

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Resident's Birthdays</u></p> <p>Michael Focht Dec 31st</p>	<p>Colleen- Springs Beauty Salon (515-669-3593)</p> <p>Mary Mars- Indulge Salon (515-250-7140)</p>	<p><u>Contact Information</u></p> <p>Community Life Office (515-987-4107)</p> <p>Ashley- Community Life Director (515-478-6402)</p>	<p>All activities are subject to change.</p> <p>Outings are listed in red.</p> <p>Entertainment is listed in green.</p> <p>Watermark University is listed in blue</p>			<p>3:00 Lutheran Church of Hope- TC</p>
<p>9:00 Communion Service with Heartland Presbyterian- MCR</p>	<p>9:45 Good News Sharing- WCR 10:00 Chair Yoga- WCR 10:30 Daily News & Trivia 1:30 Card Bingo- MCR 2:30 Dog Time-MCR 3:30 1:1 Activities 4:00 Bible Study- TC</p>	<p>9:30 Men & Ladies Social- WCR 10:00 Exercise w/Butch &Phyllis-WCR 10:00 Children's Caroling-CR 1:00 Technology Class-3IL 2:00 Jonathan May-Comedian/Magician-ECR 7:00 Movie & Discussion- TH</p>	<p>9:30 Walk-a-bout(pool Hall)MCR 10:30 Chair Exercises- WCR 1:30 Bingo- MCR 3:00 Sing-along w/Mary-ECR 3:30 Nail Painting-MCR 4:00 1:1 Activities</p>	<p>9:45 Donut Social- WCR 10:00 Therapy Cat Visit 10:05 Balance Exercises- WCR 10:30 Daily News &Trivia-WCR 1:30 Resident Council-MCR 2:00 Christmas Crafts-MCR 3:30 1:1 Activities 6:30 New Horizon Band-ILDR 7:00 Movie & Discussion- TH</p>	<p><u>Pearl Harbor Remembrance Day</u></p> <p>9:00 St. Boniface Bible Study- TC 9:45 Good News Sharing- WCR 10:00 Strengthening Exercises- WCR 10:30 Daily News & Trivia-WCR 1:00 Movie Matinee-"Holiday Inn" w/Bing Crosby & Fred Astaire 1:30 Sing-along w/ Pat Lydon-TC 2:30 Relaxation Time-MCR 3:30 1:1 Activities</p>	<p>2:00 Children's Piano Recital-TC</p>
<p>9:30 St. Boniface Catholic Service-WCR</p> <p>3:30 Children's Piano Recital-TC</p>	<p>9:45 Good News Sharing- WCR 10:00 Chair Yoga- WCR 10:30 Daily News & Trivia-WCR 11:30-2:00 Treasure Cove- 2IL 1:30 Bingo-MCR 2:30 Ipad Music-MCR 3:30 1:1 Activities 4:00 Bible Study- TC 6:00 Jolly Holiday Lights</p>	<p>9:30 Men & Ladies Social- WCR 10:00 Exercise w/Butch & Phyllis-WCR 1:00 Technology Class-3IL 1:30 Music & Instruments-MCR 2:30 Brain Exercises-MCR 3:30 Parkinson's Support Group-TC 4:00 Guided Meditation-3FIL 7:00 Movie & Discussion- TH</p>	<p>9:30 Walk-a-bout(pool Hall)MCR 10:30 Chair Exercises-WCR 2:00 Current Events w/ Dick-TCFR 2:00 Bernice Shannon - Christmas piano program-ECR 3:00 Nail Painting- MCR 4:00 1:1 Activities</p>	<p>9:45 Donut Social- WCR 10:00 Therapy Cat Visit 10:00 Balance Exercises- WCR 10:30 Daily News & Trivia-WCR 1:30 Doggie Time-MCR 2:30 Ipad Music - MCR 3:30 Brain Exercises-MCR 4:00 Alzheimer's Support Group- AL Library 4:00 Spiritual Health Discussion-3FIL 7:00 Movie & Discussion- TH</p>	<p>9:00 St. Boniface Bible Study- TC 9:45 Good News Sharing-WCR 10:00 Strengthening Exercises- WCR 10:30 Daily News & Trivia-WCR 1:00 Movie Matinee-"Scrooge"-Albert Finney 1:30 Bingo- MCR 1:45 Waukee Middle School Carolers-TC 2:30 Popcorn & Jokes- MCR 3:30 1:1 Activities</p>	<p>12:30 Urbandale Community Band-CR</p> <p>3:00 Lutheran Church of Hope- TC</p>
