

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

Personal Care Program Calendar



<p>9:45 Worship Service with Pastor Joy (SVA) 10:45 Catholic Communion with St. Maria Goretti (4SR) 3:00 Indian Creek Singers (SVA)</p> <p style="text-align: right;">2</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 9:30 Healthy Joints (FC) 10:30 Tea & Talk (4th Floor) 11:00 Stretch and Flex (FC) 2:00</p> <p style="text-align: right;">3</p> <p style="text-align: center;"><small>First Day of Hanukkah</small></p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:15 December Trivia (4SR) 11:15 Bookmobile (Lobby) 2:00 Bingo (FRB) 3:00 Wellness Social (Café)</p> <p style="text-align: right;">4</p>	<p>9:00 Balance Basics (Fam) 9:30 Sittercize (4SR) 10:00 Bible Study with Pastor Glen Alderfer (SVA) 11:00 Prayer Yoga (FC) 2:00 2:30 Ping Pong (Fam)</p> <p style="text-align: right;">5</p>	<p>9:00 Podiatry Services (WC) 9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:15 2:00 2:30 Chair Aerobics (Fam) 3:00 Abby Visits (R) 3:00 Line Dancing (Fam) 3:30 Choir Rehearsal (FR) 7:00 Christmas Cantata Video (SVA)</p> <p style="text-align: right;">6</p>	<p>9:30 Sittercize (4SR) 9:30 Strength Training (Fam) 10:00 Conversational Knitting (Fam) 10:15 2:00 2:00 Balance Basics (Fam)</p> <p style="text-align: right;">7</p>	<p>9:30 Pam's Pilates Workout (4SR) 10:30 Bingo Time Fun (FRB) 1:30 3:00 Therapeutic Time Zone & Tai Chi & Tea (4SR) 7:00 Lawrence Welk (Ch.12)</p> <p style="text-align: right;">1</p>
<p>9:45 Worship Service with Pastor Larry (SVA) 10:45 Catholic Communion with St. Maria Goretti (4SR) 7:00 Carol Sing Along with Ralph Alderfer & Pastor Joy (SVA)</p> <p style="text-align: right;">9</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 9:30 Tai Chi (FC) 10:30 Tea & Talk (4th Floor) 11:00 Stretch and Flex (FC) 2:00</p> <p style="text-align: right;">10</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:15 Zion Soup Project (4SR) 2:00 Bingo (FRB) 2:30 Line Dancing (FR)</p> <p style="text-align: right;">11</p>	<p>9:00 Balance Basics (Fam) 9:30 Sittercize (4SR) 10:00 Bible Study with Pastor Glen Alderfer (SVA) 11:00 Prayer Yoga (FC) 1:00 Spousal Support Group (SFR) 2:30 Ping Pong (Fam) 7:00 Souderton Mennonite Church Girls Club Carols (FR)</p> <p style="text-align: right;">12</p>	<p>9:00 Podiatry Services (WC) 9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:15 2:00 2:30 Chair Aerobics (Fam) 3:00 Abby Visits (R) 3:00 Line Dancing (Fam) 7:00 FMC Groups (SVA)</p> <p style="text-align: right;">13</p>	<p>Tax Free Shopping/Free Gift Wrapping at The Corner Store! 9:30 Sittercize (4SR) 9:30 Strength Training (Fam) 10:00 Conversational Knitting (Fam) 10:15 12:00 Dine Around: 2:00 2:00 Balance Basics (Fam)</p> <p style="text-align: right;">14</p>	<p>9:30 Pam's Pilates Workout (4SR) 10:30 Bingo Time Fun (FRB) 2:00 Joy Yoo's Music Studio Student Recital (SVA) 3:00 Therapeutic Time Zone & Tai Chi & Tea (4SR) 7:00 Lawrence Welk (Ch.12)</p> <p style="text-align: right;">15</p>
