

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Worship Service ~CH  <i>Communion Sunday</i>  <b>1<sup>st</sup> Sunday of Advent</b>	<b>2</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics <b>1:15 Swimming</b> 3:00 Hymn Sing 6:45 Carpet Bowling	<b>3</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games 2:00 “The Smells of Christmas” sensory program 3:00 Sing at the Terraces (meet in Manor Lobby at 3)	<b>4</b> 9:00 Coffee Time <b>9:30 Walmart Outing</b> 2:00 Christmas Bingo with Candice 3:00 Writing Christmas Cards to those in Need ~ML 3:30 Prayer & Bible Study	<b>5</b> 9:00 Coffee Time 9:00 Ukulele Practice ~PR 10:00 Hand Chimes ~ML 11:30 Piano Music with Albert~Hts <b>1:15 White Rock Elementary Singers ~ML</b>	<b>6</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games 11-3 Fashion Closet ~Hts 11:45 Caroling in the Heights Lobby ~Hts <b>1:45 AROCHA Outing~caroling/fire/shopping</b>	<b>7</b> 9:00 Coffee Time  <b>2:00 Evergreen Manor Christmas Party</b>
<b>8</b> 10:00 Worship Service ~CH  2:00 Games with Dagmar  <b>2<sup>nd</sup> Sunday of Advent</b>	<b>9</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics 12:30-2:00 Christmas photo session to send to family 2:00 Music Favorites 3:00 Hymn Sing 6:45 Carpet Bowling	<b>10</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games <b>2:00 Sing-A-Long with the Kent Street Singers</b> 3:30 Christmas Game	<b>11</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Crossword <b>2:00 Birthday Celebration with music by Peter Tenant</b> 3:30 Wii Bowling 3:30 Prayer & Bible Study	<b>12</b> 9:00 Coffee Time 9:00 Ukulele Practice ~PR <b>10:00 Chapel Celebration~CH</b> 11:30 Piano Music with Albert~Hts <b>5:30 &amp; 7:30 Light Tour</b>	<b>13</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games <b>11:30 Friday Friendship at White Rock Baptist</b> 3:00 Making Christmas Chocolate Bark	<b>14</b> 9:00 Coffee Time  <b>2:30 Caroling Concert from White Rock Community Church</b>
<b>15</b> 10:00 Worship Service ~CH  <b>3:00 All Saints Community Church Singers</b>  <b>3<sup>rd</sup> Sunday of Advent</b>	<b>16</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics <b>1:15 Swimming</b> 3:00 Caroling and Storytelling with Pastor Ken 6:45 Carpet Bowling	<b>17</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Jeopardy Game 2:00 Indoor Golf 3:00 Sing at the Terraces (meet in Manor Lobby at 3)	<b>18</b> 9:00 Coffee Time 9:30 Preschool Kids Visit – Making Gingerbread Houses 10:45 Crossword <b>1:30 Walmart Outing</b> 2:30 Bingo with Dianne 3:30 Prayer & Bible Study	<b>19</b> 9:00 Coffee Time 10:00 Hand Chimes ~ML 9:00 Ukulele Practice ~PR 11:30 Piano Music with Albert~Hts 2:30 “Christmas with Andre Rieu” Music Video	<b>20</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games 11:45 Caroling in the Heights Lobby ~Hts 2:00 Bean Bag Toss <b>3:00 Christmas Concert by Manor Residents ~ML</b>	<b>21</b> 9:00 Coffee Time  <i>Winter Begins</i>
<b>22</b> 10:00 Worship Service ~CH  2:00 Games with Dagmar  <b>4<sup>th</sup> Sunday of Advent</b>	<b>23</b> 9:00 Coffee Time <b>9:00 Pancake Breakfast</b> 10:00 Stretch & Strength 10:45 Christmas Trivia Challenge 2:00 Christmas Ball Toss 3:00 Hymn Sing  <i>First Day of Hanukkah</i>	<b>24</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 10:00 Christmas Eve Service ~CH 11:00 Christmas Word Game 2:00 Carpet Bowling 3:15 Casual Christmas Social – games/goodies/music	<b>25</b>  <i>Christmas</i>	<b>26</b>  <i>Kwanzaa Begins</i>	<b>27</b> 9:00 Coffee Time  <i>Candice not here on Dec 25, 26, and 27.</i>	<b>28</b> 9:00 Coffee Time 9:45 Ball Exercise 10:30 Word Puzzle Challenge and Coloring 2:00 Armchair Travel to Antarctica 3:00 Balloon Badminton
<b>29</b> 10:00 Worship Service~CH	<b>30</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics 3:00 Hymn Sing <b>4:00 Outing to VanDusen Gardens Lights and Supper</b>	<b>31</b> 8:45 Morning Prayer 9:00 Coffee Time 9:45 Exercise <b>10:30 Manor Meeting</b> 2:00 Paint with Lily 3:00 Music Favorites 6:00 New Years Eve Party until 9pm <i>New Year's Eve</i>	<b>Legend:</b> ML = Manor Lounge CH = Chapel PR = Panorama Room Hts = Heights Lobby TTL = Heights Tree Top Lounge			All programs are subject to change.  All programs take place in the Manor Lounge unless otherwise stated.



# December 2019

## Evergreen Manor Recreation Calendar

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