



December 2018

Key

(1L) 1st Floor Lobby (LR) Living Room
 (2L) 2nd Floor Lobby (MR) Media Room
 (GS) Garden Suites (SU) Sign-Up
 (DRP) 1st Floor Dining Room Porch

Mon	Tue	Wed	Thu	Fri
3 8:45 am Sunshine Walk (1L) 9:30 am Morning Stretch (2L) 10:15 am Beach Ball Fun & Music (GS) 2:30 pm Exercise your mind (2L)	4 10:30 am (2L) Fun with Sports - Wii Bowling 1:30 pm Gym Fitness (1L) 2:30 pm (2L) Chair Dancing	5 10:00 am Cooking Class (AR) 10:00 am Men's Fishing Trip & Picnic Lunch (SU-AR) 1:30 pm Pokeno (2DR) 3:00 pm (2L) Holiday Program	6 10:30 am Ready, Aim, Shoot (2L) " Golf " 1:30 pm (1L) Gym Fitness 2:30 pm (2L) Chair Dancing	7 8:45 am Sunshine Walk (1L) 9:30am Morning Stretch (2L) 10:15 am Exercise with Music (GS) 1:30 pm Gym Fitness (1L)
10 8:45 am Sunshine Walk (1L) 9:30 am Morning Stretch (2L) 10:15 am Beach Ball Fun & Music (GS) 2:30 pm Exercise your mind (2L)	11 10:30 am Fun with Sports - Bowlarama (GS) 1:30 pm Gym Fitness (1L) 2:30 pm Chair Dancing (2L)	12 8:45 am Sunshine Walk (1L) 2:30 pm Balance Class (2L) 3:30 pm Moves to Music (GS)	13 10:30 am Ready, Aim, Shoot (2L) "Basketball" 1:30 pm (1L) Gym Fitness 2:30 pm (2L) Chair Dancing	14 8:45 am Sunshine Walk (1L) 9:30am (2L) Morning Stretch 10:15 am Exercise with Music (GS) 1:30 pm Gym Fitness (1L)
17 8:45 am Sunshine Walk (1L) 9:30 am Morning Stretch (1DRP) 2:30 pm Exercise your mind (2L)	18 10:30 am Fun with Sports - Wii Bowling (2L) 1:30 pm Gym Fitness (1L) 2:30 pm Chair Dancing (2L)	19 8:45 am Sunshine Walk (1L) 2:30 pm Balance Class (2L) 3:30 pm Moves to Music (GS)	20 10:30 am Ready, Aim, Shoot "Horse Shoes" (2L) 2:00 pm The Bridges Christmas Variety show (2L)	21 8:45 am Sunshine Walk (1L) 9:30am Morning Stretch (2L) 10:15 am Exercise with Music (GS) 1:30 pm Gym Fitness (1L)
24 8:45 am Sunshine Walk (1L) 9:30 am Morning Stretch (2L) 10:15 am Beach Ball Fun & Music (GS) 2:30 pm Chair Dancing (2L)	25 <i>Christmas</i> 10:00 am Kristin on Piano (1L) 12:00 pm Holiday Luncheon (CH) 1:30 pm Christmas Movie (2L)	26 8:45 am Sunshine Walk (1L) 10:30 am Strength & Tone (2L) 2:30 pm Balance Class (2L) 3:30 pm Moves to Music (GS)	27 10:30 am Ready, Aim, Shoot (2L) "Ghost Town " 1:30 pm Gym Fitness (1L) 2:30 pm Chair Dancing (2L)	28 8:45 am Sunshine Walk (1L) 9:30am Morning Stretch (2L) 10:15 am Exercise with Music (GS) 1:30 pm Gym Fitness (1L)
31 8:45 am Sunshine Walk (1L) 9:30 am Morning Stretch (2L) 10:15 am Beach Ball Fun & Music (GS) 2:30 pm Chair Dancing (2L)				