
























# Western Hills Retirement Village Calendar December 2022

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>Have an Activity Question? Call Kathy at Extension 120</b> </p>	<p> A – Level Activity Room L – 1<sup>st</sup> Floor Lounge FL – Front Lobby LR – Living Room</p>	<p><b>Calendar Subject to Change</b></p>	<p></p>	<p><b>1</b> 9:30 Exercise – A <b>10:30 Mass - A</b> <b>2:00 Rosary - CH</b> <b>2:30 Tree Trimming Party</b> <b>Music by the Ukule Lady</b></p>	<p><b>2</b> 9:30 Exercise -A 10:00 Wii Bowling - A 10:00 Blood Pressure Check by Stay Well - L 2:00 Bingo – A 3:15 Happy Hour - A</p>	<p><b>3</b> 9:30 Exercise - A <b>NO BINGO</b> <b>2:30 Linkettes – A</b></p> <p></p>
<p><b>4</b> 10:30 Mass – A 1:45 Hallmark Movie - A</p>	<p><b>5</b> 9:30 Exercise – A 10:00 Wii Bowling – A  <b>10:00 Kroger Trip - A</b> 2:00 Bingo – A 3:15 Happy Hour – A</p>	<p><b>6</b> 9:30 Exercise – A 10:00 Blood Pressure Check – L <b>10:30 Lunch Out Cracker Barrel</b> <b>3:30 Resident Council - A</b></p>	<p><b>7</b> 9:30 Exercise – A 10:00 Wii Bowling – A <b>2:30 Christmas Sing-A –Long A with Mary Lou Samoya</b></p>	<p><b>8</b> 9:30 Exercise – A <b>10:30 Mass - A</b> <b>2:00 Rosary - CH</b> 1:45 Christmas Movie</p>	<p><b>9</b> 9:30 Exercise -A 10:00 Wii Bowling - A 10:00 Blood Pressure Check by Stay Well - L <b>NO BINGO</b> <b>2:00 Delhi Singers – A</b></p>	<p><b>10</b> 9:30 Exercise –A  2:00 Bingo -A</p>
<p><b>11</b> 10:30 Mass - A  1:45 Hallmark Movie - A</p>	<p><b>12</b> 9:30 Exercise – A 10:00 Wii Bowling – A <b>10:00 Kroger Trip</b> 2:00 Bingo – A 3:15 Happy Hour - A</p>	<p><b>13</b> 9:30 Exercise -A 10:00 Blood Pressure Check – L 10:15 Manicures – A <b>2:30 Dunham Chorliers</b></p> <p></p>	<p><b>14</b> 9:30 Exercise – A 10:00 Wii Bowling – A <b>2:30 Museum Center Heritage Program Christmas Memories with Rosemary and Doris - A</b></p> <p></p>	<p><b>15</b> 9:30 Exercise – A <b>10:30 Mass - A</b> <b>2:00 Rosary – CH</b> <b>2:30 Gift Stealing Bingo - A</b></p> <p></p>	<p><b>16</b> 9:30 Exercise – A 10:00 Wii Bowling - A 10:00 Blood Pressure Check by Stay Well - L <b>1:30 Bingo (PLEASE NOTE TIIME)</b> <b>3:00 Birthday Celebration</b> <b>Music by Pete Michael - A</b></p>	<p><b>17</b>  9:30 Exercise-A 2:00 Bingo - A</p>
<p><b>18</b> 10:30 Mass – A 1:45 Hallmark Movie - A</p>	<p><b>19</b> 9:30 Exercise – A 10:00 Wii Bowling – A <b>10:00 Kroger Trip</b></p> <p> 2:00 Bingo – A 3:15 Happy Hour - A</p>	<p><b>20</b> 9:30 Exercise -A 10:00 Blood Pressure Check – L 2:30 Christmas Craft - A <b>6:30 Evening Music Program</b></p> <p>By Wild Carrot - A </p>	<p><b>21</b> 9:30 Exercise - A 10:00 Wii Bowling – A <b>10:30 Lunch out Nick and Tom's</b> <b>1:45 Movie and Popcorn - A</b></p> <p></p>	<p><b>22</b> 9:30 Exercise – A <b>10:30 Mass - A</b> <b>2:00 Rosary – CH</b> <b>2:30 Music by Phil DeGreg</b></p> <p>Christmas Jazz </p>	<p><b>23</b> 9:30 Exercise -A 10:00 Wii Bowling - A 10:00 Blood Pressure Check by Stay Well - L 2:00 Bingo – A <b>3:15 Christmas Happy Hour - A</b></p>	<p><b>24</b> 9:30 Exercise -A 2:00 Bingo - A  <b>Christmas Eve</b></p>
