

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>KEY</b>  D Dining Area  Meadows Cafe and Bistro  F Fireside of Dining Room  L Library/ Pub  Lo Lobby</p> <p>G Gazebo  O Outside  W Wellness Center  / Or ( ) FYI  117 Temporary Room  TBA To Be Announced  Color <u>Outing</u> <u>Specials</u></p> <p>\$ Need Money for Outing or Event  \$\$ Billable Outing  BD - Brightondale  R - Reflections  IL - Independent Living  AL - Assisted Living</p>		<p>Independent Table Games are not listed on Calendar unless open to all. Check Game Night on Saturday to form new groups .</p> <p>Programs subject to change. See daily sheet for current information!</p>	 <p>1  10:00 Music Fitness – W  <b>11:30 Holiday Dinner - D</b>  1:00 Cribbage - F  3:30 Catholic Services - 117</p>	<p>2  <b>8:00 -11:30 Appointment Runs</b>  10:00 Music Fitness – W  11:00 Balance &amp; Strength Fitness – W  11:30 Yoga Video Fitness – W  1:00 Guys' Game Group – 117  2:15 Residents' Forum - F</p>	<p>3  9:00 Coffee Connection – L  10:00 Music Fitness – W  <b>11:15 Outing to Concert at Westminster Hall IL)</b>  3:00 Happy Hour &amp; Shuffleboard Games - L</p>	<p>4  <b>9:30 Scenic Drive (IL&amp; AL)</b>  10:00 Music Fitness - W  6:30 Game Night – D</p>
						
<p>5  10:00 Music Fitness – W  2:00 Coffee Connection – D</p>	<p>6 <b>Start of Un-Decorating DAZES</b>  <b>8:00 – 11:30 Appointment Runs</b>  9:00 Coffee Connection – L  10:00 Music Fitness – W  <b>1:00 Tree Un-Decorating – F</b>  2:15 Bingo with Dean- D</p>	<p>7 <b>Un-Decorating DAZES</b>  9-11 Hobby Time - F  10:00 Music Fitness – W  10:30 Bible Study — 117  <small>(working through the bible currently in John)</small>  11:00 Balance / Strength Fitness – W  11:30 Yoga Video Fitness – W  <b>12:00—3:00 Appointment &amp; Shopping Runs Today</b>  2:15 Un-Tree Decorating – F</p>	<p>8  10:00 Music Fitness – W  10:00 Blood Pressure Clinic - L  <b>10:30 \$ Ladies 50s Grill Outing (IL)</b>  1:00 Cribbage - L  <b>2:00 Worship Study on "The I Am statements of Jesus"</b>  Lead by Ron Antoine - D  3:30 Catholic Services - 117</p>	<p>9  <b>8:00 -11:30 Appointment Runs</b>  10:00 Music Fitness – W  11:00 Balance &amp; Strength – W  11:30 Yoga Video Fitness – W  1:00 Guys' Game Group – 117  2:15 Technology Education Session- D  Presented by Su Stigney</p>	<p>10  9:00 Coffee Connection – L  10:00 Music Fitness – W  <b>2:00 Music by River City Quartet – F</b>  3:30 Happy Hour &amp; Shuffleboard Games - L</p>	<p>11  <b>9:30 Scenic Drive (IL&amp; AL)</b>  10:00 Music Fitness - W  2:00 Harp Music By Elsa – F  6:30 Game Night – D</p>
<p>12  10:00 Music Fitness – W  2:00 Coffee Connection – D</p>	<p>13  <b>8:00 – 11:30 Appointment Runs</b>  9:00 Coffee Connection – L  10:00 Music Fitness – W  1:00 Fit, Fabulous, &amp; Female - W  2:15 Bingo with Dean- L</p>	<p>14  9-11 Hobby Time - F  10:00 Music Fitness – W  10:30 Bible Study — 117  <small>(working through the bible currently in John)</small>  11:00 Balance / Strength Fitness – W  11:30 Yoga Video Fitness – W  <b>12:00 – 3:00 Appointment &amp; Shopping Runs</b>  <b>12:15 Walkover