

**Castle Peak Welcomes you to
Enjoy our Holiday FEAST
with Family and
Friends**

- ❖ \$15.00 per person
- ❖ Children under 5 Free



Location: Castle Peak (depending on neighborhood loved one lives-dining room that goes to that area)

Date: Wednesday, December 19th, 2018

Time: 4:30-5:30pm *Dinner* 5:30-6:00pm *Dessert* with live piano music accompanied by Ruth in Dining room 1st Floor (A 109)

Plated Dinner

Honey Glazed Spiral Ham

Scalloped Potatoes

Roasted Brussels Sprouts & Bacon

Hot Roll

** Beer (Coors Original) and Wine (White- *Painted Face Chardonnay* and Red- *Simple Life Pinot Noir*) will be available**


Dessert

Angel Fruit Cake with Fresh Berry Sauce and Whipped Cream

RVSP no later than Wednesday, December 12th, 2018☺


Stephanie Sheridan (970) 432-1120, ssheridan@augustanacare.org

December 2018 Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 						
						01
						01 10:00 – Reiki (in room) 10:00- Pilates DVD (A 109) 2:15 – Happy Hour (A 101) 3:30 – BINGO (A 109)
02	03	04	05	06	07	08
11:00- Sunday Movie Matinee (A 109) 1:30- Trivia (C 216) 3:30 - Interdenominational Service (A 109)	10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:00- Movie Matinee (A 109) 1:30- Christmas Shopping Outing Glenwood! Bring \$\$ 2:15 – Social Hour (A 101) 7:00- Movie Matinee (A 109)	10:00 - Laughing Yoga (A 109) 10:30- - Active Stretching (A 109) 1:30 – Word Searches (C 216) 2:15 – Social Hour (A 101) 6:30 – BINGO NIGHT (A 109)	10:00-Qi Gong (A 109) 1:15 Bible Group (A 109) 2:15 – Bingo Happy Hour (A 109) 3:15- Wednesday Afternoon Club (A 101)	10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:00- Movie Matinee (A 109) 2:15 – Happy Hour (A 101) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:15- Piano (C 216) 2:15 – Happy Hour (A 101) 6:45/7:00 – Dickens Carolers Performance (A 109)	10:00 – Exercise DVD (A 109) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:15 – Happy Hour (A 101) 3:30– BINGO (A 109)
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Massages 11:00-2:00 11:00- Sunday Movie Matinee (A 109) 1:30- Trivia (C 216) 3:30 - Interdenominational Service (A 109)	10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 2:15 – Social Hour (A 101) 7:00– Movie Matinee (A 109) GIRLSCOUT TROOPS	10:00 - Active Stretching (A 109) 10:30- Mindful Meditation (A 109) 1:30 – City Market Outing (A 101) 2:15 – Social Hour (A 101) 6:30 – BINGO Night (A 109) GIRLSCOUT TROOPS	10:00-Qi Gong (A 109) 1:15 Bible Group (A 109) 2:15 – Bingo Happy Hour (A 109) 3:15- Wednesday Afternoon Club (A 101) 7:00 – Movie Matinee (A 109)	10:00- Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:00- Movie Matinee (A 109) 2:15 – Happy Hour (A 101) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 1:15- Piano (C 216) 2:15 – Happy Hour (A 101) 7:00 – Movie Matinee (C 116)	10:00 – Reiki (in room) 11:00- Pilates DVD (A 109) 2:15 – Happy Hour (A 101) 3:30 – BINGO (A 109)
16	17	18	19	20	21	22
11:00- Sunday Movie Matinee (A 109) 1:30- Trivia (C 216) 3:30 - Interdenominational Service (A 109) 3:30 Children’s Bell Choir	10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:00- Movie Matinee (A 109) 1:30- Wal-Mart Outing 2:15 – Social Hour (A 101) 7:00- Movie Matinee (A 109)	10:00 – Laughing Yoga (A 109) 10:30- Active Stretching (A 109) 1:30 – Welcome Committee (C 216) 2:15 – Social Hour (A 101) 6:30 – BINGO Night (A 109)	10:00-Qi Gong (A 109) 11:00- St. Clare Intergenerational 1:15 Bible Group (A 109) 2:00– Gingerbread Resident Council Meeting (A 114) 2:15 – Bingo Happy Hour (A 109) PRE CHRISTMAS FAMILY AND FRIENDS DINNER!	Massages 11:00-2:00 10:00- Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:30- St. Clare Intergenerational 2:15 – Happy Hour (A 101) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:15- Piano (C 216) 2:15 – Happy Hour (A 101) 7:00 – Movie Matinee (A 109)	10:00 – Exercise DVD (A 109) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:15 – Happy Hour (A 101) 3:30– BINGO (A 109) 5:00- “A Christmas Carol” Vilar Performing Arts Center Outing Bring \$\$
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*PLEASE NOTE: Schedule is subject to change.