<p>9:45 Worship Service with Pastor Ray Hurst (SVA) 10:45 Catholic Communion with St. Maria Goretti (4SR)</p> <p style="text-align: right;">16</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 9:30 Tai Chi (FC) 10:30 Tea & Talk (4th Floor) 11:00 Stretch and Flex (FC) 2:00 5:30 Christmas Lights Tour</p> <p style="text-align: right;">17</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:15 December Jeopardy (4SR) 11:15 Bookmobile (Lobby) 2:00 Bingo (FRB) 2:30 Line Dancing (FR)</p> <p style="text-align: right;">18</p>	<p>9:00 Audiology (WC) 9:00 Balance Basics (Fam) 9:30 Sittercize (4SR) 10:00 Bible Study with Pastor Glen Alderfer (SVA) 11:00 Prayer Yoga (FC) 2:00 Dock Woods Cantata (SVA) 2:30 Ping Pong (Fam)</p> <p style="text-align: right;">19</p>	<p>9:00 Balance Basics (Fam) 9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:30 Resident Council (4SR) 1:30 Ted's Guitar & Banjo (4SR) 2:30 Chair Aerobics (Fam) 3:00 Abby Visits (R) 3:00 Line Dancing (Fam) 3:30 Choir Rehearsal (FR) 7:00</p> <p style="text-align: right;">20</p>	<p>9:30 Sittercize (4SR) 9:30 Strength Training (Fam) 10:00 Conversational Knitting (Fam) 10:15 2:00 2:00 Balance Basics (Fam) 6:00 The Yoo Family (SVA) <small>Winter Begins</small></p> <p style="text-align: right;">21</p>	<p>9:30 Sittercize (4SR) 10:30 Bingo Time Fun (FRB) 1:30 3:00 7:00 Lawrence Welk (Ch.12)</p> <p style="text-align: right;">22</p>
<p>9:45 Worship Service with Pastor Jim Fox SMH Choir & Park View Belles (SVA) 10:45 Catholic Communion with St. Maria Goretti (4SR)</p> <p style="text-align: right;">23</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 9:30 Tai Chi (FC) 10:30 Tea & Talk (4th Floor) 11:00 Stretch and Flex (FC) 2:00</p> <p style="text-align: right;">24</p>	<p>10:00 Disney Park Parade (Ch.6) 12:00 Christmas Dinner (Dining Room) 2:00 Movie: (Ch.1979)</p> <p style="text-align: right;">25</p> <p style="text-align: center;"><small>Christmas Day</small></p>	<p>9:00 Balance Basics (Fam) 9:30 Sittercize (4SR) 10:00 Bible Study with Pastor Glen Alderfer (SVA) 11:00 Prayer Yoga (FC) 1:00 Grief & Loss Support Group (SFR) 2:00 2:30 Ping Pong (Fam)</p> <p style="text-align: right;">26</p>	<p>9:00 Wal-Mart Shopping Trip 9:00 Balance Basics (Fam) 9:30 Exercise (FR) 9:30 Sittercize (4SR) 10:15 2:30 PA Dutch in HC Lounge 2:30 Chair Aerobics (Fam) 3:00 Abby Visits (R) 3:00 Line Dancing (Fam) 7:00 Movie: Christmas Card</p> <p style="text-align: right;">27</p>	<p>9:30 Sittercize (4SR) 9:30 Strength Training (Fam) 10:00 Conversational Knitting (Fam) 10:15 11:30 Dine Around: 2:00 2:00 Balance Basics (Fam)</p> <p style="text-align: right;">28</p>	<p>9:30 Pam's Pilates Workout (4SR) 10:30 Bingo Time Fun (FRB) 1:30 3:00 Therapeutic Time Zone & Tai Chi & Tea (4SR) 7:00 Lawrence Welk (Ch.12)</p> <p style="text-align: right;">29</p>
<p>9:45 Worship Service with Pastor Earl Anders (SVA) 10:45 Catholic Communion with St. Maria Goretti (4SR)</p> <p style="text-align: right;">30</p>	<p>9:30 Exercise (FR) 9:30 Sittercize (4SR) 9:30 Tai Chi (FC) 10:30 Tea & Talk (4th Floor) 11:00 Stretch and Flex (FC) 2:00</p> <p style="text-align: right;">31</p> <p style="text-align: center;"><small>New Year's Eve</small></p>			<p>PC/PV Life Enrichment Coordinator: Sandra Conroy ext: 42222 Life Enrichment Assistant: Ruth Jones Weekday Announcements at 8:40am with Devotions Following on Channel 1979 Univest Bank Tuesday & Thursday from 1pm-3pm</p>	<p><u>Worship Services</u> Channel 1978 3:00pm & 7:00pm</p> <p>Sunday: Salford Monday: Blooming Glen Tuesday: Zion Wednesday: SMH Thursday: Calvary (8pm)</p>	