

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

McCowan Retirement Residence

<p>11:30-2:00 Christmas Brunch/Holiday Party (D) Holiday Treats Available in the Café After Each Seating 7:00 Movie Night: Santa Clause is Coming to Town (T)</p>	<p>9:00 Falls Prevention (FC) 10:00 St. Nicholas school choir (L) 2:15 Hanukkah Discussion(L) 4:00 Games Matinee(C) 7:00 Cards in the café</p> <p style="text-align: center;"><small>First Day of Hanukkah</small></p>	<p>9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Sing Along 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:00 McCowan Celebrating 14 Years Tea Party (C) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (L) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 10:00 Glen Raven Reading Club w/ Kindergarten Class (T) 1:15 Shopping-STCand Shop/Walking Club w/ Arthika By Cab! 2:00 Exercise Class (FC) 3:00 Holiday Craft with Minh (OR) 7:00 Euchre (MSL) 7:00 Hymn Sing With Daphne (L)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 11:00 Town Hall (T) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Christmas Card Making (OR) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:30 Non-Denom Church (T)</p>	<p>9:00 Falls Prevention (FC) 10:00 Christmas Bazaar with our Favorite Vendors (T) 11:00 Therapy Dog (L) 2:00 Exercise (FC) 3:00 Wine and Cheese (C) 7:00 Games Night (MSL) No classes with Dawood</p>	<p>10:00 Bingo (PDR) 11:00 Sing – Along (L) 2:00 Manicures and Massages (OR) 3:00 LCR Club (T) 7:00 Movie Time: The Shop Around The Corner (T) Puzzles in the basement and Crosswords at reception.</p>
<p>10:00 Hymn Sing with Daphne (L) 3:00 Bingo (OR) 2:00 Movement to Music (FC) 2:15 Hand Wax (C) 4:00 Group Exercise w/ Dawood (L) 7:00 Movie Night: A Christmas Story(T)</p>	<p>9:00 Falls Prevention (FC) Shuttle Service 10-12 10:00 Celebrating Winter Solicits Discussion (L) 1:15 Shopping- Walmart 2:30 Seasonal Painting(OR) 4:00 Games Matinee(C) 7:00 Cards (C)</p>	<p>9:00 Falls Prevention (FC) 10:00 Sonita Vendor (L) 10:00 Bingo (OR) 11:00 Christmas Sing Along (L) Shuttle Service 10-12 12:30 Arkadia Lunch Outing. 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (L) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 11:00 Gratitude Discussion and Hot Chocolate with Mary (C) 2:30 McQueen Family Painting Honoring and Reception (5th Floor Library) 1:15 Shopping-Cedarbrae W/Mary 2:00 Exercise Class (FC) 7:00 Euchre (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Christmas Craft with Mary (OR) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:00 Adelle's story Corner(L)</p>	<p>9:00 Falls Prevention (FC) 10:30 Pictures With Santa (L) 11:00 Therapy Dog (L) 2:00 Hand Wax (L) 2:00 Exercise (FC) 3:00 Wine and Cheese (C) 4:00 1:1 Exercise (L) 7:00 Games Night (MSL)</p>	<p>10:00 Bingo (PDR) 11:00 Sing – Along (L) 2:30 Holiday Party with James Regan (L) No Movie Tonight!</p> <p>Puzzles in the basement and Crosswords at reception</p>
<p>10:00 Hymn Sing (L) 11:00 Manicures and Massage (OR) 2:00 Hand waxing (C) 3:00 Bingo (OR) 4:00 Group Exercise (L) 7:00 Movie Night: Christmas in Connecticut (T) Puzzles all day in the basement</p>	<p>9:00 Falls Prevention (FC) 10:00 Sing Along (L) 11:00 Food Council (PDR) 2:30 Ginger House Decorating (OR) Mobile Hearing 1:15 (W) 4:00 Games Matinee(C) 4:15 Elf On The Shelf Discussion and Pictures (L) 7:00 Christmas Light Tour</p>	<p>9:00 Falls Prevention (FC) 10:00 Fashion Jewelry Vendor 10:00 Bingo (OR) Shuttle Service 10-12 11:00 Sing Along (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 3:30 Southern Gospel Choir (T) 4:00 Hand Exercise (L) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 10:00 Glen Raven Reading Club (T) 1:15 Shopping-Eglinton and Shop/Walking Club w/ Estelle 2:00 Exercise Class (FC) 3:00 Java Music Club (PDR) 7:00 Euchre (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 2:30 Baking Club: Christmas Short Bread Cookies (OR) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Heath Talk (L) 7:30 Non-Denom Church (T)</p>	<p>9:00 Falls Prevention (FC) 10:00 Sing Along (L) 11:00 Therapy Dog (L) 2:00 Hand Wax (L) 2:00 Exercise (FC) 3:00 Holiday Wine and Cheese (C) 4:00 1:1 Exercise (L) 7:00 Games Night (MSL)</p> <p style="text-align: center;"><small>Winter Begins</small></p>	<p>10:00 Bingo (PDR) 11:00 Sing – Along (L) 2:00 Manicures and Massages (OR) 3:00 LCR Club (T) 7:00 Movie Night: Rudolf the Red Nose Reindeer (T) Puzzles in the basement and Crosswords at reception.</p>
<p>10:00 Hymn Sing with Daphne (L) 3:00 Bingo (OR) 4:15 Trivia (L) 7:00 Movie Night: Andre Rieu Christmas Around the World (T) Puzzles all day in the basement, Crosswords at reception.</p>	<p>10:00 Bingo(OR) 11:00 Christmas Sing Along (L) 3:00 Story Time with Ms. Claus: The Night Before Christmas (L) 7:00 Movie Night: It's A Wonderful Life (T)</p>	<p>10:00- 12:00 1:1 Visits Christmas Visits 2:15 Movie & Treats White Christmas (T) 4:00 Christmas Sing Along (L) Christmas Dinner !</p> <p style="text-align: center;"><small>Christmas Day</small></p>	<p>11:00 Trivia Time (L) 3:00 Java Music (PDR) 7:00 Euchre (MSL) Boxing Day</p> <p style="text-align: center;"><small>Kwanzaa Begins</small></p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 3:00 Birthday Bash with Paul Morgan! (T) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L)</p>	<p>10:30 Wii Bowling (T) 11:00 Therapy Dog (L) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 1:1 Exercise (L) 7:00 Games Night (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing – Along (L) 2:00 Manicures and Massages (OR) 7:00 Movie Night: The King and I (T) Puzzles in the basement and Crosswords at reception</p>
<p>10:00 Hymn Sing (L) 3:00 Bingo (OR) 4:15 Trivia (L) 7:00 Movie Night: New York, New York (T) Puzzles all day in the basement, Crosswords at reception.</p>	<p>10:00 Sing Along (L) 11:00 Funny New Year's Resolutions Discussion (L) 3:00 Karaoke New Year's Eve Party (T) 7:00 Cards (MSL)</p> <p style="text-align: center;"><small>New Year's Eve</small></p>	<p>Red- Special Events Green – Outings Purple –Vendors Blue – Exercise Program</p> <p>Merry Christmas and Happy Holidays!!</p> <p>Recreation Director: Estelle Brown</p>				

