

# December



## BETHESDA GARDENS

a Bethesda Senior Living Community

Memory Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>CK-Country Kitchen DR-Dining Room EW-East Wing LR-Living Room NW-New Wing 50's-50's Diner</p>		<p>Daily Activities Throughout our community you will find ongoing Dom- ino's/Uno, Checker's and Hand Massages. Join the Fun</p> 			<p>1 9:30 Saturday Exercise-CK 10:00 Snack &amp; Chat-CK 10:30 Saturday Bingo-CK 2:15 Movie &amp; Popcorn-CK 3:00 Cards &amp; Dominoes</p>
<p>2 7:00 Sunday Morning News 9:00 Worship Service-LR 10:00 Snack &amp; Chat-NW 10:30 Gaither's Video-NW 2:00 Peaceful Piano/Terry 4:45 Christmas Songs-DR</p>	<p>3 9:30 Encouraging Words-CK 9:45 Exercise &amp; Wellness 10:15 Gentlemen's Club-CK 10:30 Word Game-CK 1:30 Visit W/Phoebe 3:00 Bingo Hour-CK</p>	<p>4 9:00 Music Meditation-CK 9:45 Scripture Reading-CK 9:50 Mae Dale Nails-CK 10:00 Snack &amp; Chat-CK 10:30 Trivia Time-CK 2:15 Christmas Movie-NW</p>	<p>5 9:00 Music Meditation-CK 9:45 Exercise W/Brian-CK 10:00 Snack &amp; Chat-CK 10:30 Early Morning Bingo 11:00 Gentlemen's Club-EW 3:00 Joel Gospel Singing-LR</p>	<p>6 9:00 Music Meditation-CK 10:00 Movie &amp; Popcorn-NW 1:30 Cards &amp; Dominoes 3:00 Snack &amp; Chat-CK 3:30 Rock &amp; Roll W/Mike-50' 5:00 Easy Listening-DR</p>	<p>7 9:00 Music Meditation-CK 9:30 Exercise &amp; Fitness-CK 10:00 Snack &amp; Chat-CK 10:30 Hula Hoop Toss-CK 11:00 Circle Chit Chat-CK 3:15 Bingo Hour-CK</p>	<p>8 9:30 Saturday Exercise-CK 10:00 Snack &amp; Chat-CK 10:30 Saturday Bingo-CK 2:15 Movie &amp; Popcorn-CK 3:00 Cards &amp; Dominoes 5:30 Comedy Hour-TV Land</p>
<p>9 7:00 Sunday Morning News 9:00 Worship Service-LR 10:00 Snack &amp; Chat-NW 10:30 Gaither's Video-NW 2:00 Peaceful Piano/Terry 3:25 Dallas Cowboys Game</p>	<p>10 9:30 Encouraging Words-CK 9:45 Exercise &amp; Wellness 10:00 Snack &amp; Chat 10:15 Gentlemen's Club-CK 10:30 Word Game-CK 3:00 Bingo Hour-CK</p>	<p>11 9:00 Music Meditation-CK 9:45 Scripture Reading-CK 9:50 Mae Dale Nails-CK 10:00 Snack &amp; Chat-CK 10:00 Folk Music W/Bob-CK 2:15 Christmas Movie-NW</p>	<p>12 9:00 Music Meditation-CK 9:45 Exercise W/Brian-CK 10:00 Snack &amp; Chat-CK 10:30 Early Morning Bingo 11:00 Gentlemen's Club-EW 3:00 Joel Gospel Singing-LR</p>	<p>13 9:00 Music Meditation-CK 10:00 Movie &amp; Popcorn-NW 2:30-4:00 Christmas Party</p> 	<p>14 9:00 Music Meditation-CK 9:30 Exercise &amp; Fitness-CK 10:00 Snack &amp; Chat-CK 10:30 Hula Hoop Toss-CK 11:00 Circle Chit Chat-CK 3:15 Bingo Hour-CK</p>	<p>15 9:30 Saturday Exercise-CK 10:00 Snack &amp; Chat-CK 10:30 Saturday Bingo-CK 2:15 Movie &amp; Popcorn-CK 3:00 Cards &amp; Dominoes</p>