December 2018 Health Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 						01
						10:00 – Reiki (in room) 10:00- Pilates DVD (A 109) 2:15 – Happy Hour (C 216) 3:30 – BINGO (A 109)
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11:00- Sunday Movie Matinee (C 216) 1:30- Trivia (C 216) 3:30 - Interdenominational Service (A 109)	10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:00- Movie Matinee (C 116) 1:30-1:30- Christmas Shopping Outing Glenwood! Bring \$\$ 2:15 – Social Hour (C 216) 7:00- Movie Matinee (C 116)	10:00 - Laughing Yoga (A 109) 10:30- - Active Stretching (A 109) 1:30 – Word Searches (C 216) 2:15 – Social Hour(C 216) 6:30 – BINGO NIGHT (A 109)	10:00-Qi Gong (A 109) 1:15 Bible Group (A 109) 2:15 – Bingo Happy Hour (A 109) 3:15- Wednesday Afternoon Club (A 101)	10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:00- Movie Matinee (C 116) 2:15 – Happy Hour (C 216) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:15- Piano (C 216) 2:15 – Happy Hour (C 216) 6:45/7:00 – Dickens Carolers Performance (A 109)	10:00 – Exercise DVD (A 109) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:15 – Happy Hour (C 216) 3:30– BINGO (A 109)
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December 2018 Short Term

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
						10:00 – Reiki (in room) 11:00- Pilates DVD (A 109) 2:15 – Happy Hour (C 216) 3:30 – BINGO (A 109)
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11:00- Sunday Movie Matinee (C 216) 1:30- Trivia (C 216) 3:30 - Interdenominational Service (A 109)	10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:00- Movie Matinee (C 116) 2:15 – Social Hour (C 216) 7:00- Movie Matinee (C 116)	10:00 - Laughing Yoga (A 109) 10:30- - Active Stretching (A 109) 1:30 – Word Searches (C 216) 2:15 – Social Hour(C 216) 6:30 – BINGO NIGHT (A 109)	10:00-Qi Gong (A 109) 1:15 Bible Group (A 109) 2:15 – Bingo Happy Hour (A 109) 3:15- Wednesday Afternoon Club (A 101)	10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:00- Movie Matinee (C 116) 2:15 – Happy Hour (C 216) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:15- Piano (C 216) 2:15 – Happy Hour (C 216) 6:45/7:00 – Dickens Carolers Performance (A 109)	10:00 – Exercise DVD (A 109) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:15 – Happy Hour (C 216) 3:30– BINGO (A 109)
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*PLEASE NOTE: Schedule is subject to change.

December MC Calendar

Weekly Activity Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Morning Groups:</u> Exercise Beauty/Barber Shop	<u>Morning Groups:</u> Exercise Beauty/Barber Shop	<u>Morning Groups:</u> Exercise Beauty/Barber Shop	<u>Morning Groups:</u> Exercise Beauty/Barber Shop	<u>Morning Groups:</u> Exercise Beauty/Barber Shop	<u>Morning Groups:</u> Exercise Beauty/Barber Shop	<u>Morning Groups:</u> Exercise Beauty/Barber Shop
<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Hymn Sing/ Bible Group	<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Reminiscing: 1 st Light 2 nd Ice 3 rd Heat/Warmth 4 th Citrus 5 th Popcorn	<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Reminiscing: 1 st Eldersong I 2 nd Parachute Activity 3 rd Holiday Sing-a-long 4 th Parachute Activity 5 th Leader's Choice	<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Reminiscing: 1 st Wrapping gifts 2 nd Oatmeal Raisin Cookies 3 rd Nativity Story 4 th Peanut Butter Cookies 5 th Holiday Stories	<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Reminiscing: 1 st Guess the Object 2 nd Snowman bean bag toss 3 rd Popcorn Game 4 th Chips In 5 th Complete The Phrase	<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Reminiscing: 1 st Birthday Celebration 2 nd Holiday Sing Along 3 rd Holiday Videos 4 th Christmas Celebration 5 th New Year's Eve Celebration	<u>Afternoon Groups:</u> Walk Group Work Group Bingo/game/craft Entertainment: ** in the works ;)
<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time	<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time	<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time	<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time	<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time	<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time	<u>Evening Groups:</u> Sing-a-long Exercise Music Shows of our Time
Miscellaneous & Special Events						
<u>Entertainment:</u> -Ruth Fridays 2:00 pm -Carol evening Sing along -Intergenerational Carolers Dec 5 th 2:00pm	<u>Interdenominational Service:</u> Thursdays 3:30 pm Sundays 2:30 pm	<u>Happy Birthday to:</u>	Hot Cocoa/ Lights outing Dec 20 th 5:30pm			

Families are welcome to join us. Calendar is subject to change