	<p>9:45 Good News Sharing- WCR 10:00 Chair Yoga- WCR 10:30 Daily News & Trivia-WCR 1:30 Bingo-MCR 2:30 Reminiscing-MCR 3:30 1:1 Activities 4:00 Bible Study- TC</p>	<p>9:30 Men & Ladies Social-WCR 10:00 Exercise w/ Butch & Phyllis-WCR 1:00 Technology Class- 3IL 1:30- Cards-MCR 2:30 Resident Birthday Party-MCR 3:30 Brain Exercises-MCR 4:00 Guided Meditation-3FIL 7:00 Movie & Discussion- TH</p>	<p>9:30 Walk-a-bout(pool Hall)MCR 10:30 Chair Exercises- WCR 1:30 Bingo- MCR 2:00 Hank Bauer-Guitar-ECR 3:30 Dog Therapy Visit 3:30 1:1 Activities</p>	<p>9:45 Donut Social-WCR 10:00 Therapy Cat Visit 10:00 Balancing Exercises-WCR 10:30 Daily News & Trivia-WCR 2:30 Brain Exercises-MCR 3:00 Grief/Loss Support Grp-TC 3:30 Nail Painting-MCR 4:00 Spiritual Health Discussion-3FIL 7:00 Beaver Creek Xmas Concert-ILDR 7:00 Movie & Discussion- TH</p>	<p>9:00 St. Boniface Bible Study- TC 9:45 Good News Sharing-WCR 10:00 Strengthening Exercises- WCR 10:30 Daily News & Trivia-WCR 10:30 Waukee American Legion Veteran's Meeting-TC 1:00 Movie Matinee-"Stealing Christmas" w/Tony Danza, Lea Thompson & Betty White 1:30 Bingo-MCR</p>	
<p>9:30 St. Boniface Catholic Service-WCR</p>	<p><u>Christmas Eve</u></p> <p>9:45 Daily Chronicles- WCR 10:00 Chair Yoga- WCR 10:30 Daily News & Trivia- WCR 11:30-2:00 Treasure Cove- 2IL 1:30 Bingo-MCR 2:30 Ipad Music -MCR 3:30 1:1 Activities 4:00 Bible Study- TC</p>	<p>Merry Christmas!!! Hallmark Movie Day!</p>	<p><u>National Candy Cane Day</u></p> <p>9:30 Walk-a-bout(pool Hall)MCR 10:30 Chair Exercises-WCR 11:00 Daily News& Trivia-WCR 1:30 Bingo-MCR 2:30 Reminiscing-MCR 2:00 Current Events w/ Dick-TCFR 3:30 1:1 Activities</p>	<p>9:45 Donut Social- WCR 10:00 Therapy Cat Visit 10:00 Balance Exercises- WCR 10:30 Daily News & Trivia-WCR 2:30 Ipad Music - MCR 3:30 Brain Exercises/News-MCR 4:00 Spiritual Health Discussion-3FIL 7:00 Movie & Discussion- TH</p>	<p>9:00 St. Boniface Bible Study- TC 9:45 Good News Sharing-WCR 10:00 Strengthening Exercises- WCR 10:30 Daily News & Trivia-WCR 1:00 Movie Matinee-"March of the Penguins" 1:30 Bingo-MCR 2:30 Music Relaxation</p>	
	<p><u>New Year's Eve</u></p> <p>9:45 Good News Sharing- WCR 10:00 Chair Yoga- WCR 10:30 Daily News & Trivia-WCR 1:30 Bingo-MCR 2:30 Reminiscing-MCR 3:30 1:1 Activities 4:00 Bible Study- TC</p>	<p>DECEMBER 2018</p> <p><i>The Springs-Skilled Nursing & Rehabilitation</i></p>		<p>ACTIVITY LOCATOR KEY</p> <p>WCR- Springs West Community Room</p> <p>MCR- Springs Main Community Room</p> <p>ECR- Springs East Community Room</p>	<p>TC- Town Center Main Community Room</p> <p>TCFR- Town Center Family Room</p> <p>TH- Theatre Room Town Center</p>	<p>ILDR- Town Center Dining Room</p> <p>2FIL- Town Center 2nd Floor</p> <p>3FIL- Town Center 3rd Floor</p>