<p>10:30 Mass – A 1:45 White Christmas - A</p> <p> <b>Christmas</b></p>	<p><b>25</b> 9:30 Exercise – A 10:00 Wii Bowling – A <b>10:00 Kroger Trip</b> 2:00 Bingo – A <b>3:15 Happy Hour - A</b></p>	<p><b>26</b> 9:30 Exercise -A 10:00 Blood Pressure Check – L 10:15 Manicures – A <b>2:00 Sip and Paint – A</b></p> <p></p>	<p><b>27</b> 9:30 Exercise - A 10:00 Wii Bowling – A <b>1:45 Movie and Popcorn</b></p> <p></p>	<p><b>28</b> 9:30 Exercise – A <b>10:30 Mass - A</b> <b>2:00 Rosary – CH</b></p> <p><b>2:30 Horse Racing – A</b> </p>	<p><b>29</b> 9:30 Exercise – A 10:00 Wii 10:00 Blood Pressure Check by Stay Well - L 2:00 Bingo – A 3:15 Happy Hour - A</p>	<p><b>30</b> 10:30 Mass - A <b>2:30 New Year's Eve Party - Music by 275 Brass – A</b></p> <p></p>



# DECEMBER 2022 SHELTER POINT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Daily</u></p> <p><b>9:00 Good Morning Chats</b></p> <p><u>Mail Delivery</u></p> <p><b>1:1 Throughout the day</b></p>	<p><b>Calendar Subject to Change</b></p>			<p><b>1</b></p> <p>9:30 Morning Stretch  <b>10:00 Deck the Halls</b>  <b>2:00 Rosary/Hymns</b>            3:30 Christmas Carols            4:30 Music &amp; Memories            6:30 Relaxing Rhythms</p>	<p><b>2</b></p> <p>9:30 Morning Stretch            10:00 Sing Along            11:00 Deal or No Deal  <b>2:00 Coffee &amp; Pie</b>            3:30 Hand Massages  <b>National Mutt Day</b></p>	<p><b>3</b></p> <p>10:00 Ball Toss            10:30 Bingo            1:30 Movie &amp; Snacks            7:00 Lawrence Welk</p>
<p><b>4</b></p> <p>10:00 Music Playing  <b>10:30 Rosary/Hymns</b>            1:30 Movie &amp; Snacks            4:00 Sing A Long            4:30 Hand Massages            6:30 Relaxing Rhythms</p>	<p><b>5</b></p> <p>9:30 Morning Stretch  <b>10:00 Creative Corner</b>            11:00 Hand Massages            2:00 Manicures            3:30 Prize Bingo            7:00 TV-Game Shows</p>	<p><b>6</b></p> <p>9:30 Morning Stretch            10:00 Coffee Clutch            10:30 Trivia            2:00 High/Low            3:30 Movie &amp; Snacks  <b>St. Nicholas Day</b></p>	<p><b>7</b></p> <p>9:30 Morning Stretch            10:00 Beauty Spot  <b>10:30 Mass</b>            2:00 Carols Sing Along  <b>3:30 Prize Bingo</b>            6:30 Puzzles</p>	<p><b>8</b></p> <p>9:30 Morning Stretch            10:00 Hangman  <b>2:30 Ukulele Lady</b>            4:30 Christmas Memories            6:30 Relaxing Rhythms  <b>National Brownie Day</b></p>	<p><b>9</b></p> <p>9:30 Morning Stretch            10:00 Sing Along            11:00 Deal or No Deal  <b>2:00 Coffee &amp; Cookies</b>            3:30 Hand Massages            6:30 Table Games</p>	<p><b>10</b></p> <p>10:00 Ball Toss            10:30 Bingo            1:30 Movie &amp; Snacks            7:00 Lawrence Welk</p>
