

# Altoona Nursing and Rehabilitation Center

# December 2018 Calendar

## SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 9:45 - Word Games - LW 10:00 - Puzzles - L
<b>2</b> HANUKKAH BEGINS 10:00 Church Family Visits 	<b>3</b> 9:00 Small Group - L 10:00 Lets have Hot Chocolate- LW 11:15 Small Group - LW 2:30 Christmas Food for Thought- LW 4:00 Small Group - LW	<b>4</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Luke Farland Sings -LW 4:00 Small Group - LW	<b>5</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:30 Make Snowflake Decorations - LW 4:00 Small Group -L	<b>6</b> 9:00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>7</b> 9:00 Small Group - L 10:00 - Smoothies 11:15 Small Group -L 2:30 Prize Bingo - LW 4:00 Small Group - L	<b>8</b> 9:45 - Word Games - LW 10:00 - Dominos- L
<b>9</b> 10:00 Church Family Visits	<b>10</b> 9:00 Small Group - L 10:00 Puzzle - LW 11:15 Small Group - LW 2:30 Cup of Christmas Tea LW 4:00 Small Group - LW	<b>11</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Rick Ludwig Sings -LW 4:00 Small Group - LW	<b>12</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 1:30 to 3:00 Christmas Party	<b>13</b> 9:00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>14</b> 9:00 Small Group - L 10:00 - penny Bingo LW 11:15 Small Group -L 2:30 Birthday Party With Music - LW 4:00 Small Group - L	<b>15</b> 9:45 - Word Games - LW 10:00 - Puzzles - L
<b>16</b> 10:00 Church Family Visits	<b>17</b> 9:00 Small Group - L 10:00 Making Gingerbread Houses- LW 11:15 Small Group - LW 2:30 Make Christmas Wreaths LW 4:00 Small Group - LW	<b>18</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Card Writing -LW 4:00 Small Group - LW	<b>19</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:30 Make Gingerbread Cokies - LW 4:00 Small Group -L	<b>20</b> 9:00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>21</b> WINTER BEGINS 9:00 Small Group - L 10:00 - Tree Decorating Judging- LW 11:15 Small Group -L 4:30olly Holiday Lights 	<b>22</b> 9:45 - Word Games - LW 10:00 - Coloring - L
<b>23</b> 10:00 Church Family Visits	<b>24</b> CHRISTMAS EVE 9:00 Small Group - L 10:00 Sing Christmas Carols -LW 11:15 Small Group - LW 2:30 Christmas Bingo- LW 4:00 Small Group - LW 	<b>25</b> CHRISTMAS 10:00 Puzzle 2:30 Movie 	<b>26</b> KWANZAA BEGINS 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 1:30 Resident Council 2:30 Paul Davis Sngs- LW 4:00 Small Group -L 	<b>27</b> 9:00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>28</b> 9:00 Small Group - L 10:00 - Danishes and Coffee - LW 11:15 Small Group -L 2:30 Bob Slings Sings -LW 4:00 Small Group - L	<b>29</b> 9:45 - Word Games - LW 10:00 - Dominos- L
<b>30</b> 10:00 Church Family Visits	<b>31</b> NEW YEAR'S EVE 9:00 Small Group - L 10:00 Puzzle- LW 11:15 Small Group - LW 2:30 New Years Eve Party - LW 				Altoona Nursing and Rehabilitation 200 7th Avenue SW Altoona, Iowa 50009 515-967-4267	Key: LW - Lakewood Dining Room CR - Crystal Dining Room L - Lobby AL - ABC Alcove