

December 2018 ~ Winslow Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heart & Soul Art from \$10- \$20 per class (Feel free to call Brandi w/ any questions) SC= Senior Center MAH= Madison Avenue House						1 9:00a Table Tennis @ SC 12:00p Cribbage @ SC
2 <u>Hanukkah Begins</u> 12:30p Lori from Heart & Soul @ MAH 2:00p <i>Sunday Tea @ MAH</i> 5:20p Seahawks vs. 49'ers	3 9:30a Hal Hour @ SC 10:15a Line Dancing @ SC 11:30a Table Tennis @ SC	4 9:45a Chair Yoga 10:00a Evergreen Singers 12:00p David Webb sings 2:35p TRIP: Mystery Ride	5 9:00a Gentle Exercise @ SC 9:50a TRIP: Rite Aid 12:00p Cribbage @ SC 1:00p Adventures in Travel @ SC	6 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	7 <u>Pearl Harbor Remembrance Day</u> 9:00a Gentle Exercise @ SC 10:00a Liberation Laughter @ SC 12:00p SAIL @ SC	8 9:00a Table Tennis @ SC 4:00p Crescendo top perform 4-7:00p Winter Wonderland 8:00p Lighted Boat Festival
9 12:30p Lori from Heart & Soul (Glass Trees on drift wood) @ MAH \$20 2:00p <i>Ice Cream Social @ MAH</i>	10 9:30a Hal Hour @ SC 10:15a Line Dancing @ SC 2:30p Basic Bridge @ SC 5:15p Seahawks vs. Vikings	11 9:45a Chair Yoga @ SC 11:00a Concert "Jingle All the Way" @ SC 2:35p TRIP: Mystery Ride	12 7:00a Foot Care @ SC 9:00a Gentle Exercise @ SC 12:00p Cribbage 1:30p Financial Advice for Seniors	13 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	14 9:00a Gentle Exercise @ SC 10:00a Liberation Laughter @ SC 12:00p SAIL @ SC	15 9:00a Table Tennis @ SC 12:00p Cribbage @ SC
16 1:05p Seahawks vs. 49'ers 2:00p <i>Sunday Tea @ MAH</i>	17 9:30a Hal Hour @ SC 10:15a Line Dancing @ SC 11:15a Table Tennis @ SC 3:00p Table Pong @ MAH	18 9:45a Chair Yoga @ SC 2:30p TRIP: Mystery Ride 4:00p Brett Gadbois to perform Christmas music @ MAH	19 9:00a Gentle Exercise @ SC 12:00p Cribbage @ SC 1:00p Ukulele Group @ SC 6:00p Dad's Clubhouse @ SC	20 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	21 <u>Winter Begins</u> 9:00a Gentle Exercise @ SC 10:00a Liberation Laughter @ SC 12:00p SAIL @ SC	22 9:00a Table Tennis @ SC 12:00p Cribbage @ SC
23 2:00p <i>Ice Cream Social @ MAH</i> 5:20p Seahawks vs. Chiefs	24 <u>Christmas Eve</u> 	25 <u>Merry Christmas!</u> 	26 7:00a Foot Care @ SC 9:00a Gentle Exercise 12:00p Cribbage @ SC	27 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	28 9:00a Gentle Exercise @ SC 10:00a Liberation Laughter @ SC 12:00p SAIL @ SC 1:00p BINGO @ SC	29 9:00a Table Tennis @ SC 12:00p Cribbage @ SC
30 1:25p Seahawks vs. Cardinals 2:00p <i>Root Beer Float Social @ MAH</i>	31 <u>New Years Eve</u> 					