

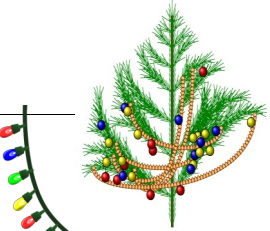
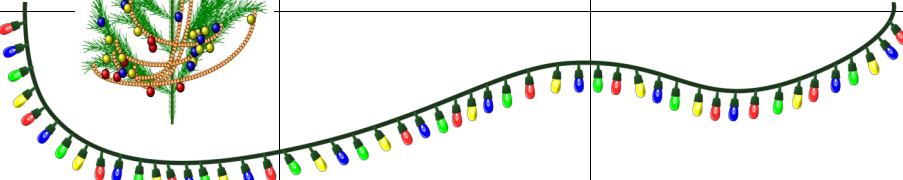


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>December's Major Monthly Events for Reflections</h1> 						<p>1 11:45 Short Outing to see the Reindeer (R & AL) (with light lunch provided)</p>	
<p>2 1:30 Worship Songs & Coffee-R3 2:00 Sunday Worship Service with Pastor Ben-R3 3:00 Crafts & Singing with Brownies Troop 57434-R3</p>	<p>3 10:00 Active Fitness -R3 2:30 Short Scenic Drive "Treat" (R & AL)</p>	<p>4 9-3:00 Appointment Runs 10:00 Active Fitness - R3 1:00 "Brain Games" - R3 2:00 "Brain Games" - R2</p>	<p>5 9-3:00 Appointment Runs 10:00 King Kids & Santa-R3 2:30 Carol Sing by Peggy -R3 3:30 Rosary - R2 3:30 Rosary - R3</p>	<p>6 10:00 Active Fitness -R3 1:30(R2) See Birds Bathe -1E 2:30 Game of the Week -Bingo-R3 6:30 Brightondale Family & Friends Holiday Event Night with Music of the Entertainers -D</p>	<p>7 10:00 Active Fitness -R3 1:00 Guitar Music of Matthew Gogolas-S 2:30 Music with TG -R3 6:00 Wonder of Words - R3</p>	<p>8 10:00 Active Fitness -R3 10:30 Manicures & Essential oil Massages -S 2:00 Music & Memories R3 3:00 Music & Memories R2 5:30 Holiday Lights & Live Nativity (R&AL)</p>	
<p>9 1:00 Sunday Devotions -R3 1:30 Worship Songs & Coffee-R3 2:00 Holiday Music with Lex-Ham Community Band -R3</p>	<p>10 10:00 Active Fitness -R3 1:30 Outing to Como for the Holiday Flower Show (R & AL)</p>	<p>11 9-3:00 Appointment Runs 10:00 Active Fitness -R3 2:15 "Brain Games" R3 2:45 "Brain Games" R2 3:30 Catholic Communion - S</p>	<p>12 9-3:00 Appointment Runs 10:00 Active Fitness -R3 10:30 Music with Gary -R3 3:30 Rosary - R2 3:30 Rosary - R3</p>	<p>13 10:00 Active Fitness -R3 1:15 RICA -R2/ R3 2:15 King's Kids & Santa-R3</p>	<p>14 10:00 Active Fitness -R3 2:00 Holiday Music DVD "Christmas Collection" R2 "The Most Wonderful Time" R3 5:30 New Party of the Month "Delightful December"-S</p>	<p>15 Christmas isn't a Season. It's a feeling. -Edna Ferber</p> 	
<p>16 1:30 Worship Songs & Coffee-R3 2:00 Sunday Worship Service with Pastor Ben-R3</p>	<p>17 10:00 Active Fitness -R3 2:30 Short Scenic Drive "Looking for Signs Of the Season" (R & AL)</p>	<p>18 9-3:00 Appointment Runs 10:00 Active Fitness -R3 1:00 Educational Session- S Christmas at the Country Church 3:30 Catholic Communion - S</p>	<p>19 9-3:00 Appointment Runs 10:00 Active Fitness -R3 2:15 Carol Sing by Peggy & King's Kids & Santa -R3 3:30 Rosary - R2 3:30 Rosary - R3 4:00 "Birthday Night" Dinner -D</p>	<p>20 10:00 Active Fitness -R3 1:30 (R3) See Birds Bathe -1E 2:30 Game of the Week -Bingo-R3 5:30 Family & Friends Holiday Lights Drive (R)</p>	<p>21 10:00 Active Fitness -R3 1:00 Guitar Music of Tony Garry -R3</p>	<p>22</p>	
<p>23 1:00 Sunday Devotions -R3 1:30 Worship Songs & Coffee-R3</p>	<p>24 10:00 "Holiday Tea & Seasonal Readings -S 2:30 Piano by John Lundgren-S</p>	<p>25 Merry Christmas</p> 	<p>26 9-3:00 Appointment Runs 10:00 Active Fitness -R3 10:30 Music with Gary -R3 3:30 Rosary - R2 3:30 Rosary - R3</p>	<p>27 10:00 Active Fitness -R3 1:15 RICA -R2/ R3 2:30 Game of the Week -Dice R3</p>	<p>28 10:00 Active Fitness -R3 1:00 Music of Bill Cagley -R3 2:30 TG Students-R3</p>	<p>29</p>	
<p>30 1:00 Sunday Devotions -R3 1:30 Worship Songs & Coffee-R3</p>	<p>31 10:00 Active Fitness -R3 2:30 New Year's Eve Treat Cart Rolling Through the Halls</p>					<p>Key F - Fireside Room D - Dining Room S - Sunroom E - Exercise P - Patio SN - Sunroom Nook / - Or - - Outing/Special</p>	<p>1E- 1st Floor Elevator Lobby 1B- Lobby by Beauty Shop</p> <p>Neighborhoods (IL) - Independent (AL) - Assisted Living (R2) - Reflections on 2 (R3) - Reflections on 3</p>

- ◆ Check Out the **Reflections Calendar of Daily Choices** supported by Lifesprk
- ◆ At present, **Care Conferences** will be held on most Friday mornings—residents conferences are every 6 months. Notices will be mailed out.
- ◆ **Active Fitness** will vary from exercise, dance, to walks in the park, to active games like parachute, bowling, music and movement, tossing challenges and more.

- ◆ **RICA Visits—Resident Individually Centered Activities!** RICA visits aim to enhance self-esteem and sense of accomplishment through one to one or small groups interactions. These visits will be continue around listed programs and in addition to the one visited on the calendar.
- ◆ With **Appointment Runs** - An Escort is required for Reflections
- ◆ UPDATE -**Seasonal KIT Boxes** for enriching Family & Friend Visits to be stored in cabinets by the Elevators