to Catholic Mass with Father 12:30 at BD</b>  2:00 Safety Chats with Officer Austin– F</p>	<p>15  10:00 Music Fitness - W  10:00 Blood Pressure Clinic - L  <b>12:00 Class of 2024 Luncheon - F</b>  1:00 Cribbage - F  2:15 Hymn Sing – D  3:30 Catholic Services - 117</p> 	<p>16  <b>8:00 -11:30 Appointment Runs</b>  10:00 Music Fitness – W  11:00 Balance &amp; Strength – W  11:30 Yoga Video Fitness – W  1:00 Guys' Game Group – 117  2:14 Greeters Meeting – F  2:45 New Resident Orientation - F</p>	<p>17  9:00 Coffee Connection – L  10:00 Music Fitness – W  <b>2:15 Meet Our New Directors &gt;Amy Programming &amp; &gt;Kate Reflections - D</b>  With Happy Hour - D</p> 	<p>18  <b>9:30 Scenic Drive (IL&amp; AL)</b>  10:00 Music Fitness - W  6:30 Game Night – D</p>
<p>19  10:00 Music Fitness – W  2:00 Coffee Connection – D</p>	<p>20  <b>8:00 – 11:30 Appointment Runs</b>  9:00 Coffee Connection – L  10:00 Music Fitness – W  2:15 Explore the <b>MWS BOOKWOMEN - F</b>  2:15 Bingo with Dean – L</p>	<p>21  9-11 Hobby Time - F  10:00 Music Fitness – W  10:30 Bible Study — 117  <small>(working through the bible currently in John)</small>  11:00 Balance / Strength Fitness – W  11:30 Yoga Video Fitness – W  <b>NO Appointment Runs</b>  2:15 Hand Chimes Practice - D</p>	<p>22  10:00 Music Fitness - W  10:00 Blood Pressure Clinic - L  1:00 Cribbage - F  <b>2:00 Worship Study</b>  Lead by Pastor Matt - D  3:30 Catholic Services - 117</p>	<p>23  <b>8:00 -11:30 Appointment Runs</b>  10:00 Music Fitness – W  11:00 Balance &amp; Strength – W  11:30 Yoga Video Fitness – W  1:00 Guys' Game Group – 117  2:15 <b>NEW Sharing the Journey</b>  Session "ITALY" - D/F  Presented by Residents</p>	<p>24  9:00 Coffee Connection – L  <b>8:45 \$ Men's Breakfast Outing to "Good Day Cafe"</b>  10:00 Music Fitness – W  <b>2:30 Music by Aquatennial Senior Singers - F</b>  3:30 Happy Hour - F</p>	<p>25  <b>11:00 \$\$ Lutefisk Lunch Outing to 1st Lutheran (IL&amp; AL)</b>  10:00 Music Fitness - W  6:30 Game Night – D</p>
<p>26  10:00 Music Fitness – W  2:00 Coffee Connection – D</p>	<p>27  <b>8:00 – 11:30 Appointment Runs</b>  9:00 Coffee Connection – L  10:00 Music Fitness – W  1:00 WOW Group - L (Women of Wisdom)  2:15 Bingo with Dean- D</p>	<p>28  9-11 Hobby Time - F  10:00 Music Fitness – W  10:30 Bible Study — 117  <small>(working through the bible currently in John)</small>  11:00 Balance / Strength Fitness – W  11:30 Yoga Video Fitness – W  <b>12:00 – 3:00 Appointment Runs</b>  2:15 Hand Chimes Practice - D</p>	<p>29  10:00 Music Fitness - W  <b>10:00 Winter Carnival Outing (IL)</b>  <b>To View Start of Snow &amp; Ice Sculptures</b>  10:00 Blood Pressure Clinic - L  1:00 Cribbage - F  2:15 Hymn Sing – D  3:30 Catholic Services - 117</p>	<p>30  <b>8:00 -11:30 Appointment Runs</b>  10:00 Music Fitness – W  11:00 Balance &amp; Strength – W  11:30 Yoga Video Fitness – W  1:00 Guys' Game Group – 117</p>	<p>31  9:00 Coffee Connection – L  10:00 Music Fitness – W  <b>2:15 For the Love of Food with Chef Brian -D</b>  3:30 Happy Hour &amp; Shuffleboard Games - L</p>	