

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2021

GARDENS & HEARTHESIDE

			<p>1</p> <p>No Shopping 8:30 Men's Breakfast R & T*</p> <p>11:30 Dollar Tree Outing R & T*</p> <p>3:00 Bingo (Act. Rm 2)</p>	<p>2</p> <p>9:00 Walking South Hill Mall R & T*</p> <p>1:00 Chair Yoga</p> <p>3:15 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>3</p> <p>9:30 Traveling Library (Christina will Pickup & Dropoff)</p> <p>11:15 Sittercise (Act. Rm. 2) 1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 2:30 Bingo (Act. Rm 2)</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>7</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2)</p> <p>3:15 Whammo (Act. Rm. 2)</p>	<p>8</p> <p>9:30 Shopping (Winco & Fred Meyer) R & T*</p> <p>11:15 Sittercise</p> <p>1:00 Chair Yoga 2:00 Entertainment with Max Renshaw (Hearthside Dining Rm) 3:00 Bingo (Act. Rm 2)</p>	<p>9</p> <p>9:00 Walking Auburn Outlet Mall R & T*</p> <p>1:00 Chair Yoga</p> <p>3:15 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>10</p> <p>11:15 Sittercise</p> <p>1:00 Christmas Cards 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>14</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2)</p> <p>3:15 Whammo (Act. Rm. 2) 4:00 Happy Hour at The Milton Lodge R & T*</p>	<p>15</p> <p>9:30 Shopping (Winco & Fred Meyer) R & T*</p> <p>11:00 Sittercise 11:30 Ladies Lunch Black Angus R & T* 2:00 Entertainment with Sid (Hearthside Dining Rm) 3:00 Bingo (Act. Rm 2)</p>	<p>16</p> <p>9:00 Walking Southcenter Mall R & T*</p> <p>1:00 Chair Yoga</p> <p>3:15 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>17</p> <p>11:15 Sittercise</p> <p>1:00 Paper Snowman (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>21</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2)</p> <p>3:15 Whammo (Act. Rm. 2)</p> <p>Winter Begins</p>	<p>22</p> <p>9:30 Shopping (Winco & Fred Meyer) R & T*</p> <p>11:15 Sittercise 1:00 Chair Yoga 2:00 Chickenfoot Dominoes 3:00 Bingo (Act. Rm 2)</p>	<p>23</p> <p>1:00 Chair Yoga</p> <p>3:15 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>24</p>	<p>25</p> <p>Christmas</p>
<p>26</p>	<p>27</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p> <p>Kwanzaa Begins</p>	<p>28</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2)</p> <p>3:15 Whammo (Act. Rm. 2)</p>	<p>29</p> <p>9:30 Shopping (Winco Fred Meyer) R & T*</p> <p>11:15 Sittercise 12:30 Walking South Hill Mall R & T* 1:00 Chair Yoga 2:00 Chickenfoot Dominoes 3:00 Bingo (Act. Rm 2)</p>	<p>30</p> <p>9:00 Walking The Commons Mall R & T*</p> <p>1:00 New Year Celebration (Dining Room)</p> <p>3:15 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p> <p>New Year's Eve</p>	<p>31</p>	

December Highlights

Fitness Classes

- Chair Yoga – (Activity Room 2)
- Sittercise – (Activity Room 2)
- Dance Fitness (Activity Room 2)

Bingo

- Monday, Wednesday, Friday at 3:00 (Activity Room 2)

Whammo

- Tuesday & Thursday at 3:15 (Activity Room 2)

For Fun Art Projects

- Friday, December 10, 2:00 Christmas Cards (Activity Room 2)
- Friday, December 17, 2:00 Paper Snowman (Activity Room 2)

Entertainment with Sid

- Wednesday, December 15, 2:00 (Hearthside Dining Room)

Any Questions
Please call Christina!

Please note: Reservations needed indicated by the '*'.
Fitness with Dalton and Christina

Gardens & Hearthside *December 2021 Activity Calendar*

King Co. Traveling Library 1st Friday of each month ~ 9:40AM
~ Christina will be contact person with the Librarian
(Librarian will delivery books on hold and pickup books for return.)

Small Group Activities!

Please sign up in advance.

* = Reservations Required

Just Come, we can make room!

- **Wednesday, December 8, 2:00 Entertainment
with Max Renshaw (Hearthside Dining Room)**

Keep Moving!