<p><b>11</b></p> <p>10:00 Music Playing  <b>10:30 Rosary/Hymns</b>            1:30 Movie &amp; Snacks            4:00 Sing A Long            4:30 Hand Massages</p>	<p><b>12</b></p> <p>9:30 Morning Stretch  <b>10:00 Creative Corner</b>            11:00 Hand Massages            2:00 Prize Bingo            4:30 Reminisce            7:00 TV-Game Shows</p>	<p><b>13</b></p> <p>9:30 Morning Stretch            10:00 Coffee Clutch            10:30 Trivia/Reminisce  <b>2:00 Hot Cocoa Social</b>            3:30 Cover All  <b>National Cocoa Day</b></p>	<p><b>14</b></p> <p>9:30 Morning Stretch            10:00 Beauty Spot            10:30 Manicures            2:00 Carols Sing Along  <b>3:30 Prize Bingo</b>            6:30 Puzzles</p>	<p><b>15</b></p> <p>9:30 Morning Stretch            10:00 Cover All  <b>11:00 Rosary/Hymns</b>  <b>2:00 Christmas Movie</b>            3:30 Music &amp; Memories            6:30 Relaxing Rhythms</p>	<p><b>16</b></p> <p>9:30 Morning Stretch            10:00 Sing Along            11:00 Deal or No Deal  <b>2:00 Coffee &amp; Cookies</b>            3:30 Music &amp; Memories  <b>6:00 Bus Ride for Lights</b></p>	<p><b>17</b></p> <p>10:00 Ball Toss            10:30 Bingo            1:30 Love Movie &amp; Snacks            7:00 Lawrence Welk</p>
<p><b>18</b></p> <p>10:00 Music Playing  <b>10:30 Rosary/Hymns</b>            1:30 Movie &amp; Snacks            4:00 Sing A Long            6:30 Relaxing Rhythms  <b>Hanukkah Begins</b></p>	<p><b>19</b></p> <p>9:30 Morning Stretch  <b>10:00 Creative Corner</b>            11:00 Hand Massages            2:00 Prize Bingo            4:30 Reminisce            7:00 TV-Game Shows</p>	<p><b>20</b></p> <p>9:30 Morning Stretch            10:00 Coffee Clutch            10:30 Trivia  <b>2:30 Ice Cream Floats</b>            6:30 I Love Lucy  <b>National Go Caroling Day</b></p>	<p><b>21</b></p> <p>9:30 Morning Stretch            10:00 Beauty Spot  <b>10:30 Mass</b>            2:00 Carols Sing Along  <b>3:30 Prize Bingo</b>  <b>Yule-Day of Winter Solstice</b></p>	<p><b>22</b></p> <p>9:30 Morning Stretch            10:00 Hangman  <b>2:00 Name The Tune</b>            3:30 Prize Bingo            4:30 Music &amp; Memories            6:30 Relaxing Rhythms</p>	<p><b>23</b></p> <p>9:30 Morning Stretch            10:00 Sing Along            11:00 Deal or No Deal  <b>2:00 Christmas Party</b>            3:30 Music &amp; Memories            6:30 Table Games</p>	<p><b>24</b></p> <p>10:00 Ball Toss            10:30 Bingo            1:30 Movie &amp; Snack            7:00 Lawrence Welk  <b>Christmas Eve</b></p>
<p><b>25</b></p> <p>10:00 Music Playing  <b>10:30 Rosary/Hymns</b>            1:30 Movie &amp; Snacks            4:00 Sing A Long            6:30 Relaxing Rhythms  <b>Merry Christmas</b></p>	<p><b>26</b></p> <p>9:30 Morning Stretch  <b>10:00 Creative Corner</b>            2:00 Prize Bingo            3:00 Reminisce            7:00 TV-Game Shows  <b>Hanukkah Ends</b></p>	<p><b>27</b></p> <p>9:30 Morning Stretch            10:00 Coffee Clutch            10:30 Trivia            3:30 Prize Bingo            4:30 Memories &amp; Music            6:30 I Love Lucy</p>	<p><b>28</b></p> <p>9:30 Morning Stretch            10:00 Beauty Spot            11:00 Manicures            2:00 Sing Along  <b>3:30 Prize Bingo</b>            6:30 Puzzles</p>	<p><b>29</b></p> <p>9:30 Morning Stretch            10:00 Hangman  <b>2:00 