



SENIORS DAY PROGRAM

DECEMBER 2017

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>TO BOOK OR CANCEL CALL 705-355-1022 EXT.238 PLEASE LEAVE MESSAGE</p>			<p>1 10:00 Coffee Social Ladder Ball 11:00 Light Exercise 12:15 Lunch 1:15 Dr. Melnyk/Music</p>
<p>4 10:00 Coffee Social Trivia 11:00 VON SMART Exercise 12:15 Lunch 1:15 SING A LONG</p>	<p>5 10:00 Coffee Social Bean Bag Toss 11:00 Light Exercise 12:15 Lunch 1:15 HOME EARLY</p>	<p>7 10:00 Coffee Social B/P & Weights 11:00 VON SMART Exercise 12:15 Lunch 1:15 CRAFT</p>	<p>8 10:00 Coffee Social Council Meeting 11:00 Light Exercise 12:15 Lunch 1:15 Shuffleboard</p>
<p>11 10:00 Coffee Social Thumb Ball 11:00 VON SMART Exercise 12:15 Lunch 1:15 BINGO</p>	<p>12 10:00 Coffee Social UNO 11:00 Light Exercise 12:15 Lunch 1:15 Wheel of Fortune</p>	<p>14 10:00 Coffee Social You Decide! 11:00 VON SMART Exercise 12:15 Lunch 1:15 Board Games</p>	<p>15 10:00 Coffee Social Right Center Left 11:00 Light Exercise 12:15 Lunch 1:15 Health Chat-Christmas stress</p>
<p>18 10:00 Coffee Social Find it! 11:00 VON SMART Exercise 12:15 Lunch 1:15 Shuffleboard</p>	<p>19 10:00 Coffee Social Word in a Word 11:00 Light Exercise 12:15 Lunch 1:15 HOME EARLY</p>	<p>21 10:00 Coffee Social 10:15 St. Louis Choir 12:15 Lunch 1:15 Christmas Party</p>	<p>22 10:00 Coffee Social Bean Bag Toss 11:00 Light Exercise 12:15 Lunch 1:15 CRAFT</p>
<p>25 CLOSED Christmas Day</p>	<p>26 CLOSED Boxing Day</p>	<p>28 10:00 Coffee Social Guggenheim 11:00 VON SMART Exercise 12:15 Lunch 1:15 Wheel of Fortune</p>	<p>29 10:00 Coffee Social New Years Party 11:00 Light Exercise 12:15 Lunch 1:15 BINGO</p>