

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																				
 <h1 style="margin: 0;">December 2018</h1>																										
<p>10:30a: Church Service (FT) 2</p> <p>11:00a: Tie Blanket for Project Linus (S1)</p> <p>1:30p: Stretch & Unwind (ES)</p> <p>2:00p: Coloring & Relaxation (S2)</p> <p>3:30p: Bingo (B)</p> <p>7:00p: Movie Night (FT)</p>	<p>10:30a: Water Aerobics (P) 3</p> <p>11:00a: Bank/Post Office Trip</p> <p>1:30p: Snow Buddies Pen Pal Program (S1)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:30p: Outing: Grand Living at University of Iowa Class -Sign-up in the Mail Room!</p>	<p>10:00a: Sign Language Class (S2) 4</p> <p>10:30a: Chair Yoga (ES)</p> <p>11:00a: Holiday Card Making (U)</p> <p>1:30p: Pedal the World (FT)</p> <p>2:00p: Shopping at Walgreens</p> <p>3:00p: Step into Balance (ES)</p> <p>4:00p: Decorating the Tree (FT)</p> <p>6:30p: Keladeinos String Quartet (FT)</p>	<p>10:00a: Brain Fitness (S1) 5</p> <p>10:30a: Water Aerobics (P)</p> <p>1:00p: Bridge Club (S1)</p> <p>-Resident Run Activity</p> <p>2:00p: Chair Yoga (ES)</p> <p>3:00p: Bravo! Music Program (FT)</p> <p>4:00p: Social Hour & Decorating the Tree (LC)</p> <p>6:30p: Bingo (B)</p>	<p>10:00a: States & Capitals (U) 6</p> <p>10:30a: Chair Yoga (ES)</p> <p>10:30a: Catholic Service (C)</p> <p>1:30p: Pedal the World (FT)</p> <p>1:30p: Pet Therapy Dogs (GL)</p> <p>2:00p: Shopping at HyVee</p> <p>3:00p: Step into Balance (ES)</p> <p>4:00p: Decorating the Tree (CB)</p> <p>6:30p: Crochet Corner (GL)</p>	<p>9:30a: Morning Coffee Group (B) 7</p> <p>10:30a: Water Aerobics (P)</p> <p>1:30p: Tai Chi (ES)</p> <p>2:30p: Craft Creations (S2)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:30p: Holiday Party (FT)</p> <p>4:30p: Dick Watson Duo Performance (FT)</p>	<p>9:30a: Piano by Ethan (GL) 1</p> <p>10:00a: Adult Coloring (S2)</p> <p>1:30p: Pedal the World (FT)</p> <p>3:00p: Documentary: Planet Earth (FT)</p> <p>4:00p: Jigsaw Puzzles (L)</p> <p>7:00p: Movie Night (FT)</p>																				
<p>10:30a: Church Service (FT) 9</p> <p>11:00a: Tie Blanket for Project Linus (S1)</p> <p>1:30p: Stretch & Unwind (ES)</p> <p>2:00p: Coloring & Relaxation (S2)</p> <p>3:30p: Lucky Charms Clarinet Quartet (FT)</p> <p>7:00p: Movie Night (FT)</p>	<p>10:00a: Brain Fit (S1) 10</p> <p>10:30a: Water Aerobics (P)</p> <p>11:00a: Bank/Post Office Trip</p> <p>1:30p: Snow Buddies Pen Pal Program (S1)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Wine & Watercolor Painting (S1)</p> <p>6:30p: Holiday Light Drive (GL)</p>	<p>10:00a: Group Crossword (S2) 11</p> <p>10:30a: Chair Yoga (ES)</p> <p>11:00a: Holiday Card Making (U)</p> <p>1:30p: Pedal the World (FT)</p> <p>1:30p: Pet Therapy Dogs (GL)</p> <p>2:00p: Shopping at Walgreens</p> <p>3:00p: Step into Balance (ES)</p> <p>4:00p: Name 10 (S2)</p> <p>6:30p: Blackjack (U)</p>	<p>10:00a: Brain Fitness (S1) 12</p> <p>10:30a: Water Aerobics (P)</p> <p>2:00p: Chair Yoga (ES)</p> <p>2:00p: Food for Thought: Chef Austina Demonstration (CB)</p> <p>3:00p: Bravo! Music Program (FT)</p> <p>4:00p: Social Hour (LC)</p> <p>6:30p: Bingo (B)</p>	<p>10:00a: Presidential Jeopardy (U) 