

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WC= Wellness Center 2nd floor, P=Pub 2nd floor, D=dining room 2nd floor, C= community room 1st floor, B=Bistro 1st floor, BP=Bistro Patio 1st floor</p>	<p>Resident Birthdays Joe M. 12/3 Sharon L. 12/5 Gayle H. 12/8 Art S. 12/14 Ann J. 12/16 Bruce P. 12/30</p>		<p>Please note activities are subject to change.</p>		<p>1 10:30 Group Exercise-Cardio (WC) 1:00 Really Big Show (P) 1:30 Lutheran Church Service (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)</p>	<p>2 10:30 Group Exercise-Chair Yoga (WC) 1:00 Spoons Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>
<p>3 10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>4 10:30 Group Exercise-Weights (WC) 1:00 Craft: Greeting Cards with Ruth (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>5 10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Spark Games Practice (P) 2:30 Live Music from Darlin Jesse (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Yahtzee (P)</p>	<p>6 10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 1:30 Pet Therapy- Reba (Dog) (C) 2:30 Spark Games Final Four (C) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>7 Pearl Harbor Remembrance 10:30 Exercise Machines (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity- P)</p>	<p>8 Hanukkah Begins 10:30 Group Exercise-Cardio (WC) 1:00 Spark Games Championship (P) 1:30 Lutheran Church Service (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>9 10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>
<p>10 10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>11 10:30 Group Exercise-Weights (WC) 2:00 Walmart Outing 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>12 10:30 Spiritual Talk with Jean (P) Non-Denominational 1:30 Remembrance Gathering (C) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 5:30 Christmas Carolers (D) 6:00 Movie Night- A Christmas Carol (C)</p>	<p>13 10:30 Group Exercise-Exercise Bands (WC) 1:30 Christmas Music and Hymns with Kay (D) 2:30 Kings in the Corner Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Stuck in the Mud Dice Game (P)</p>	<p>14 10:00 Ladies Hour- Manicures (P) 10:30 Exercise Machines (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters!</p>	<p>15 10:30 Group Exercise-Cardio (WC) 11:00 Route 65 Lunch Outing 1:30 Lutheran Church Service (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)</p>	<p>16 10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident's Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>



Assisted Living

763-392-5443
cedarcreekseiorliving.com

DECEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	18 10:30 Group Exercise-Weights (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)	19 10:30 Lessons and Carols with Jean (C) 1:30 Christmas Music and Hymns with Kay (D) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night- Miracle on 34th Street (C)	20 10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 2:30 Holiday Party with Live Music from Todd Anderson (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Three or More Dice Game- Independent Activity (P)	21 Winter Begins 10:00 Men's Hour- Show and Tell Coffee hour (P) 10:30 Exercise Machines (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity- P)	22 10:30 Group Exercise-Cardio (WC) 1:30 Lutheran Church Service (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	23 10:30 Group Exercise- Chair Yoga (WC) 1:00 Crazy 8's Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)
24 Christmas Eve 10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	25 Christmas Day 10:30 Group Exercise-Weights (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)	26 Kwanzaa Begins 10:30 Spiritual Talk with Jean (P) Non-Denominational 2:00 Resident Council (C) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Yahtzee (P)	27 10:30 Group Exercise-Exercise Bands (WC) 2:30 Monthly Birthday Social (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 5000 Dice Game (P)	28 10:30 Exercise Machines (WC) 1:00 Craft Hour-Independent Activity (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Kings in the Corner Card Game-Independent Activity (P)	29 10:30 Group Exercise-Cardio (WC) 1:30 Lutheran Church Service (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)	30 10:30 Group Exercise- Chair Yoga (WC) 1:00 Spoons Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)
31 New Year's Eve 10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)			Happy Holidays from all of us here at Cedar Creek!			