<p>16 7:00 Sunday Morning News 9:00 Worship Service-LR 10:00 Snack &amp; Chat-NW 10:30 Gaither's Video-NW 1:00 Dallas Cowboys Game 2:00 Peaceful Piano/Terry</p>	<p>17 9:30 Encouraging Words-CK 9:45 Exercise &amp; Wellness 10:00 Snack &amp; Chat 10:15 Gentlemen's Club-CK 10:30 Word Game-CK 3:00 Bingo Hour-CK</p>	<p>18 9:00 Music Meditation-CK 9:45 Scripture Reading-CK 10:00 Chapel Hill Choir-LR 11:00 Tuesday Trivia-CL 1:00 Cards/Dominoes 2:00 Christmas Movie-NW</p>	<p>19 9:00 Music Meditation-CK 9:45 Exercise W/Brian-CK 10:00 Snack &amp; Chat-CK 10:30 Early Morning Bingo 11:00 Gentlemen's Club-EW 3:00 Joel Gospel Singing-LR</p>	<p>20 9:00 Music Meditation-CK 10:00 Movie &amp; Popcorn 2:15 Thursday Trivia-CK 3:00 Snack &amp; Chat-CK 3:30 Creative Christmas Cards</p>	<p>21 9:00 Music Meditation-CK 9:30 Exercise &amp; Fitness-CK 10:00 Snack &amp; Chat-CK 10:30 Pastor Neely Hour-LR 11:00 Circle Chit Chat-CK</p>	<p>22 9:30 Saturday Exercise-CK 10:00 Snack &amp; Chat-CK 10:30 Saturday Bingo-CK 2:15 Movie &amp; Popcorn-CK 3:00 Cards &amp; Dominoes</p>
<p>23 7:00 Sunday Morning News 9:00 Worship Service-LR 10:00 Snack &amp; Chat-NW 10:30 Gaither's Video-NW 2:00 Peaceful Piano/Terry 3:00 City Church/Trey</p>	<p>24 9:30 Encouraging Words-CK 9:45 Exercise &amp; Wellness 10:00 Snack &amp; Chat 10:15 Gentlemen's Club-CK 10:30 Word Game-CK</p>	<p>25 9:00 Music Meditation-CK 9:45 Scripture Reading-CK 10:00 Snack &amp; Chat-CK 10:30 Christmas Trivia-CK 2:15 Christmas Movie-NW</p>	<p>26 9:00 Music Meditation-CK 9:45 Exercise W/Brian-CK 10:00 Snack &amp; Chat-CK 10:30 Early Morning Bingo 11:00 Gentlemen's Club-EW 3:00 Joel Gospel Singing-LR</p>	<p>27 9:00 Music Meditation-CK 10:00 Movie &amp; Popcorn-CK 1:30 Thursday Trivia-CK 3:00 Snack &amp; Chat-CK 3:30 Creative Coloring-CK</p>	<p>28 9:00 Music Meditation-CK 9:30 Exercise &amp; Fitness-CK 10:00 Snack &amp; Chat-CK 10:30 Hula Hoop Toss-CK 3:00 Timeless Journey LR</p>	<p>29 9:30 Saturday Exercise-CK 10:00 Snack &amp; Chat-CK 10:30 Saturday Bingo-CK 2:15 Movie &amp; Popcorn-CK 3:00 Cards &amp; Dominoes</p>
<p>30 7:00 Sunday Morning News 9:00 Worship Service-LR 10:00 Snack &amp; Chat-NW 10:30 Gaither's Video-NW 2:00 Peaceful Piano/Terry</p>	<p>31 9:30 Encouraging Words-CK 9:45 Exercise &amp; Wellness 10:00 Snack &amp; Chat 10:15 Gentlemen's Club-CK 10:30 Word Game-CK 3:00 Bingo Hour-CK</p>		<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE. BUS RIDES ARE ON TUESDAY/THURSDAY.</p> 		<p>BE HERE FOR A VERY FUN CHRISTMAS PARTY WITH ELVIS 12/13/2018</p> <p>Merry Christmas</p>	