

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Be Merry and Bright! 	1 2:00 – Monday Matinee Movie- A Merry Little Ex-Mas - Hub 2:00-4:00 – Euchre (Beginners Welcome) – Hub 2:00-4:00- Bus to Northpark Mall for shopping. Bus picks up at 2:00. (Sign up in Binder)	2 NO AM EXERCISE 9:30 – Eucharistic Service – Cove 10:30- IL Ambassadors Meeting- MCR 12:30 – Wii Bowling – Hub 1:00 – Bus to Hy-Vee & Walgreens/ Village Shopping Center: Dollar Tree 1:00– 4:00– Resale Shoppe Open 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	3 12:30-4:00- Open Billiards- Hub 1:00 – Adult Coloring and Diamond Painting – Craft Room 1:00– Check Cashing–Admin Hall 1:30- Chair Yoga- PPR 1:30 – Culinary Meeting – NCR 2:00- Wine and Cheese- Hub 3:00 – Card Game: 31 – NPR 6:00-Observe and interact with the dogs from CM Academy – Arcade 6:00 – Scattergories – NCR	4 10:00- Bus to Hy-Vee & Walgreens 1:00- Bus to Fareway/CVS/ Banks/Walmart 1:00– 4:00– Resale Shoppe Open 3:30- Choir Practice- KC	5 8:45- Men's breakfast- Family Restaurant 12:30– Boggle and Rummikub Board Game – Hub 2:00- Ryan Bizarri Performance- KC 6:00– Dominoes – Hub	6 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee)
7 10:00 – Sunday Service – KC 1:00- QCSO- Masterworks III: Schumann Piano Concerto 6:00 – Movie: Tora! Tora! Tora! -KC	8 2:00 – Monday Matinee Movie- Christmas with the Kranks - Hub 2:00-4:00 – Euchre (Beginners Welcome) – Hub	9 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – Bus to Hy-Vee & Walgreens/ Village Shopping Center: Dollar Tree 1:00– 4:00– Resale Shoppe Open 2:00- PloyMed Education by Dr. Gray- KC 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	10 12:30-4:00- Open Billiards- Hub 1:00 – Adult Coloring and Diamond Painting – Craft Room 1:00 – Check Cashing – Admin Hall 3:00 – Card Game: 31 – NPR 6:00-Observe and interact with the dogs from CM Academy- Arcade 6:00- Piano Recital with Marian Lee's Students	11 10:00- Bus to Hy-Vee & Walgreens 10:00- Service League Bake Sale- Arcade Hallway 10:30- Catholic Mass 1:00- Bus to Fareway/CVS/ Banks/Walmart 1:00– 4:00– Resale Shoppe Open 2:00- Activities Meeting- Hub 3:00- Music: Troy Rangel- MR OW 3:30- Choir Practice- KC	12 8:00 – Bus to Women's Breakfast- Cracker Barral (Sign up in binder) 9:30 – Buildings & Grounds Meeting – NCR 12:30 – Boggle and Rummikub Board Game – Hub 2:00- Homegrown Harmony- KC 6:00 – Dominoes – Hub	13 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee) 2:00- Riverbend Bronze Handbell Ensemble (Bus pick up at 1:15)
14 10:00 – Sunday Service – KC 6:00 – Movie: The Christmas Chronicles-KC Hanukkah Begins	15 9:30- Resident Birthday Party- In Dining Room IL 2:00-4:00 – Euchre (Beginners Welcome) – Hub 2:00-Resident Council- NPR 2:30- Davenport Central Carolers in the KC 6:30- Davenport Police Senior Light Tour. Bus picks up at 6:30	16 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – Bus to Hy-Vee & Walgreens/ Village Shopping Center: Dollar Tree 1:00– 4:00– Resale Shoppe Open 2:00- Cooking with Janelle- Hub 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	17 9:30- Coffee and Conversation with CEO Patrick- KC 10:45- Lunch Club- Machine Shed 12:30-4:00- Open Billiards- Hub 1:00 – Adult Coloring and Diamond Painting – CR 1:00 –Check Cashing–Admin Hall 2:00- Crafts for Crest- Hub 3:00 – Card Game: 31 – NPR 6:00 – Scattergories – NCR 6:00-Observe and interact with the dogs from CM Academy – Arcade	18 10:00- Bus to Hy-Vee & Walgreens 1:00- Bus to Fareway/CVS/ Banks/Walmart 1:00– 4:00– Resale Shoppe Open 2:00- Alan and Lorraine's Christmas Program- KC 3:30- Choir Practice- KC	19 10:15- Card Bingo- Hub 12:30– Boggle and Rummikub Board Game – Hub 2:00- Holiday Happy Hour- Hub 6:00– Dominoes – Hub	20 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 10:00- Locust Street Boys- KC (Old time jazz, Dixieland) 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee) 3:00- Singing from Mark Gordon with Hawkeye Entertainment
21 10:00 – Sunday Service – KC 6:00 – Movie: Miracle on 34th Street-KC Winter Begins	22 2:00 – Monday Matinee Movie-The Grinch Showing sponsored by St. Croix with refreshments- KC 2:00-4:00 – Euchre (Beginners Welcome) – Hub	23 No Exercise 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – Bus to Hy-Vee & Walgreens/ Village Shopping Center: Dollar Tree 1:00– 4:00– Resale Shoppe Open 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	24 No Exercise 12:30-4:00- Open Billiards- Hub 1:00 – Adult Coloring and Diamond Painting – Craft Room 1:00– Check Cashing–Admin Hall 2:00- Movie in KC- Joyeaux Noel 3:00 – Card Game: 31 – NPR 6:00- Observe and interact with the dogs from CM Academy – Arcade		26 10:00- Baby Quilts for Donation- KC 12:30– Boggle and Rummikub Board Game – Hub 6:00– Dominoes – Hub Boxing Day (Canada) Kwanzaa Begins	27 8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee)
28 10:00 – Sunday Service – KC 6:00 – Movie: National Lampoon's Christmas Vacation- KC	29 2:00 – Matt Barber Performs-KC 2:00-4:00 – Euchre (Beginners Welcome) – Hub	30 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – Bus to Hy-Vee & Walgreens/ Village Shopping Center: Dollar Tree 1:00– 4:00– Resale Shoppe Open 2:00- Chair Massage- Sign up in Binder 3:00 – Sit & Stitch – NPR 5:00 – Tone Chimes – KC	31 11:30- Noon Years Eve- Dining Room 12:30-4:00- Open Billiards- Hub 1:00 – Adult Coloring and Diamond Painting – Craft Room 1:00– Check Cashing–Admin Hall 2:00- Book Club- NPR 3:00 – Card Game: 31 – NPR 6:00- Observe and interact with the dogs from CM Academy – Arcade 6:00- Movie: Downton Abbey: The Grand Finale- KC Next Year's Eve			