13</p> <p>10:30a: Chair Yoga (ES)</p> <p>10:30a: Catholic Service (C)</p> <p>1:30p: Pedal the World (FT)</p> <p>1:30p: Pet Therapy Dogs (GL)</p> <p>2:00p: Shopping at HyVee</p> <p>3:00p: Step into Balance (ES)</p> <p>6:30p: Knitting Corner (GL)</p>	<p>9:00a: Podriatrist Dr. Jack P. Sherry-Sign-up in Mail Room! 14</p> <p>9:30a: Morning Coffee Group (B)</p> <p>10:30a: Water Aerobics (P)</p> <p>1:30p: Tai Chi (ES)</p> <p>3:00p: Active Chair Class (ES)</p> <p>3:30p: Social Hour (LC)</p> <p>5:30p: Preucil School of Music Performance (FT)</p>	<p>9:30a: Piano by Ethan (GL) 15</p> <p>10:00a: Adult Coloring (S2)</p> <p>1:15p: Outing: Old Creamery Theatre-Away in the Basement (GL)</p> <p>4:00p: Jigsaw Puzzles (L)</p> <p>7:00p: Movie Night (FT)</p>																				
<p>10:30a: Church Service (FT) 16</p> <p>11:00a: Tie Blanket for Project Linus (S1)</p> <p>1:30p: Stretch & Unwind (ES)</p> <p>2:00p: Coloring & Relaxation (S2)</p> <p>3:30p: Bingo (B)</p> <p>6:00p: Musical Gathering (GL)</p> <p>7:00p: Movie Night (FT)</p>	<p>10:30a: Water Aerobics (P) 17</p> <p>11:00a: Bank/Post Office Trip</p> <p>1:30p: Snow Buddies Pen Pal Program (S1)</p> <p>3:00p: Active Chair Class (ES)</p> <p>7:00p: Creating Moments of Joy Author Jolene Brackey Seminar (FT)</p>	<p>10:00a: Sign Language Class (S2) 18</p> <p>10:30a: Chair Yoga (ES)</p> <p>11:00a: Holiday Card Making (U)</p> <p>1:30p: Pedal the World (FT)</p> <p>1:30p: Pet Therapy Dogs (GL)</p> <p>2:00p: Shopping at Walgreens</p> <p>3:00p: Step into Balance (ES)</p> <p>4:00p: Name 10 (S2)</p> <p>6:30p: Bingo (B)</p>	<p>10:00a: Brain Fitness (S1) 19</p> <p>10:30a: Water Aerobics (P)</p> <p>11:00a: Grand Patriots (FT)</p> <p>1:00p: Bridge Club (S1)</p> <p>-Resident Run Activity</p> <p>2:00p: Chair Yoga (ES)</p> <p>3:00p: Bravo! Music Program (FT)</p> <p>4:00p: Social Hour (LC)</p> <p>6:00p: Caregiver's Meeting (S1)</p>	<p>10:00a: Family Feud (U) 20</p> <p>10:30a: Chair Yoga (ES)</p> <p>1:30p: Pedal the World (FT)</p> <p>1:30p: Pet Therapy Dogs (GL)</p> <p>2:00p: Shopping at Target</p> <p>3:00p: Step into Balance (ES)</p> <p>6:30p: Music by Tom & Dianna (FT)</p>	<p>9:30a: Morning Coffee Group (B) 21</p> <p>10:30a: Water Aerobics (P)</p> <p>1:30p: Tai Chi (ES)</p> <p>2:00p: Music Therapy with Jackie (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour Wine Tasting (LC)</p> <p>6:30p: Movie Night (FT)</p>	<p>9:30a: Piano by Ethan (GL) 22</p> <p>10:00a: Adult Coloring (S2)</p> <p>1:30p: St. John's Church Choir Performance (FT)</p> <p>3:00p: Pedal the World (FT)</p> <p>4:00p: Jigsaw Puzzles (L)</p> <p>7:00p: Movie Night (FT)</p>																				
<p>10:30a: Church Service (FT) 23</p> <p>11:00a: Tie Blanket for Project Linus (S1)</p> <p>1:30p: Stretch & Unwind (ES)</p> <p>2:00p: Coloring & Relaxation (S2)</p> <p>3:30p: Bingo (B)</p> <p>7:00p: Movie Night (FT)</p>	<p>10:30a: Water Aerobics (P) 24</p> <p>11:00a: Holiday Coloring (S1)</p> <p>1:30p: Christmas Movie Marathon (FT)</p> <p>3:00p: Holiday Puzzles (S1)</p> <p>6:30p: Music with Paul Cavitt (FT)</p>	<p>10:00a: Disney Parks Magical Christmas Day Parade (FT) 25</p> <p>11:00a: Christmas Word Search (S1)</p> <p>1:00p: A