	Sunday	7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
~		1	9:30 SENIOR STRENGTH W/ MOUSA 10:30 BIBLE STUDY 11:00 LIBRARY 1:30 FLEXIBILITY EXERCISES 2:15 FLOOR CURLING	9:30 STRENGTH EXERCISES (RESISTANCE BANDS) 10:30 FAMILY FEUD 2:00 CHRISTMAS BAKING evening Entwistle Church ladies Christmas event	9:30 JOINT ROTATION EXERCISES 10:30 FUN WITH WORDS 2:00 GRADE 9 CLASS - Cookie decorating	9:30 STRENGTH EXERCISES 5 (DUMBELLS) 10:30 CHRISTMAS CRAFTING 2:00 LAUGHING YOGA & MEDITATION PETER CHRISTENSON BIRTHDAY	9:00 SHOPPING SPRUCE GROVE 2:00 MUSIC W/ SKIP C.C.		7	
	TIPPLE BAPTIST CHURCH W/ PASTOR DWAYNE 6:30 P.M.	8	9:30 SENIOR STRENGTH W/ MOUSA 10:30 BIBLE STUDY 1:30 FLEXIBILITY EXERCISES 2:00 FLOOR CURLING	9:30 HAND STRENGTH 10 EXERCISES 10:30 CARROT CREEK MARKET	9:30 FLEXIBILITY EXERCISES] 10:30 CHRISTMAS BRUNCH 2:00 TV HORSE RACES - CHRISTMAS SPECIAL 4:00 CATHOLIC SERVICE FRED SAXER BIRTHDAY	9:30 STRENGTH EXERCISES 12 (RESISTANCE BANDS) 10:30 CHRISTMAS AUCTION 1:00 HEARING CINIC 1:00 EVANSVIEW CHRISTMAS CONCERT	9:30 JOINT ROTATION EXERCISES 2:00 MUSIC - DUTCH W/ HIS ACCORDIAN 2:00 MUSIC W/ SKIP C.C.		14	
	ENTWISTLE CHURCH W/ PASTOR ERICH 2:00 P.M.	15	9:30 SENIOR STRENGTH W/ 16 MOUSA 10:30 BIBLE STUDY 11:00 LIBRARY 1:30 FLEXIBILITY EXERCISES 2:15 PENNIES	9:30 STRENGTH EXERCISES 17 (DUMBELLS) NOON: AUXILLARY CHRISTMAS LUNCH & SANTA 2:00 BINGO	2:00 MUSIC - GLEN & SYLVIA 6:15 JOAN THOMPSON PIANO STUDENT RECITAL (TRACEY OFF)	9:30 HAND STRENGTH EXERCISES 11:00 BAKING FOR CHRISTMAS LUNCHEON 2:00 LAUGHING YOGA & MEDITATION	9:30 FLEXIBILITY EXERCISESO NOON: CHRISTMAS PARTY 1:00 MUSIC - DAHLIA 2:00 MUSIC W/ SKIP C.C.	Winter Begins	21	
		22	9:30 STRENGTH EXERCISES 23 (RESISTANCE BANDS) 10:30 BIBLE STUDY 2:00 CHRISTMAS EVE-EVE CELEBRATIONS & GIFTS	9:30 JOINT ROTATION EXERCISES 2:00 CHRISTMAS MOVIE (TRACEY OFF)	CHRISTMAS DAY CAROL CAMP BIRTHDAY Hanukkah Begins	Boxing Day (Canada)	9:30 STRENTH EXERCISES 27 (DUMBELLS) 10:30 ARMCHAIR TRAVEL SWITZERLAND 2:00 BINGO	· ·	28	
	HYMN SING 6:30 P.M.	29	9:30 STANDING BALANCE 30 EXERCISES 10:30 BIBLE STUDY 11:00 LIBRARY 2:00 MUSIC - EDWARD PIMM BIRTHDAY SOCIAL	9:30 HAND STRENGTH STRENGTH EXERCISES 2:00 DICE HORSE RACES New Year's Eve	Christmas	cent	oer 2	024		