



Health Care Center

DECEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Locations Alpine Room, ALP First Hall Dining Room, 1DR Off-Campus, OC Bistro, B Halls One, Two and Three, H 123 Outside, OS Computer Room, CR Lobby, L Second Hall Dining Room, 2DR Exercise Room, ER Malapais Room, MR Third Hall Dining Room, 3DR						9:30 FIT to Be Strong®, ALP 1 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	8:00 Brain Teasers, H 123 2 9:30 Craft Corner, ALP 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 1:30 X Mas Line Dancers Show, ALP 2:00 Bingo & Snacks, 2DR 8:00 Self-Led Poker Night, 1DR
Roaming Cart of Fun, H 123 3 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Flagstaff Tabernacle, ALP	9:00 Self Lead Board Games, H 123 4 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:00 Valiant Veterans®, MR 3:00 Bingo & Snacks, 2DR	9:30 FIT to Stretch®, ALP 5 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:00 Creative Cooking, 2DR 3:00 Jamming w/Joe, ALP	10:00 Music Therapy w/Meghan, 3DR 6 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:30 Peaks Big Bingo Events, ALP	9:30 Restorative Exercise, ALP 7 10:00 Hot Coffee & Tea, 3DR 10:00 Dancing Grannies, ALP 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 1:15 Movie Outing, OC 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	9:30 FIT to Be Strong®, ALP 8 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	8:00 Brain Teasers, H 123 9 9:30 Craft Corner, ALP 10:00 Arts & Craft Show, ALP 10:00 Tai Chi, ALP 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR 8:00 Self-Led Poker Night, 1DR	
Roaming Cart of Fun, H 123 10 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR	9:00 Self Lead Board Games, H 123 11 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 11:00 Aromatherapy Hand Massage, 3DR 3:00 Bingo & Snacks, 2DR	HANUKKAH BEGINS AT SUNSET 12 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Jamming w/Joe, ALP	10:00 Music Therapy w/Meghan, 3DR 13 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 1:30 Game of Choice Day, 1DR 2:00 Navajo Bible Study, 2DR 3:00 Catholic Mass, MR 3:00 Ice Cream Social, 2DR 3:00 Colorful Nails, 1DR	9:30 Restorative Exercise, ALP 14 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	9:30 FIT to Be Strong®, ALP 15 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	8:00 Brain Teasers, H 123 16 9:30 Craft Corner, ALP 10:00 Tai Chi, ALP 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR 8:00 Self-Led Poker Night, 1DR	
Roaming Cart of Fun, H 123 17 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Salvation Army Church, ALP	9:00 Self Lead Board Games, H 123 18 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:00 Artistic Expressions, 2DR 3:00 Bingo & Snacks, 2DR	19 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:25 News & Views, 3DR 3:00 Let It Snow Party, APL	10:00 Music Therapy w/Meghan, 3DR 20 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 3:00 Colorful Nails, 1DR	WINTER BEGINS 21 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 1:15 Coco's Outing, OC 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	9:30 FIT to Be Strong®, ALP 22 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	8:00 Brain Teasers, H 123 23 9:30 Craft Corner, ALP 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR 8:00 Self-Led Poker Night, 1DR	
CHRISTMAS EVE 24 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 8:00 Color Pages & Puzzles, H 123 1:00 Episcopal Church, MR 8:00 NFL Eagles & Redskins, H 123	CHRISTMAS DAY 25 8:00 Macy's Christmas Parade, H 123 10:00 Coloring & Jigsaw Puzzles, H 123 1:00 NFL Games, H 123 3:00 Self-Led Board Games, H 123	26 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Jamming w/Joe, ALP	10:00 Music Therapy w/Meghan, 3DR 27 10:45 Hot Coffee & Tea, 3DR 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 3:00 Ice Cream Social, 2DR	9:30 Restorative Exercise, ALP 28 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	9:30 FIT to Be Strong®, ALP 29 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	8:00 Brain Teasers, H 123 30 9:30 Craft Corner, ALP 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR 8:00 Self-Led Poker Night, 1DR	
NEW YEAR'S EVE 31 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR	Birthdays Marlin S., 8th Catherine G., 13th Inez S., 21st Mary Helen H., 27th					Calendar events are subject to change. The survey results are readily accessible to you and are located in the brown binder near the entrance to The Peaks Health Care Center.	