

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

Sheldon Park Assisted Living

							9:00 Meet Your Neighbor 9:30 Tai Chi Exercise 10:30 Bible Study 11:00 Copic Markers Art 1:15 Brain Puzzles 2:00 Welcome December 2:30 Red Apple Day 3:00 Nickle Bingo 4:00 Nordic Walking
9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Games Time w/Friends 11:00 December Stories 1:15 Wii Bowling 1:30 Sheldon Park Store 2:00 Cookie Cutter Day 3:00 Nickle Bingo 4:00 Hanukkah Payer	9:00 Speed Social 9:30 Kate's Exercise 10:30 Great Cookie Bake 1:20 Blackjack Game 2:00 Memory Tones 3:00 Exercise with Junko 4:15 Seasonal Cocktail Party 4:00 Hanukkah Payer <small>First Day of Hanukkah</small>	9:00 Today's News 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 1:15 Singing Practice 2:00 Show Your Work 3:00 Matt from the Shedd 4:00 Hanukkah Payer 4:15 Fast Round Trivia	9:30 Kate's Exercise 10:30 Oregon History w/Mel 10:30 Drive to Cottage Grove 11:00 Game Time w/Jayleen 1:00 Nickle Bingo 2:00 Hanukkah Music 3:00 Exercise with Junko 4:00 Hanukkah Payer 4:15 Wine Wednesday	9:00 News of the Building 9:30 Tai Chi Exercise 10:30 Brain Games 1:15 Resident Meeting 2:00 Santa Day 3:15 John on Guitar 3:30 Let's Play Poker 4:00 Hanukkah Payer 6:00 Bingo with Paul	9:00 Getting to Know You 9:30 Kates Exercise 10:30 Christmas Symbols 10:30 Country Bakery 1:15 Shopping: Walmart 1:30 Relaxation/Meditation 2:15 History of Pearl Harbor 3:00 Exercise with Junko 4:00 Hanukkah Payer	9:00 Meet Your Neighbor 9:30 Tai Chi Exercise 10:30 Bible Study 11:00 Copic Markers Art 1:15 Brain Puzzles 2:00 Science Interest 2:30 Ginger Bread 3:00 Nickle Bingo 4:00 Hanukkah Payer	
9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Games Time w/Friends 11:00 December Stories 1:15 Wii Bowling 1:30 Sheldon Park Store 2:00 Pastry Day Social 3:00 Nickle Bingo 4:00 Hanukkah Payer	9:00 Bi-Mart Trip 9:30 Kate's Exercise 10:30 Emily Dickinson Day 10:30 Drive: Albany 1:15 Spencer's Butte 1:20 Blackjack Game 2:00 Gary on Keyboard 3:00 Exercise with Junko 4:00 Seasonal Cocktail Party	9:00 Today's News 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 1:15 Singing Practice 2:00 Readers Theater 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Kate's Exercise 10:30 Oregon History w/Mel 11:00 Game Time w/Jayleen 1:00 Nickle Bingo 2:15 Ugly Christmas Sweater 3:00 Exercise with Junko 4:00 Wine Wednesday	9:00 News of the Building 9:30 Tai Chi Exercise 10:30 Brain Games 1:15 Activity Meeting 2:00 Yarn Club 3:15 John on Piano 3:30 Let's Play Poker 6:00 Bingo with Paul	9:00 Getting to Know You 9:30 Kates Exercise 10:30 Resident Acting 1:15 Bowling w/Sean 1:30 Relaxation/Meditation 2:15 Warm Drinks 3:00 Exercise with Junko 4:00 Flavored Vodka Friday 5:00 Christmas Light Drive	9:00 Breakfast with Santa 9:30 Tai Chi Exercise 10:30 Bible Study 1:15 Brain Puzzles 2:00 Trivial Pursuit Day 2:30 Cookie Swap Day 3:00 Nickle Bingo 4:00 Nordic Walking	