Happy Birthday!

Harold W. Dec. 1
Margaret M. Dec. 8
Hilda S. Dec. 12
Marie P. Dec. 12
Theresa A. Dec. 12
Lil M. Dec. 15
John S. Dec. 16
William W. Dec. 17
George S. Dec. 18
William R. Dec. 20
Edward R. Dec. 20
Kathleen M. Dec. 22



Searching for December

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



ARCHER (Sagittarius)

BOXING DAY

CAPRICORN

CHRISTMAS

DECEMBER

DECORATIONS

GIFTS

GOAT (Capricorn)



HANUKKAH

KWANZAA

NARCISSUS

NEW YEAR'S EVE

SAGITTARIUS

TURQUOISE

TWELFTH

WINTER

Program Locations:

Main Floor:

Dining Room (DR)
 Private Dining Room (PDR)
 Café (C)
 Lobby (L)
 Garden (G)

Lower Level:

Oak Ridges Room (OR)
 Theater (T)
 Pool (P)
 Main Street Lounge (MSL)
 Fitness Center (FC)
 Wellness Center (WC)

The Following are in the Wellness Center:

Foot care Dentist
 Hearing Specialist

Theater:
 Eye Clinic

Salon: Hairdresser –Wednesday & Fridays
 Esthetician – Every other Thursday
Please be sure to book an appointment