

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

Wellness Calendar



10am Personal Prayers LC 1pm-4pm Sunday Funday: Christmas Sign Craft with Kelli V <i>(prior sign-up required & project begins at 1pm)</i> 7pm Mexican Train Dominoes AS The View Open 1pm-4pm		2 10am Sitting Exercise FR 10:30am Trivia FR 2pm Bingo DR 3pm Christmas Ornament Craft AS 3pm-4:30pm Jewelry Sale in Café* 7pm Monday Night Movie: "Book Club" MT		3 10am Nino Salvagio 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2pm Facials and Satin Hands By Vicki and Rose from Mary Kay* AS 2pm Tech Help w/ Rae LL <i>(sign-up with concierge prior to)</i> 2:30pm Drum Ball Beat FR 7pm Card Games in Café		4 10am Dumbbell Upper Body Exercises FR 10:30am Bible Study w/ Pastor Adam* GR 2pm Christmas Show by Jeff C. DR 3pm Coupon Clipping for the Troops GR 7pm Puzzle Time GR The View Open 3pm-6pm		5 10am Macomb Mall 10:30am Young at Heart FR 11am Better Balance FR 2pm Chapel Service with Pastor Rolf* LC 2:30pm Functional Fitness FR 3pm Book Club 4pm Thursday Pub Trivia V 7pm Grosse Pointe Theatre: Arsenic and Old Lace Play The View Open 3pm-7:30pm		6 10am Sitting Exercise FR 10:30am Trivia FR 2pm Chocolate Confections – Holiday Bark AS 3pm Happy Hour V 7pm Movie & Popcorn: "Hello Dolly" MT The View Open 3pm-7:30pm		7 10am Calm Coloring & Crosswords AS 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Scrabble GR The View Open 3pm-7:30pm	
10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Christmas Caroling by the Girl Scouts* DR 3pm Reed Diffusers and Air Freshener AS 7pm Mexican Train Dominoes AS The View Open 1pm-4pm		9 10am Casino Trip: MGM 2pm Bingo DR 2pm Belsono Hearing Services* AS 3pm Jewelry Making AS 7pm Monday Night Movie: "Oceans 8" MT		10 10am Trader Joes 10am Spiritual Music w/ Christine* DR 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 1:30pm Seniors Staying Sharp – Brain Fitness Seminar GR* 2:30pm Drum Ball Beat FR 3pm Rosary LC 7pm Card Games in Café		11 10am Food Committee Meeting DR 10:30am Bible Study w/ Pastor Adam* GR 12:15pm Trip to the Movies 3pm Wii Bowling 7pm Puzzle Time GR The View Open 3pm-6pm		12 10am Ollie's Bargain Hut 10:30am Young at Heart FR 11am Better Balance FR 2pm Gift Ball Game GR 2:30pm Functional Fitness FR 5pm-7pm Lakeshore's Christmas Party! Wear Red and Green		13 10am Joann Fabrics 10am Sitting Exercise FR 10:30am Trivia FR 1:30pm Christmas Play by Grosse Pointe Academy* DR 3pm Happy Hour V 7pm Movie & Popcorn: "Oklahoma" MT The View Open 3pm-7:30pm		14 10am Classic Shows MT 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Yahtzee GR The View Open 3pm-7:30pm	
10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Gingerbread Houses AS 7pm Mexican Train Dominoes AS The View Open 1pm-4pm		16 10am Sitting Exercise FR 10:30am Trivia FR 2pm Bingo DR 3pm Piano & Flute Music with Jinny and Robin* DR 7pm Monday Night Movie: "The Nutcracker" MT		17 10am Village Market 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 1:30pm-3pm Free Chair Massages by Total Health System* <i>(sign-up with concierge prior to)</i> 2pm Music and Magic Show DR 2:30pm Drum Ball Beat FR 3pm Tech Help w/ Rae LL <i>(sign-up with concierge prior to)</i> 7pm Card Games in Café		18 10am Dumbbell Upper Body Exercises FR 10:30am Bible Study w/ Pastor Adam* GR 2pm Catholic Mass w/ Father Jim* LC 3pm Progressive Relaxation MT 4pm Dinner Out: Cracker Barrel 7pm Puzzle Time GR The View Open 3pm-6pm		19 10am Walmart 10:30am Young at Heart FR 11am Better Balance FR 2pm Cooking Demo w/ Chef Sarah DR 2:30pm Functional Fitness FR 3pm Book Club 4pm Thursday Pub Trivia V 6pm Christmas Lights Tour #1 The View Open 3pm-7:30pm		20 10am Dollar Tree 10am Independent Exercise 2pm Tea and Scones Social Hour AS 3pm Happy Hour & White Elephant Gift Exchange V 7pm Movie & Popcorn: "How the Grinch Stole Christmas" MT The View Open 3pm-7:30pm		21 10am Calm Coloring & Crosswords AS 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Scrabble GR The View Open 3pm-7:30pm	
10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Paintbrush Santa Craft AS 6pm Christmas Lights Tour #2 7pm Mexican Train Dominoes AS The View Open 1pm-4pm		23 10am Sitting Exercise FR 10:30am Christmas Trivia FR 2pm Christmas Eve Bingo DR 3pm Jewelry Making AS 7pm Monday Night Movie: "White Christmas" MT Christmas Eve Wear Your Favorite Christmas Sweater		24 10am Hot Cocoa Bar in the Café 1pm Pinochle V 2pm Christmas Movie – "The Christmas Chronicles" MT 7pm Card Games in Café Christmas Day		25 10am Chair Dancing FR 10:30am Bible Study w/ Pastor Adam* GR 11:15pm Lunch Out: Outback Steakhouse 2pm Winter Pinecone Photo Frame AS 3pm Wii Bowling GR 7pm Puzzle Time GR The View Open 3pm-6pm		26 10am Kroger 10:30am Young at Heart FR 11am Better Balance FR 2pm Welcome Party & Birthday Celebration w/ Faye Bradford DR 2:30pm Functional Fitness FR 3pm Cooking Group: Party Cheese Ball AS 4pm Thursday Pub Trivia V 6:30pm Open Mic Night – GTKYN & Singalong V The View Open 3pm-7:30pm		27 10am Sunshine Visits 10am Sitting Exercise FR 10:30am Trivia FR 2pm Card Bingo V 3pm Happy Hour V 7pm Movie & Popcorn: "The Break-Up" MT The View Open 3pm-7:30pm		28 10am Classic Shows MT 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Yahtzee GR The View Open 3pm-7:30pm	
10am Personal Prayers LC 1pm Matinee Movie & Hot Cocoa MT 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Homemade Hand Soap AS 7pm Mexican Train Dominoes AS The View Open 1pm-4pm		30 10am Sitting Exercise FR 10:30am NYE Trivia FR 2pm NYE Special Bingo DR 3pm New Year Resolution Creation AS 7pm Monday Night Movie: "New Year's Eve" MT		31									

Key for Rooms:
 LC = Lakeshore Chapel
 MT = Movie Theater
 GR = Game Room
 AS = Art Studio
 LL = Lakeshore Library
 V = The View
 FR = Fitness Room
 DR = Dining Room
 RED = BUS TRIP
 BLUE = Fitness Classes

