

Sun

Mon

Tue

Wed

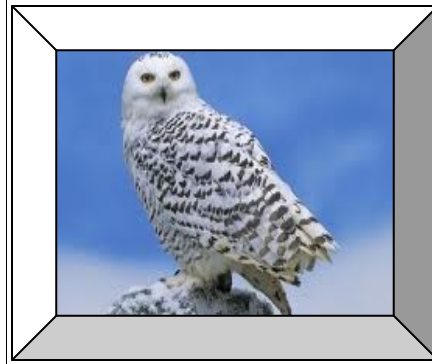
Thu

Fri

Sat

Location Key

A-Atrium-1st Floor
AR-Activity Room-Ground Floor
BR-Billiard Room-Ground Floor
C-CAFÉ-Ground Floor
CH-Chapel-2nd Floor
DR-Dining Room-1st Floor
ER-Exercise Room-Ground Floor
JR-Jefferson Room-2nd Floor
L-Library-3rd Floor



*December 2011
Activity Calendar*



1
9:45 Concert & Lunch with the Golden Notes-BUS
10:00 Exercise with Anne Pringle-AR
11:30 Fish Feeding-A
2:00 Dean Martin Variety Show-AR
6:00 Poker Group-C
Happy Birthday! Virginia Waters



2
9:45 Mall Walkers & Martin's-BUS
10:00 Exercise with Betty-AR
10:30 Health /Wellness w/Danielle-AR
11:30 Fish Feeding-A
1:30 Dollar Tree-BUS
6:00 Bowling Team Tournament-AR



3
9:30 Sit and Be Fit-AR
10:30 Worship Service
Communion-CH
1:00 Memorial Service-CH
1:30 Saturday Matinee-AR
6:00 Bingo-AR



4
8:00 Sacred Heart Catholic Church-BUS
10:00 Crestwood Presbyterian-BUS
1:30 Movie Classic-AR
6:00 UNO-AR



5
9:00 Holiday Handbag & Jewelry-A
10:00 Exercise with John-AR
10:30 Bowling For Fun-AR
11:30 Fish Feeding-A
1:30 Birthday Celebration with Side By Side-A
6:00 Bridge-JR
6:00 Wii Golf For Fun-AR



6
10:00 Exercise with Betty-AR
11:30 Fish Feeding-A
1:00 Dr. Sirisha Neralla-C
2:00 Social with Mary Jane-AR
6:00 Bingo-AR
7:00 The McAllister's Musical-A



7
9:30 Blood Pressure-C
10:00 Exercise with Sunshine-AR
11:30 Fish Feeding-A
1:00 Strange's Florist Christmas Decorations Tour-BUS
6:00 Poker Group-C
6:30 Bible Study-CH



8
10:00 Exercise with Anne Pringle-AR
11:15 Christmas Lunch at Crab Louie's-BUS
11:30 Fish Feeding-A
2:30 Beading Class-AR
6:00 Poker Group-C
6:00 Christmas Tacky Light Tour-BUS



9
9:30 Exercise with Betty-AR
10:30 Heritage Christian Academy-A
11:30 Fish Feeding-A
1:30 Bingo with Buford Road Pharmacy-AR
6:00 Bowling Team Tournament-AR
7:30 Friday Night Movie w/Mona-AR



10
9:30 Sit and Be Fit-AR
10:30 Worship Service-CH
1:00 Dovetail Group: His Handmaids-A
2:30 Saturday Matinee-AR
6:00 Bingo-AR



11
8:00 Sacred Heart Catholic Church-BUS
10:00 Crestwood Presbyterian-BUS
1:30 Movie Classic-AR
6:00 UNO-AR



12
9:45 Concert & Lunch at the Cathedral of the Sacred Heart-BUS
10:00 Exercise with John-AR
10:30 Bowling For Fun-AR
11:30 Fish Feeding-A
2:30 Comedy Hour-AR
6:00 Bridge-JR
6:00 Wii Golf For Fun-AR



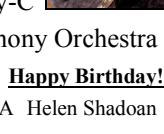
13
10:00 Exercise with Betty-AR
10:30 Bowling Team Practice-AR
11:30 Fish Feeding-A
1:00 Dr. Sirisha Neralla-C
1:30 Horse Racing-AR
6:00 Bingo-AR



