



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy Birthday CAROL S!
10:00 LDS Church
 1:00 Puzzles
 2:30-4:00 Bingo w/ Sharon
 6:00 Christmas Musical & Sing-Along
By Michael & Jenny Gibbons Professional Musician

Happy Birthday Jordan & Kelly!
 9:00 Chair Yoga w/ Emily
 10:00 Card Game: Hand and Foot
 1:00 Exercise w/ Tyler
 1:30 **\$Shopping \$ @ Walmart**
 2:30 Card Game: Five Crowns
 3:30 *Book of Mormon Study*
 6:30 **Fireside @ Senior Center**
M & M's Band
 6:30 Christmas Concert & Carol Sing-Along
By Cindy Neider & Family MC

8:30 **\$ Swim Exercise \$**
 9:00 **Balloon Game**
 11:00 Pop Up Boutique
w/ Lisa Barker, Taci Colman & Aubri Buehler
 12:00-1:00 Ice Cream Social & Mobile Library
 1:00 Bingo
 1:00 **\$ Tai Chi Class \$**
 2:15 *Park City Community Church*
 2:45 Manicures & Nail Care
 3:30 Pet Therapy
 6:00 Evening Show: (DVD S1. Eps 13-14)
White Collar

8:00 **\$ Breakfast Outing \$**
Meyer's Cafe
 10:00 **Balloon Game**
 10:30 Activities Meeting w/ Lora
 1:00 - 2:30 Vitals Clinic
 1:00-4:00 **Decorate a Gingerbread House!**
By Insight Technology
 2:30 Mexican Train Dominoes
 3:45 **Balloon Game**
w/ Memory Care & Activity Boys from Cobblestone Ward
 6:00 Movie: (DVD) *The Santa Clause*

9:00 **Exercise w/ Tyler**
 10:00 Headlines & Donuts
 1:00 **\$ Tai Chi Class \$**
 2:00 **Health Game w/ Misty**
Symbii Home Health
 3:00 **Free Gift Wrapping**
 4:00 **Social Hour: Soda and Specialty Drinks**
 6:00 **Scenic Drive:**
Jordonelle Holiday Lights

Happy Birthday Jesus, Kristen & Lacy!
 10:00 **Piano w/ Kathy**
 1:00 **Creche Exhibit @ Midway**
 2:30 Mexican Train Dominoes
 4:30-7:00 **Abbingtion's Family Holiday Kickoff**
(Residents, Staff & Families Invited)
 7:00 Movie: (DVD) *A Christmas Story*

9:30 **Balloon Game**
 9:45 **\$ Shopping \$ in Midway**
"All That Stuff In The Barn"
 12:00-1:15 Ice Cream Social
 1:00 **Bible Study**
 1:30 **Scenic Drive:**
Strawberry Reservoir
 2:30 Card Game: Five Crowns
 3:00-7:00 **Great Room In Use (PRIVATE EVENT)**
 7:00 Movie: (NF-TV) *Falling In Love*

10:00 LDS Church
 1:00 Pool
 2:30-4:00 Bingo w/ Sharon
 3:00 **Holiday Piano Recital**
By Rebecca Quinn & Students (Residents welcome to attend)
 6:00 **Broadcast:**
"Christmas Devotional" First Presidency - LDS

9:00 Chair Yoga w/ Emily
 10:00 Card Game: Hand and Foot
 11:30 **\$ Lunch Outing \$: Old Goat**
 1:00 Exercise w/ Tyler
 1:30 **\$Shopping \$ @ Dollar Store**
 2:30 Card Game: Five Crowns
 3:30 *Book of Mormon Study*
 5:45 **Rosa's Africa Slideshow Movie**
 6:30 **Fireside @ Senior Center**
Mafalei Family
 6:30 **Holiday Voice Recital**
By Heather Murdock & Students (Residents welcome to attend)

8:30 **\$ Swim Exercise \$**
 9:00 **\$ Massage w/ Yvette Gallagher \$**
 9:00 **Podiatrist**
 9:00 **Balloon Game**
 12:00-1:00 Ice Cream Social
 1:00 Bingo
 1:00 **\$ Tai Chi Class \$**
 2:15 *Park City Community Church*
 2:45 Manicures & Nail Care
 3:30 Pet Therapy
 6:00 **Midway Swiss Handbell Ringers**
 7:00 Evening Show: (DVD S2. Eps 1-2)
White Collar