9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Scrabble Day 11:00 December Stories 1:15 Wii Bowling 1:30 Sheldon Park Store 2:00 Sunday Social 3:00 Nickle Bingo 4:00 You Tube Christmas	9:00 Bi-Mart Trip 9:30 Kate's Exercise 10:30 Baking Goodies 10:30 Drive: \curtin 1:15 Trader Joes 1:20 Blackjack Game 2:00 Scents & Sounds of Seas 3:00 Exercise with Junko 4:00 Seasonal Cocktail Party	9:00 Today's News 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 1:15 Singing Practice 2:00 Nutcracker Day 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Kate's Exercise 10:30 Oregon History w/Mel 11:00 Game Time w/Jayleen 1:00 Nickle Bingo 2:15 Book Club/Library 3:00 Exercise with Junko 4:00 Wine Wednesday	9:00 News of the Building 9:30 Tai Chi Exercise 10:30 Brain Games 1:15 Meet and Greet 2:00 Yarn Club 3:00 Christmas Party Music by Stu & Donna 6:00 Bingo with Paul	9:30 Kates Exercise 10:30 Resident Acting 10:30 Franz Bakery Store 1:15 Christmas Shopping 1:30 Relaxation/Meditation 2:15 First Day of Winter 3:00 Sheldon High Dublinaires 3:00 Exercise with Junko 4:00 Winter Drink Social <small>Winter Begins</small>	9:00 Meet Your Neighbor 9:30 Tai Chi Exercise 10:30 Bible Study 11:00 Copic Markers Art 1:15 Brain Puzzles 2:00 Science Interest 2:30 Holiday Fun Drink 3:00 Nickle Bingo 4:00 Nordic Walking	
9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Games Time w/Friends 11:00 December Stories 1:15 Wii Bowling 1:30 Sheldon Park Store 2:00 Grace Notes Sing 3:00 Nickle Bingo 4:00 You Tube Christmas	9:00 Speed Social 9:30 Kate's Exercise 10:30 Baking Goodies 1:20 Blackjack Game 2:00 Twas the Night Before 3:00 Exercise with Junko 4:00 Seasonal Cocktail Party	<h1>Merry Christmas!</h1> <small>Christmas Day</small>		9:30 Kate's Exercise 10:30 Oregon History w/Mel 11:00 Game Time w/Jayleen 1:00 Nickle Bingo 2:15 Kwanzaa & Boxing Talk 3:00 Exercise with Junko 4:00 Wine Wednesday <small>Kwanzaa Begins</small>	9:00 News of the Building 9:30 Tai Chi Exercise 10:30 Brain Games 1:15 Resident Meeting 2:00 Yarn Club 3:15 Fruitcake Day 3:30 Let's Play Poker 6:00 Bingo with Paul	9:00 Getting to Know You 9:30 Kates Exercise 10:30 Resident Acting 10:30 Muffin Mill 1:15 Mystery Trip 1:30 Relaxation/Meditation 2:15 Warm Drinks 3:00 Exercise with Junko 4:00 Flavored Vodka Friday	9:00 Meet Your Neighbor 9:30 Tai Chi Exercise 10:30 Bible Study 11:00 Copic Markers Art 1:15 Brain Puzzles 2:00 Spelling Bee 2:30 New Drink 3:00 Nickle Bingo 4:00 Nordic Walking
9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Games Time w/Friends 11:00 December Stories 1:15 Wii Bowling 1:30 Sheldon Park Store 2:00 Special Coffee Social 3:00 Nickle Bingo 4:00 You Tube Christmas	9:00 Bi-Mart Trip 9:30 Kate's Exercise 10:30 Healthy Food Trail Mix 10:30 Drive: Bell Fountain 1:15 Dollar Tree 1:20 Blackjack Game 2:00 New Year's History Party 3:00 Exercise with Junko 4:00 New Year's Party <small>New Year's Eve</small>	<h1>Happy Holidays!</h1> <p>Family and Friends are welcome to join in all activities.</p>					

Activities are subject to change.