

December 2018 The Heritage at Lowman Bethany

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPENING IN DECEMBER Friday Dec. 21st Family Christmas Party 2 P.M.	COMING IN JANUARY SUNDAY, JAN. 13th ICE CREAM SOCIAL 3P.M.	ALL ACTIVITIES ARE SUBJECT TO CHANGE PLEASE CHECK DAILY FOR ANY CHANGES				1 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 3:30 Walking Club <i>Visit with Family and Friends</i>
2 Advent Begins Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	3 9:30 Stretch and Chat 10:30 What's to Know About December 11:00 Aroma Therapy 2:00 Fill in the Blank 3:30 Walking Club 4:00 Activities for the Soul	4 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 A Christmas Story and Hot Cocoa 3:30 Walking Club 5:30 Dance Depot	5 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike Up the Band 2:00 Sing-a-Long 3:30 Walking Club 4:00 Chats with Staff	6 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Mr. Bauknight 3:30 Walking Club 4:00 A Reading	7 Pearl Harbor Day 9:00 Devotions 9:30 Sit and Move 10:30 Music with Pastor Jackie 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands	8 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 3:30 Walking Club <i>Visit with Family and Friends</i>
9 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	10 9:30 Stretch and Chat 11:00 Card Signing 2:00 You Be the Judge Coke or Pepsi? 3:30 Heritage Christmas Choir 4:00 Chats with Staff	11 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 2:00 Christmas with Mary 3:30 Walking Club 4:00 Poetry Corner	12 Poinsettia Day 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike Up the Band 2:00 Christmas Trivia 3:30 Walking Club 4:00 Hand Massage	13 Hanukkah 9:00 Time to Stretch 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Carol 3:30 Walking Club 4:00 A Reading	14 9:00 Devotions 9:30 Sit and Move 10:30 Current Events 11:00 St. Paul Sing-a-Long 1:30 Bingo 3:30 Walking Club 4:00 Soothing Hands	15 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 3:30 Walking Club <i>Visit with Family and Friends</i>
16 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	17 9:30 Stretch and Chat 10:00 Reminiscing 11:00 What is it? 2:00 Christmas Bingo 3:30 Walking Club 4:00 Activities for the Soul	18 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 Another Christmas Story 3:30 Walking Club 4:00 Poetry Corner	19 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike Up the Band 11:00 Answer This 2:00 Monthly Birthday Party 3:30 Walking Club 4:00 Hand Massage	20 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 2:30 Music with Mr. Bauknight 3:30 Walking Club 4:00 Chats with Staff	21 Winter Begins 9:00 Devotions 9:30 Sit and Move 10:30 What If? 2:00 Family Christmas Party 3:30 Walking Club 4:00 Soothing Hands	22 Full Moon 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 3:30 Walking Club <i>Visit with Family and Friends</i>
23/30 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	24/31 9:30 Coffee Time/ Let's Stretch 10:00 Price is Right/ 2:00 Sing-a-Long/ New Years Eve Party 3:30 Walking Club 4:00 Chats with Staff	25 MERRY CHRISTMAS 9:00 Check Your Stocking 10:30 Have Some Eggnog with Music 2:00 Movie Time 4:00 Chats with Staff Visits with Family and Friends	26 Kwanzaa Begins 9:00 Golden Girls 10:30 Strike Up the Band 2:00 Movie & Snack 3:30 Walking Club 4:00 Lotion Pass	27 National Fruitcake Day 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 2:00 Have Some Fruitcake 2:30 Music with Carol 3:30 Walking Club 4:00 Activity with Staff	28 9:00 Devotions 9:30 Sit and Move 10:30 Mind Stretchers 2:00 Bingo 3:30 Walking club 4:00 Soothing Hands	29 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 3:30 Walking Club Visit with Family & Friends