

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	2 VAN TRIP PAPERS 10:00 Fit For Life 11:30 Stand Up for Strength 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	3 8:45 Banks & Post office 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Card Making Class 1:30 CVS/ Lehigh shopping Center 2:00 Church 6:30 Prophecy Bible study	4 10:00 Fit For Life 11:00 Holiday Shopping @ Walmart 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	5 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 12:30 Second Harvest 1:00 Meditation & Stretch 1:00 America on Wheels Museum 2:00 Church (Spanish) 6:00 Blood Pressure Check 6:00 Shuffle board 7:00 Prayer Time 7:00 Valley Community Orchestra	6 7:00-10:00 Lounge Closed 10:30 Tai Chi 1:00 Movie Single Santa Meets Mrs. Clause 2:00 Walkers Club 7:00 Freedom High School Holiday Concert	7 8:00 Bach Choir Christmas Concert 9:00 Donuts 12:30 Pinochle		
8 6:00 Calvary Family Christmas Carol	9 10:00 Holiday Shopping @ Allentown Shopping Center 10:00 Fit For Life 10:00 am Board Meeting 11:30 Stand Up for Strength 1:30 Let's Salsa Social 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	10 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Mtg 6:30 Prophecy Bible study	11 10:00 Wegmans 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Sing For America Concert 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	12 10:00 Joyful Joints 11:00 Lunch @ Cracker Barrel 10:00 Chat Room 11:00 Food Bank Donations 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffle board	13 7:00-10:00 Lounge Closed 9:30 Liberty High School Christmas Concert 10:30 Tai Chi 1:00 Computer Class 2:00 Walkers Club	14 9:00 Breakfast		
15 11:30am Allentown Art Museum	16 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Speaker: Senior Life -Fall Prevention 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	17 10:00 Speaker: Omni Home Care- Urinary Incontinence 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Price rite 2:00 Onsite Dermatology 6:30 Prophecy Bible study	18 9:00 Breakfast @ the Palace & Shopping at Valley Farms 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Movie: The Ghost of Christmas Eve 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream	19 10:00 Edgeboro Moravian Church 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffle board 7:00 Prayer Time	20 7:00-10:00 Lounge Closed 10:30 Tai Chi 2:00 Walkers Club 6:00 Christmas Caroling	21 11:00 Advent Bell Ringers concert 5:00 Soup & Hot Dog Social		
22 2:15 PA Playhouse Musical	23 10:00 Fit For Life 11:00 Lunch @ SEYCO 11:30 Stand Up for Strength 1:00 Movie: A Dog Named Christmas 1:30 Water color with David 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	24 OFFICE CLOSED 1/2 DAY 9:30 WEIS 10:00 Joyful Joints 11:00 Basic Balance	25 OFFICE CLOSED	26 10:00 Chat Room 2:00 Church 6:00 Shuffle board	27 7:00-10:00 Lounge Closed 9:00- Breakfast @TIKTOK/ Shopping at Walmart 2:00 Walkers Club	28		
29	30 10:00 Shop Rite 10:00 Fit For Life 11:30 Stand Up for Strength 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	31 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 4:00 Dinner @ Doughboys 9:30 NYE Party					Fitness Events VanTrips Resident's Association Events	Religious Events Lutheran Manor Events Holidays Observances/