14
9:00 Devotions-CH
9:30 Blood Pressure-C
10:00 Exercise with Sunshine-AR
11:15 Lunch at Bon Air Baptist-BUS
11:30 Fish Feeding-A
6:00 Poker Group-C
6:30 Tomahawk Baptist Youth Choir-A
Happy Birthday! Owen Fahmney



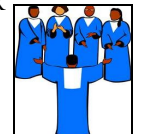
15
10:00 Exercise with Anne Pringle-AR
10:45 Strategy for Aging Gracefully-AR
11:30 Fish Feeding-A
12:30 Dr. Keisha Perry-C
1:00 Richmond Symphony Orchestra Quartet-BUS
6:15 Crestwood Bell Choir-A Helen Shadoan
Happy Birthday!



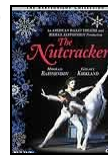
16
9:45 Mall Walkers & Martin's-BUS
10:00 Exercise with Betty-AR
11:30 Fish Feeding-A
1:30 Walmart-BUS
6:00 Bowling Team Tournament-AR
Gerlyn Gray
Jean Lloyd
Happy Birthday!



17
9:30 Sit and Be Fit-AR
10:30 Worship Service-CH
1:30 Gravel Hill Baptist Church Choir-A
3:00 Saturday Matinee-AR
6:00 Bingo-AR



18
8:00 Sacred Heart Catholic Church-BUS
10:00 Crestwood Presbyterian-BUS
1:30 The Nutcracker-AR (American Ballet Theatre)
6:00 UNO-AR
Happy Birthday! Pat Freiburger



19
10:00 Exercise with John-AR
10:30 Bowling For Fun-AR
11:30 Fish Feeding-A
1:30 New Resident Reception-A
6:00 Bridge-JR
6:30 Piano Recital-A
Happy Birthday! Marjorie Rhoton Betty Boyd



20
10:00 Exercise with Betty-AR
10:30 Bowling Team Practice-AR
11:30 Fish Feeding-A
1:00 Dr. Sirisha Neralla-C
1:00 Christmas Sing-A-Long at St. John's United Church of Christ-BUS
6:00 Bingo-AR



21
8:00 Santa's Workshop-AR
9:00 Devotions-CH
9:30 Blood Pressure-C
11:30 Fish Feeding-A
6:30 Heritage Oaks Christmas Show-A



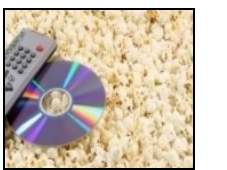
22
10:00 Exercise with Anne Pringle-AR
10:30 Bowling For Fun-AR
11:30 Fish Feeding-A
1:30 Grab Bag Bingo-AR
6:00 Poker Group-C
Happy Birthday! George Coffey



23
10:00 Exercise with Betty-AR
11:30 Fish Feeding-A
1:15 Let's Sing Christmas Carols!-CH
6:00 Bowling Team Tournament-AR
7:30 Friday Night Movie w/Mona-AR



24
9:30 Sit and Be Fit-AR
10:30 Worship Service-CH
1:30 Saturday Matinee-AR
6:00 Bingo-AR



26
10:00 Exercise Video-AR
10:30 Bowling For Fun-AR
11:30 Fish Feeding-A
1:30 Puzzles & Hot Chocolate-AR
6:00 Bridge-JR
6:00 Wii Golf For Fun-AR



27
10:00 Exercise with Betty-AR
11:30 Fish Feeding-A
1:00 Dr. Sirisha Neralla-BUS
1:00 Bowling Team Practice-AR
6:00 Bingo-AR



28
9:30 Blood Pressure-C
10:00 Exercise with Sunshine-AR
11:30 Fish Feeding-A
1:30 Caring Canines-A
6:00 Poker Group-C
6:30 Bible Study-CH
Happy Birthday! Rosalind Strong



29
10:00 Exercise with Anne Pringle-AR
11:15 Lunch at Olive Garden-BUS
11:30 Fish Feeding-A
2:00 Rick Steves Europe-AR
6:00 Poker Group-C



30
10:00 Exercise with Betty-AR
11:30 Fish Feeding-A
2:00 Ice Cream Bingo with the Laurels of Willow Creek-AR
6:00 Bowling Team Tournament-AR



31
9:30 Sit and Be Fit-AR
1:30 Saturday Matinee-AR
6:00 Bingo-AR
7:30 New Years Party-A

