

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 December 2023 						
3 Agnes' Birthday	4 10:00 Band Exercise 1:30 Movie Presentation 2:00 Baby Visits in the DAL	5 1:30 Harp 11:00 Standing Balance 1:30 Cribbage 3:00 Happy Hour	6 10:45 Rotary Luncheon at JPL	7 10:00 Tai-Chi & Stretching 1:30 Reading at the Library 4:00 Hand Strengthening Hanukkah Begins	8 10:00 Joint Rotation Exercise 2:00 BINGO Norma's 100th Birthday	9 10:00 Yoga Stretch 11:00 Table Top Curling 1:30 Art Time <i>Please note NO Mexican Bingo</i>
10	11 10:00 Band Exercise 10:45 Daycare Holiday Visit 1:30 Movie Presentation	12 11:00 Standing Balance 1:30 Cribbage 7:00 Pluckin' Holler Boys Christmas Concert	13 10:00 Weighted Exercise 11:00 Catholic Church Service 1:15 Telerehab 4:00 Hand Strengthening	14 10:00 Tai-Chi & Stretching 10:45 Scripture & Song Christmas 5:00 Family Christmas Dinner	15 10:00 Joint Rotation Exercise 2:00 BINGO	16 10:00 Yoga Stretch 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo
17 6:30pm Spa Time Mini-manicure & Shoulder Rubs	18 10:00 Exercise 1:00 Movie 3:00 Jasper JR/SR School Band 6:00 Christmas Light Tour	19 10:45 Residents Meeting 1:30 Cribbage 3:00 Happy Hour	20 10:00 Weighted Exercise 11:00 Catholic Church Service 1:15 Telerehab 1:30 Bow Geste Fiddlers	21 10:00 Tai-Chi & Stretching 10:45 United Church Christmas Sing a Long 2:00 RESIDENT CHRISTMAS PARTY Winter Begins	22 10:00 Exercise 2:00 BIG X-MAS BINGO 6:00 Marie's Christmas Concert George M Birthday	23 10:00 Yoga Stretch 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo
24 Heinz's Birthday	25  Christmas	26 11:00 Standing Balance 1:30 Cribbage 3:00 Happy Hour Boxing Day (Canada) Kwanzaa Begins	27 10:00 Weighted Exercise 10:45 Rummycube 2:30 Hot Chocolate Social	28 10:00 Tai-Chi & Stretching 11:00 Baptist Church Service 1:30 Balloon Badminton 3:30 Hand Strengthening	29 10:00 Joint Rotation Exercise 2:00 BINGO Quinto's Birthday	30 10:00 Yoga Stretch 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo
31 New Year's Eve	 ALPINE SUMMIT SENIORS LODGE 					