

SENIOR MOMENTS



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sit and Stretch 10:00 Civic Club 4:00 Reflections 5:00	2. Arth. Exer 9:30 O'Dell
5 Arth. Exer 9:30 Sit and Stretch 10:00 Heat Assistance By Appointment	6 Sit and Stretch 10:00 IHC Blood Pressure 	7 Arth. Exer 9:30 Sit and Stretch 10:00 BINGO Bingo w/ Bryce 12:30	8 Sit and Stretch 10:00 Chuck ORama 11:00	9 Arth. Exer 9:30 Jason
12 Arth. Exer 9:30 Sit and Stretch 10:00 Heat Assistance By Appointment Garland DUP	13 Quilt Guild 9:00 Card Making 10:00 Wrapping Party with Mary w/CNS 10:00 (Bring your presents to be wrapped) Sit and Stretch 10:00 American Legion 6:30	14 Arth. Exer 9:30 Sit and Stretch 10:00 Bear River Valley Care Center Free Lunch Integrity Game Day Good Sammers 6:30	15 Sit and Stretch 10:00 Rudd Funeral Home Free Lunch Civic Club 4:00	16 Arth. Exer 9:30 Windy Hollow Christmas Dinner 12:00 (Sign up before Wed. 14th.)
19 Arth. Exer 9:30 Sit and Stretch 10:00 Midland DUP	20 Sit and Stretch 10:00 IHC Blood Pressure HCNU Christmas Comfort Program 12:30	21 Arth. Exer 9:30 Sit and Stretch 10:00 White Elephant Party 11:15 (bring a gift) Foot Clinic (by appointment)	22 Sit and Stretch 10:00 MOVIE DAY 12:30 Nutcracker, The Motion Picture Reflections 5:00	23 Arth. Exer 9:30 Closing Early No Dining room lunch will be served.

REMINDER: UPCOMING HEAT ASSISTANCE APPOINTMENTS (See Jenny for available appointments.)