Happy Birthday Guadalupe!
 9:00 **\$Chiropractor Adjustments\$**
w/ Dr. Phillips Heber Lifestyle Chiropractic
 10:00 **Minding Motion**
 10:15 Cell Phone, Tablet & Computer Help
 1:30 **Health Chat**
w/ Kathy & Elsie from Canyon
 2:30 **Balloon Game w/ Memory Care**
 2:30 Mexican Train Dominoes
 3:00 **Directors Meeting - Staff Only**
 4:00 - 5:30 **Resident Early Dinner**
 6:00 **Holiday Staff Party - Staff Only**

9:00 **Exercise w/ Tyler**
 10:00 Headlines & Donuts
 1:00 **\$ Tai Chi Class \$**
 1:30 - 3:00 **Free Gift Wrapping**
 3:00 **Tiffany Talk Thursday!**
 4:00 **Book Club w/ Emily**
 4:00 **Social Hour: Soda and Specialty Drinks**
 5:45 **Scenic Drive:**
Christmas in Color South Jordan
 6:30 **Holiday Piano Recital**
By Jessica Christensen & Students

Happy Birthday Maycee!
 9:00 **Balloon Game**
 10:00 **Piano w/ Kathy**
 1:30 **Antarctica Cultural Presentation**
By Howard Fishman - Heber Resident
 2:30 Mexican Train Dominoes
 6:30 **Musical Performance:**
By Miss Timpanogos Peak Teen & Miss Deer Creek Teen

Happy Birthday Jay!
 9:30 **Balloon Game**
 9:45 **\$ Shopping \$ in Heber**
"Wigglish" - Toy and Décor Store
 12:00-1:15 Ice Cream Social
 12:15 **\$ Nutcracker \$: @ High school**
By Wasatch Dance Center
 1:00 **Bible Study**
 2:30 Card Game: Five Crown
 5:30 **A Gift For You! - By Heber 15th Ward**
 6:00 Movie: (DVD) *Bride Wars*

10:00 LDS Church
 1:30 Puzzles
 2:30-4:00 Bingo w/ Sharon
 6:00 Sunday Movie: (DVD)
"White Christmas"

Happy Birthday SUE W!
 9:00 Chair Yoga w/ Emily
 10:00 Card Game: Hand and Foot
 1:00 Exercise w/ Tyler
 1:30 **\$Shopping \$ @ Lee's**
 2:30 Card Game: Five Crowns
 3:30 *Book of Mormon Study*
 6:30 **Fireside @ Senior Center**
Swiss Chorus & Bell Ringers
 7:00 **Holiday Piano Recital**
By Kristi Clark & Students (Residents welcome to attend)

8:30 **\$ Swim Exercise \$**
 9:00 **Balloon Game**
 10:40 **Giving GIFTS w/ Ruby & Friends**
Old Mill Elementary 2nd Grade
 12:00-1:00 Ice Cream Social & Wasatch Mobile Library
 1:00 **\$ Tai Chi Class \$**
 1:00 Bingo
 2:15 *Park City Community Church*
 2:45 Manicures & Nail Care
 4:00 - 7:15 **Holiday Guitar Recital**
By Stacey Despain & Students (Residents welcome to attend)
 6:00 Evening Show: (DVD S2. Eps 3-4)
White Collar

9:00 **Stretching w/ Lora**
 10:30 **Encompass Health Discussion**
 1:00 **Chair Yoga w/ Misty**
Symbii Home Health
 2:30 **Resident Council**
 3:30 **Balloon Game**
 6:00 **Residents Holiday Concert w/ Mixed Nuts (Families Invited)**

Happy Birthday Kecia!
 9:00 **Exercise w/ Tyler**
 10:00 Headlines & Donuts
 1:00 **\$ Tai Chi Class \$**
 2:00 **Cultural Presentation**
By Anita Herway - Heber Resident
 4:00 **Social Hour: Soda and Specialty Drinks**
 5:45 **Scenic Drive:**
Spanish Fork Christmas Lights

