

# December



**CAMBRIDGE COURT**  
a Bethesda Senior Living Community

| Sun   | Mon  | Tue  | Wed  | Thu   | Fri  | Sat  |
|---|--|--|--|---|--|--|
|   |  |  |  |   |  | <p>1<br/>9:00 Morning Stretch<br/>10:00 Coffee Social &amp; Treats/<br/>Soldiers Spreading Holiday<br/>Cheer<br/>2:00 Friendship Hour<br/>3:00 Puzzles</p>         |
| <p>2 <b>Kari S. Birthday</b><br/>10:30 Church Service &amp;<br/>Coffee w/ Pastor Pofahl<br/>2:00 U-Play<br/>4:00 Creative Coloring<br/>5:00 Visit your neighbor</p>                       | <p>3<br/>9:15 Exercise<br/>9:40 Memory Ball<br/><b>10:00 Wal-Mart</b><br/>2:00 Bingo<br/>3:00 Movie &amp; Popcorn - The<br/>Grinch</p> | <p>4<br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/>10:00 Bible Study<br/>11:00 Kearney Catholic Star<br/>Dust Singers<br/>2:00 Fancy Nails<br/><b>3:00 Ride Along</b></p> | <p>5<br/>9:15 Exercise<br/>9:40 Strength<br/>10:00 Walking Club<br/>2:00 Cookie Day<br/>6:00 Cards</p>   | <p>6<br/>9:15 Exercise<br/>9:40 Yoga Ball Fun<br/><b>10:00 Resident Errands</b><br/>1:00 Pre-Resident Council<br/>2:00 Crafts - Chap Stick<br/>6:00 Solutions</p>               | <p>7<br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/>12:30 Resident Council (Dining<br/>Room)<br/><b>10:00 Library</b><br/>2:00 Bunco<br/><b>7:05 Tri City Storm Hockey</b></p>   | <p>8<br/>9:00 Morning Stretch<br/>10:00 Coffee Social &amp; Treats<br/>2:00 Friendship Hour<br/>3:00 Tri-Ominoes</p>   |
| <p>9<br/>10:30 Church Service &amp;<br/>Coffee w/ Pastor Pofahl<br/>2:00 U-Play<br/>4:00 Creative Coloring<br/>5:00 Visit your neighbor</p>   | <p>10<br/>9:15 Exercise<br/>9:40 Memory Ball<br/><b>10:00 Wal-Mart</b><br/>2:00 Bingo<br/>3:00 Ceramics w/ Donna</p>                   | <p>11<br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/>10:00 Hangman<br/>2:00 Fancy Nails<br/><b>7:00-8:00 Arts &amp; Crafts @ The<br/>Library</b></p>                       | <p>12 <b>Judye G. Birthday</b><br/>9:15 Exercise<br/>9:40 Strength<br/>10:00 Walking Club<br/>2:00 Crafts - Soap Making<br/>6:00 Cards</p>                 | <p>13<br/>9:15 Exercise<br/>9:40 Yoga Ball Fun<br/>3:30 Family PT - Resident<br/>Appreciation Day<br/>5:00 Christmas Party / Kevin<br/>&amp; Heidi<br/>6:30 Rascal Martinez</p> | <p>14 <b>Gayle D. Birthday</b><br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/><b>11:30 OTE @ Whiskey Creek</b><br/>2:00 Christmas Gifts - Put<br/>Together<br/>3:00 Rummikub</p> | <p>15<br/>9:00 Morning Stretch<br/>10:00 Coffee Social &amp; Treats<br/>2:00 Friendship Hour<br/>3:00 Yahtzee</p>  |
| <p>16<br/>10:30 Church Service &amp;<br/>Coffee w/ Pastor Pofahl<br/>2:00 U-Play<br/>4:00 Creative Coloring<br/>5:00 Visit your neighbor<br/>5:40 Holy Cross - Christmas<br/>Caroling</p> | <p>17<br/>9:15 Exercise<br/>9:40 Memory Ball<br/><b>10:00 Wal-Mart</b><br/>2:00 Bingo<br/><b>3:00 Out to the Movie -</b></p>           | <p>18<br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/>10:00 Bible Study<br/>2:00 Fancy Nails<br/><b>7:00 Ride Along</b></p>   | <p>19<br/>9:15 Exercise<br/>9:40 Strength<br/>10:00 Walking Club<br/>2:00 Crossword Puzzle Day<br/>3:30 Tim Mohanna -<br/>Entertainment<br/>6:00 Cards</p> | <p>20 <b>Roland A. Birthday</b><br/>9:15 Exercise<br/>9:40 Yoga Ball Fun<br/><b>10:00 Resident Errands</b><br/>2:00 Cupcake Day<br/>6:00 Solutions</p>                          | <p>21<br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/><b>10:00 Library</b><br/>2:00 Hot Chocolate Social<br/>3:00 Movie &amp; Popcorn - The Nut-<br/>cracker</p>                  | <p>22 <b>Marianne R. Birthday</b><br/>9:00 Morning Stretch<br/>10:00 Coffee Social &amp; Treats<br/>10:30 Pet Therapy<br/>2:00 Friendship Hour<br/>3:00 U-Play</p> |
| <p>23<br/>10:30 Church Service &amp;<br/>Coffee w/ Pastor Pofahl<br/>2:00 U-Play<br/>4:00 Creative Coloring<br/>5:00 Visit your neighbor</p>  | <p>24<br/>9:15 Exercise<br/>9:40 Memory Ball<br/><b>10:00 Wal-Mart</b><br/>2:00 Bingo<br/>3:00 Give out Christmas Gifts</p>            | <p>25<br/></p>   | <p>26<br/>9:15 Exercise<br/>9:40 Strength<br/>10:00 Walking Club<br/>2:00 Egg Nog Social<br/>6:00 Cards</p>  | <p>27<br/>9:15 Exercise<br/>9:40 Yoga Ball Fun<br/>10:00 Puzzles<br/>2:00 Make Cut Out Snowflakes<br/>6:00 Solutions</p>  | <p>28<br/>9:15 Exercise<br/>9:40 Strength w/ Stacy<br/><b>11:30 OTE @ Old Chicago</b><br/>2:00 Bunco<br/><b>7:05 Tri City Storm Hockey</b></p>                                     | <p>29<br/>9:00 Morning Stretch<br/>10:00 Coffee Social &amp; Treats<br/>2:00 Friendship Hour<br/>3:00 Rummikub</p>   |
| <p>30<br/>10:30 Church Service &amp;<br/>Coffee w/ Pastor Pofahl<br/>2:00 U-Play<br/>4:00 Creative Coloring<br/>5:00 Visit your neighbor</p>  | <p>31<br/>9:15 Exercise<br/>9:40 Memory Ball<br/><b>10:00 Wal-Mart</b><br/>2:00 Bingo<br/>3:00 December B-Day's Party</p>              |  |  | <p><br/>Beauty Shop Hours<br/>Wednesday:<br/>9-12<br/>Friday:</p>   |  |  |