Activities are subject to change with or without notice. Please contact Jennifer Taylor at 668 with any questions. Exercise classes on the back!

Weekly Exercise Classes

No sign up needed to attend!

Strength and Balance-This class consists of light cardio from a chair or standing with a focus on exercises that increases balance.

Monday and Wednesday

10:15-10:45 – Hub

AM Walkie Talkies Walking Club-This group meets two times a week to discuss walking routes, progress, and walks together. Drop-ins are encouraged!

Tuesday and Thursday

9:00 – Hub

Low Impact Exercise-A Chair Based Exercise with a portion of light weightlifting, small fitness ball work, and resistance band training.

Tuesday and Thursday

10:15-10:45 – Hub

Chair Yoga- A chair based stretching class that incorporates breathing through movements to increase range of motion and decrease muscle stiffness.

Wednesdays

1:30-2:00- Ping Pong Room

Cardio Drumming-An instructor led drumming session on a stability ball from a chair or standing. The focus is cardio and fun!

Tuesday

1:30-2:00 - KC

Fitness Center-This area is in the Hub and includes several cardio machines including a NuStep for regular fitness activity and rehabilitation. The center also includes a strength circuit, hand weights, yoga mats, resistance bands, and hand weights. You can schedule an orientation with Jennifer Taylor at ext. 668 if you want her to show you the equipment and area to start or continue your fitness journey.