Happy Birthday Paul!
 9:00 **Balloon Game**
 10:00 **Piano w/ Kathy**
 1:30 **Staff Spotlight**
By Shane Barker
 2:30 **Free Gift Wrapping**
 3:30 Show: (Amazon)
Lucy's Really Lost Moments
 6:00 Movie: (DVD)
Jersey Girl

Happy Birthday SUE G!
 10:00 **Exercise & Dance w/ Alyssa**
 12:00-1:15 Ice Cream Social
 1:00 **Bible Study**
 1:30 **Scenic Drive:**
Jordonelle
 3:30 **Balloon Game**
 2:30 Card Game: Five Crowns
 6:00 Movie: (DVD) *Polar Express*
Winter Begins

Happy Birthday Jeannine!
 10:00 **LDS Church**
 1:00 Pool
 2:30-4:00 Bingo w/ Sharon
 6:00 Sunday Movie: (DVD)
"The Bishop's Wife"

9:00 Chair Yoga w/ Emily
 10:00 Card Game: Hand and Foot
 12:00-2:00 **Holiday Lunch w/ Families**
 1:00 Exercise w/ Tyler
 2:30 Card Game: Five Crowns
(Book of Mormon Cancelled)
 3:30 **Abbingtion Academy:**
Hanukkah Presentation by Shelly Post
 6:00 Movie: (DVD)
The Holiday
First Day of Hanukkah

Happy Birthday ANNE!
 8:30 **\$ Swim Exercise \$**
 9:30 **Manicures & Nail Care**
 12:00-1:00 Ice Cream Social
 1:00 Bingo
(Tai Chi Cancelled)
 2:15 *Park City Community Church*
 3:30 Pet Therapy
 6:00 Movie: (DVD)
ELF

MERRY CHRISTMAS
 1:30 Movie: (DVD)
Family Stone
 6:00 Movie: (DVD)
Princess Bride
Christmas

9:00 **Exercise w/ Tyler**
 10:00 Headlines & Donuts
(Tai Chi Cancelled)
 2:00 **Balloon Game w/ Memory Care**
 4:00 **Social Hour: Soda and Specialty Drinks**
 6:00 **Scenic Drive:**
Park City Main St
Kwanzaa Begins

Happy Birthday GERALDINE!
 9:00 **Balloon Game**
 10:00 **Piano w/ Kathy**
 2:00 Documentary: (Amazon)
Black Hawk Down
 3:30 **December Birthday Party**
 6:00 Movie: (DVD)
Inside Out

Happy Birthday Tamra!
 9:30 **Balloon Game**
 12:00-1:15 Ice Cream Social
 1:00 **Bible Study**
 1:30 **Scenic Drive:**
Provo City
 2:30 Card Game: Five Crowns
 6:00 Movie: (DVD)
Maid In Manhattan

10:00 LDS Church
 1:00 Puzzles
 2:30-4:00 Bingo w/ Sharon
 6:00 Sunday Movie: (DVD)
"A Christmas Carol"

9:00 Chair Yoga w/ Emily
 10:00 **Manicures & Nail Care**
 10:00 Card Game: Hand and Foot
 1:00 Exercise w/ Tyler
 1:30 **\$Shopping \$ @ Walmart**
 2:30 Card Game: Five Crowns
 3:30 *Book of Mormon Study*
 6:00 Movie: (DVD) *Jack Frost*

10:30 **Balloon Game w/ MC**
 12:00-1:00 Ice Cream Social
 1:00 Bingo
(Tai Chi Cancelled)
 2:15 *Park City Community Church*
 3:30 Pet Therapy
 6:00 **New Year's Eve:**
Looking Back at 2019 & Treats
 6:45 Movie: (DVD)
New Year's Eve

December 2019

PINK: Exercise at the Abbingtion **PURPLE:** Crafts & Creativity **GREEN:** Religious/ Spiritual **RED:** Drives & Outings
BROWN: Performances & Lectures **BLUE:** Parties & Social Gatherings **Underlined:** Sign Up for this Activity