Christmas Story Movie Marathon (FT)</p> <p style="text-align: center;"><i>Merry Christmas</i></p>	<p>10:00a: Brain Fitness (S1) 26</p> <p>10:30a: Water Aerobics (P)</p> <p>1:00p: Bridge Club (S1)</p> <p>-Resident Run Activity</p> <p>2:00p: Chair Yoga (ES)</p> <p>3:00p: Bravo! Music Program (FT)</p> <p>4:00p: Social Hour (LC)</p> <p>6:30p: Bingo (B)</p>	<p>10:00a: The Price Is Right (U) 27</p> <p>10:30a: Chair Yoga (ES)</p> <p>10:30a: Catholic Service (C)</p> <p>1:30p: Pedal the World (FT)</p> <p>1:30p: Pet Therapy Dogs (GL)</p> <p>2:30p: Resident Meeting (FT)</p> <p>3:00p: Step into Balance (ES)</p> <p>6:30p: Crochet Corner (GL)</p>	<p>9:30a: Morning Coffee Group (B) 28</p> <p>10:30a: Water Aerobics (P)</p> <p>1:30p: Tai Chi (ES)</p> <p>2:30p: Art & Aromatherapy (S2)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour & Birthday Party (LC)</p> <p>6:30p: Music by Dave Wirtz (FT)</p>	<p>9:30a: Piano by Ethan (GL) 29</p> <p>10:00a: Adult Coloring (S2)</p> <p>1:30p: Pedal the World (FT)</p> <p>3:00p: Documentary: Planet Earth (FT)</p> <p>4:00p: Jigsaw Puzzles (L)</p> <p>7:00p: Movie Night (FT)</p>																				
<p>10:30a: Church Service (FT) 30</p> <p>11:00a: Tie Blanket for Project Linus (S1)</p> <p>1:30p: Stretch & Unwind (ES)</p> <p>2:00p: Coloring & Relaxation (S2)</p> <p>3:30p: Bingo (B)</p> <p>7:00p: Movie Night (FT)</p>	<p>10:00a: Brain Fit (S1) 31</p> <p>10:30a: Water Aerobics (P)</p> <p>1:30p: Grand Living at Bridgewater's Year in Review (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>3:30p: New Year's Eve Party (LC)</p>	<p>LEGEND:</p> <table border="0"> <tr> <td>B - Bistro</td> <td>GS - Gift Shop</td> </tr> <tr> <td>BP - Backyard Patio</td> <td>L - Library</td> </tr> <tr> <td>C - Chapel</td> <td>LC - Legends Club</td> </tr> <tr> <td>CB - Café Bridgewater</td> <td>LL - Lavender Lane</td> </tr> <tr> <td>ES - Exercise Studio</td> <td>ML - Monarch Lane</td> </tr> <tr> <td>FC - Fitness Center</td> <td>S - Salon/Spa</td> </tr> <tr> <td>FP - Front Porch</td> <td>S1 - Studio 1</td> </tr> <tr> <td>FT - Forum Theater</td> <td>S2 - Studio 2</td> </tr> <tr> <td>GL - Grand Lounge</td> <td>P - Pool</td> </tr> <tr> <td></td> <td>U - University Commons</td> </tr> </table>					B - Bistro	GS - Gift Shop	BP - Backyard Patio	L - Library	C - Chapel	LC - Legends Club	CB - Café Bridgewater	LL - Lavender Lane	ES - Exercise Studio	ML - Monarch Lane	FC - Fitness Center	S - Salon/Spa	FP - Front Porch	S1 - Studio 1	FT - Forum Theater	S2 - Studio 2	GL - Grand Lounge	P - Pool		U - University Commons
B - Bistro	GS - Gift Shop																									
BP - Backyard Patio	L - Library																									
C - Chapel	LC - Legends Club																									
CB - Café Bridgewater	LL - Lavender Lane																									
ES - Exercise Studio	ML - Monarch Lane																									
FC - Fitness Center	S - Salon/Spa																									
FP - Front Porch	S1 - Studio 1																									
FT - Forum Theater	S2 - Studio 2																									
GL - Grand Lounge	P - Pool																									
	U - University Commons																									

..All activities are subject to change..