Rosary/Hymns</b>            3:30 New Year Resolutions            4:30 Music &amp; Memories            6:30 Relaxing Rhythms</p>	<p><b>30</b></p> <p>9:30 Morning Stretch            10:00 Sing Along            11:00 Deal or No Deal  <b>2:00 New Year's Eve Party</b>            3:30 Hand Massages            6:30 Table Games</p>	<p><b>31</b></p> <p>10:00 Ball Toss            10:30 Bingo            1:30 Movie &amp; Snacks            7:00 Lawrence Welk  <b>New Year's Eve</b></p>

**Activity supplies are on hand for our night owls and early risers to enjoy with night shift staff!**





# CARE CENTER CALENDAR November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CALENDAR IS SUBJECT TO CHANGE</b>						
<b>4</b> Morning Rosary Snack Cart Afternoon Finish Lines	<b>5</b> 10:30 Communion in Rooms 11:00 Table Top Bowling Snack Cart  2:15 Craft w/ Sandra 	<b>6</b> 10:30 Manicures Snack Cart 2:15 Noodle Ball 3:30 Bingo	<b>7</b> 10:30 Mass 11:00 Card Shark Snack Cart  2:00 Exercise w/ Julie 2:30 Ice Cream Social - 1 <sup>st</sup> floor 3:30 Ice Cream Social - 2 <sup>nd</sup> floor 	<b>8</b> 10:30 Coffee Clutch 11:00 Count the Words Snack Cart 2:30 3:30 Bingo	<b>9</b> 10:30 Cover All Snack Cart 2:30 Happy Hour Hot Chocolate & Chocolate Dipped Marshmallows 3:30 Name that Christmas Song	<b>10</b> Morning Sing-a-Long Snack Cart Afternoon Activity Aides Choice 
<b>11</b> Morning Rosary Snack Cart Afternoon Finish Lines	<b>12</b> 10:30 Communion in Rooms 11:00 Christmas Sing – Long Snack Cart 2:00 Mystery Ride 3:00 Movie and Popcorn	<b>13</b>  10:30 Resident Council 11:00 Table Top Bowling Snack Cart 2:00 Finish Lines 3:30 Bingo 6:30 Christmas Light Trip	<b>14</b> 1 10:30 Rosary 11:00 Card Shark Snack Cart 2:00 Exercise w/ Julie 2:30 Ice Cream Social 3:00 Classic TV Episodes	<b>15</b> 10:30 Coffee Clutch 11:00 Hangman Snack Cart 2:30 Snowball Toss 3:30 Bingo 	<b>16</b> 10:30 Christmas Snack Cart 2:30 Christmas Party Happy Hour 	<b>17</b> Morning Sing-a-Long Afternoon Activity Aides Choice
<b>18</b> Morning Rosary Snack Cart Afternoon Finish Lines 	<b>19</b> 10:30 Communion in Rooms 11:00 Finish Lines Christmas Songs Snack Cart 2:15 Movie and Popcorn	<b>20</b> 10:30 Manicures Snack Cart 2:15 Ring Toss  3:30 Bingo 	<b>21</b> 10:30 Mass Snack Cart 2:00 Exercise w/ Julie  2:30 Ice Cream Social 2 <sup>nd</sup> Floor 2:00 Art Class – 2Floor Lounge 	<b>22</b> 10:30 Coffee Clutch 11:00 Count the Words Snack Cart  2:30 Crafts w/ Sandra 	<b>23</b> 10:30 Cover All Snack Cart 2:30 Happy Hour	<b>24</b> Morning Sing-a-Long Afternoon Activity Aides Choice 
<b>25</b> Morning Rosary Snack Cart Afternoon Finish Lines	<b>26</b> 10:30 Communion in Rooms 11:00 Table Top Bowling Snack Cart 2:00 Movie and Popcorn 	<b>27</b> 10:30 America Says Snack Cart 2:15 Noodle Ball 3:30 Bingo	<b>28</b> 11:00 Rosary Snack Cart 2:00 Exercise w/ Julie 2:30 Ice Cream Social 2 <sup>nd</sup> Floor 3:30 Ice Cream Social	<b>29</b> 10:30 Coffee Clutch 11:00 Count the Words Snack Cart	<b>30</b> 10:30 Hangman Snack Cart 2:30 New Year's Happy Hour 	<b>31</b> Morning Sing-a-Long Afternoon Activity Aides Choice 

