







2019 DECEMBER ACTIVITIES CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10am English Service HeH</p> <p>2pm Coffee Social HaH</p> <p>7pm English Service HeH</p> 	<p>2</p> <p>10am Catholic Service HaH 10am PcT Coffee Social HoH</p> <p><u>1-3 Chiropractic Clinic</u></p> <p>2pm Bingo HaH</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>3</p> <p>9:45am Coffee Social HaH</p> <p>10am Entertainment: <i>Charlotte's Web</i> presented by TDCH HeH</p> <p>12:30pm Bridge KTMR</p> <p><u>B12 Injections:</u> <u>TT/HT/PT: 1:30 to 2:45 p.m. and</u> <u>CT/KT/PT: 2:45 to 3:45 p.m.</u></p> <p>2pm CT Coffee Social CT Balcony</p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p>7:30pm Entertainment: <i>Male Chorus of Praise</i> HeH</p>	<p>4</p> <p>9am Vendor: <i>Suzanne's Jewelry</i> HeH</p> <p>9am Busy Hands TTMR</p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10-11am KT Bible Study KTMR</p> <p>10:15am Bus Trip: <i>Mayfield Christmas Social</i> CT Entrance</p> <p>1:30pm Cribbage PTMR</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>5</p> <p><u>Denturist</u></p> <p>10am Line Dancing HaH</p> <p>10am Vendor: <i>Nelly's Shoes</i> HeH</p> <p><u>1-4pm Hearing Aid Clinic</u></p> <p>2pm Line Dancing Plus HoH</p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p>6:45pm HCH Ktee Euchre Club HoH</p>	<p>6</p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10:30-11:15am – LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HeH balcony</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH</p> <p>7pm Games Night KTMR</p>	<p>7</p> <p>9:00am PT Coffee Social PTMR</p> <p>9:30am Vendor: <i>Parkinson's Fruit Cake Sale</i> HeH</p> <p>10am HT Coffee Social HT</p> <p>10am-11:30am KT Coffee Social HoH</p>
<p>8</p> <p>10am English Service HeH</p> <p>2pm Coffee Social HaH</p> <p>7pm English Service HeH</p> 	<p>9</p> <p>10am Catholic Service HaH 10am PcT Coffee Social HoH</p> <p><u>1-3 Chiropractic Clinic</u></p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>10</p> <p>9:30am Bus to Sobeys</p> <p>9:45am Coffee Social HaH</p> <p>12:30pm Bridge KTMR</p> <p>2pm CT Coffee Social CT Balcony</p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p>7:30pm Entertainment: <i>Te Deum Laudemus</i> HeH</p>	<p>11</p> <p>9am Busy Hands TTMR</p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10-11am KT Bible Study KTMR</p> <p>11am GM Special Tea HoH</p> <p>1:30pm Cribbage PTMR</p> <p>2pm Entertainment: <i>Tap Dancing</i> HeH</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Chess PTMR 7pm Bid Euchre HoH</p> <p>7pm Entertainment: <i>Rose Orchestra</i> HeH</p>	<p>12</p> <p><u>Denturist</u></p> <p>9am Vendor: <i>Sterling Silver</i> HeH</p> <p>10am Line Dancing HaH</p> <p>10:30am Movement to Music HoH</p> <p>2pm Line Dancing Plus HoH</p> <p>2:40pm Bus Trip: <i>Christmas Lights Tour</i> CT Entrance</p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p>6:45pm HCH Ktee Euchre Club HoH</p>	<p>13</p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10am Entertainment: <i>JKCS Brampton</i> HeH</p> <p>10:30-11:15am – LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HeH balcony</p> <p>1:30pm Book Club PTMR</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH</p> <p>7pm Games Night KTMR</p>	<p>14</p> <p>9:00am PT Coffee Social PTMR</p> <p>10am HCH Christmas Market HeH & HaH</p> <p>10am HT Coffee Social HT</p> <p>10am-11:30am KT Coffee Social HoH</p>

<p>15 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>16 10am Catholic Service HaH 10am PcT Coffee Social HoH <i>10:45am Entertainment: Credo Christian School HeH</i> <u>1-3 Chiropractic Clinic</u> <i>3pm ***Bingo HaH***Note time change</i> 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>17 9:45am Coffee Social HaH 12:30pm Bridge KTMR <u>1-3pm Mobility Maintenance Clinic</u> 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH <i>7pm Movie Night: Christmas in Connecticut HeH</i></p>	<p>18 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 1:30pm Cribbage PTMR 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>19 <u>Denturist</u> 10am Line Dancing HaH 10:30am Movement to Music HoH <u>1-4pm Hearing Aid Clinic</u> 2pm Line Dancing Plus HoH 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>20 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 2pm Faith Manor Dessert Social HaH 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>21 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p> 
<p>22 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>23 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>24 Christmas Eve 9:30am Bus to Sobeys 9:45am Coffee Social HaH 12:30pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH</p>	<p>25 Christmas <i>10am Church Service</i></p> 	<p>26 Boxing Day 6:45pm HCH Ktee Euchre Club HoH</p>	<p>27 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>28 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>29 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>30 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HaH 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>31 New Year’s Eve 9:45am Coffee Social HaH 12:30pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH <i>7pm Church Service HeH</i></p>	<p>TT = Trinity Tower KT = KT PT = Providence Tower CT = Covenant Tower HT = Hope Tower PeT = Peace Tower HeH = Heritage Hall HaH = Harmony Hall HoH = Horizon Hall BR = Board Room GMCP = Grace Manor Chapel</p> <p><i>Italics = Special Events/Bus Trips</i> <u>Underline = Towers Nursing Office</u></p>		