



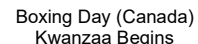
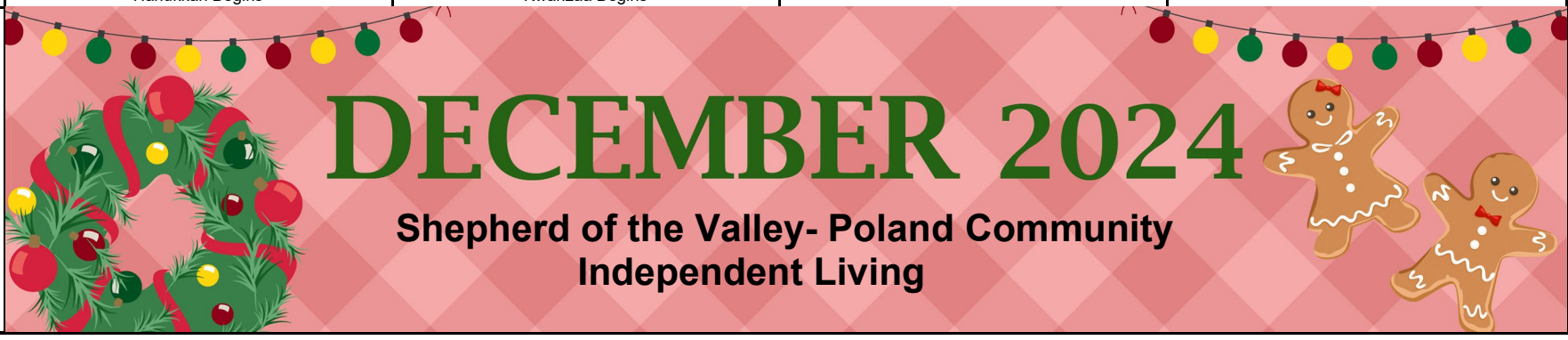



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
	9:00 Shopping at Giant Eagle 1:30 Resident Association Meeting (MDR) Cookies: H-M		10:30 Chair Exercise (FL3) 2:00 Church Service with Elder Clay (CH) Hanging of the Greens Service Advent Week 1	1:00 Lunch Outing to Gia Angelo's	10:30 Chair Exercise (FL3) 11:00 Arts & Crafts Club (Conference Room at Manor)	
8	9	10	11	12	13	14
3:00 Advent Week 2 (CH)	9:00 Shopping at Rulli's 10:30 Chair Exercise (FL3) 12:30 Book Club (PDR) 1:30 Cross Training Fitness Class w/ Jen (CH)	11:00 Bible Study (FL 3) 1:00- 4:00 Card Party (MDR)	10:30 Chair Exercise (FL3) 2:00 Church Service with Elder Clay (CH)	12:00- 1:00 Wellness Checks w/ At Home with Shepherd (MDR) 1:00 Birthday Party Luncheon with Queen of Hearts (MDR)	10:30 Chair Exercise (FL3) 10:00-1:00 Mah Jongg Game (MDR)	
15	16	17	18	19	20	21
3:00 Advent Week 3 (CH)	9:00 Shopping at Marc's 10:30 Chair Exercise (FL3) 10:00-1:00 Mah Jongg Game (MDR) 1:30 Cross Training Fitness Class w/ Jen (CH)	11:00 Bible Study (FL 3) 1:30- 3:30 Office Hours w/ Refreshments at Condo #102 with Jack Sebest-Shepherd Foundation Director	10:30 Chair Exercise (FL3) 2:00 Church Service with Elder Clay (CH)	4:30 Christmas Party Wine & Cheese Dinner	10:30 Chair Exercise (FL3) 2:30 Ice Cream Social (MDR) 3:00 BINGO (MDR) 50c to Play!!	 Winter Begins
22	23	24	25	26	27	28
3:00 Advent Week 4 (CH)	9:00 Shopping at Sparkle 10:30 Chair Exercise (FL3) 1:30 Cross Training Fitness Class w/ Jen (CH)	2:00 Christmas Service Celebration (CH) 	 Christmas Hanukkah Begins	 Boxing Day (Canada) Kwanzaa Begins	10:30 Chair Exercise (FL3) 2:00 Movie Matinee: Snacks & Drinks Provided (MDR)	
29	30	31				
9:00 Shopping at Wal-Mart 10:30 Chair Exercise (FL3) 1:30 Cross Training Fitness Class w/ Jen (CH)	11:00 Bible Study (FL 3) 					

DECEMBER 2024

Shepherd of the Valley- Poland Community Independent Living