

* VELEMBEK ZUZO

Independent Living



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:30 Barber Shop 9:00 Silver Sneakers 10:00 Bingo 11:00 Christmas Sing-Along 1:30 Christmas Holiday Shopping 2:30 December Coloring Workshop 3:00 Table Games

2 10:00 Ping pong, Wii sports, & Pool 1:30 Special Event **Committee Meeting** 2:00 Writing/ Journaling class

at Barbara's

9:00 Silver Sneakers 10:00 Bingo 10:00 Crafts with Leandra 1:30 Documentary 3:00 Campus Walk

10:00 Coffee at Barbaras 10:00 Tech Corner 1:00 Sequence board game 1:15 Pampered Hands

10:00 Bingo 2:30 The Kings Praise **Quartet** 3:00 Readings at Barbara's

10:00 Ping Pong, Wii Sports, & Pool 1:00 Bingo 2:30 Word Search-CR

9:00 RMBC Church Service Stream -Chapel

g 9:00 Silver Sneakers 10:00 Bingo 11:00 Christmas Sing-Along 1:30 Christmas Canvas **Painting** 3:00 Table Games 6:00 Immanuel Christmas

9 10:00 Ping pong, Wii sports & Pool 1:30 Cards with Mary Ann 2:00 Writing/ Journaling class 3:00 Reading & Coffee at Barbara's 6:00 Game Night

3:00 Reading & Coffee

10:00 Bingo 10:00 Men's Coffee 1:30 Documentary 3:00 Tea Party NATIONAL

10:00 Bible Project 6:00 Chapel



10:00 Ping Pong, Wii sports, & Pool 1:00 Bingo 2:00 Church of Life group concert

14

9:00 RMBC Church Service Stream -Chapel

15 9:00 Silver Sneakers 10:00 Bingo

11:00 Christmas Sing-Along 1:30 Gingerbread House

Workshop 3:00 Gingerbread House

Showcase

Concert

16

10:00 Ping pong, Wii **Sports & Pool**



12:00 Christmas Dinner

GEOGRAPHIC



18 _{10:00 Coffee at} 1:00 Sequence board game 6:00 Chapel; Sierra School Of Music

19 8:00 Breakfast Bar 10:00 Bingo 2:00 Inspiration **Rings with Laurie**



21

9:00 RMBC Church Service Stream -Chapel

229:00 Silver Sneakers 10:00 Bingo

11:00 Christmas Sing-Along 1:30 Tamale Cooking Class

3:00 Table Games

29_{9:00} Silver Sneakers

11:00 Jewelry Making

3:00 Table Games

2:30 New Year's Craft

10:00 Bingo

1:15 Town Hall

Vision Boards



10:00 Ping pong, Wii sports 2:00 Writing/ Journaling

class

3:00 Reading & Coffee at Barbara's



10:00 Coffee at Barbaras 6:00 CHAPEL CANCELED

inspiration rings

10:00 Bingo 2:00 Short Story video

26

27

28

9:00 RMBC Church Service Stream -Chapel

30

10:00 Ping pong, Wii sports & Pool

2:00 Meet & Greet Social 3:00 Reading & Coffee at Barbara's

31

10:00 Bingo 10:00 Men's Coffee 1:30 Arm Chair Travels 7:00 New Year's Eve Celebration

10:00 Bingo

Movie Special

TOWN HALL: Join us for community updates, administrative reports, and a Medical Minute. Listen to a Life Story, and enjoy cinnamon rolls at Barbara's.

*ACTIVITIES MAY BE SUBJECT TO CHANGE MATERIALS AVAILABLE UPON REQUEST.