9:00 am Bingo 9:00 am Outdoor walk 9:30 am Juice Chat 9:30 am Coffee Chat 10:20 am Trivia 11:00 am <u>Chat w/Nicole</u> 12:45 pm Sing-a-long 1:30 pm Nickle Bingo 3:35 pm Balloon Volleyball	9:00 am Balloon Volleyball 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Debra's Choice 10:45 Stretch and Flex 1:00 pm Hand and Foot 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	
9:00 am Bingo 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Hangman 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	NAT EGG NOG DAY 9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat/Christmas Trivia 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 3:35 pm Balloon Volleyball	MERRY CHRISTMAS! 9:30 am Sitting yoga 9:30 am Sitting Aerobics 10:30 am Color creations 12:45 pm Christmas Movie 1:30 pm Nickle Bingo 5:00 pm Lakers v. Warriors on ESPN <small>Christmas Day</small>	9:00 am Balloon volleyball 9:20 am Coffee Chat 10:15 am Mental Stimulation 10:15 am Chair Yoga 11:00 am TAHO JOE'S 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:00 pm Chat w/Kristine 3:35 pm Balloon Volleyball	9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Exercise w/Kathy 10:15 am Penny Poker 12:45 pm Bingo w/Olivia 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Bingo 9:00 am Coffee Chat 9:30 am Juice Chat 9:35 am Exercise w/Kathy 10:15 am Sitting Yoga 10:20 am Trivia 10:45 am Croquet 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Balloon Volleyball 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Hangman 10:45 Stretch and Flex 1:00 pm Hand and Foot 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	
9:00 am Dancing 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Debra's Choice 11:00 am Crossword Puzzle 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 3:00 pm NEW YEARS EVE PARTY W/ DJ NOEL <small>New Year's Eve</small>	ACTIVITIES SUBJECT TO CHANGE					