

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – Early Morning Stretch 1 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Holiday Hilarities 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 2 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Christmas Tree (GS) 2:30 – Canary Island Story 3:30 – Knitting Corner 5:15 – Visits with Carolina	9:30 – <u>Salvation Army Gifts</u> 3 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Wartburg Music 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Festival Of Trees(GS)	8:30 – Early Morning Stretch 4 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Cookie Sticks 1:00 – Bible Study 2:00 - Homespun Holiday 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 5 9:30 – Church Hymns 10:00 - Wartburg Music 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story <u>5:15 – Christmas light drive</u> 6:30 – Movie and Popcorn	8:30 – Lap Count 6 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Fancy Fingernails 1:00 – Music Sing-Along 2:00 – Christmas Color Art <u>3:30 – Polished Necklace</u> 5:30 – Question Ball	9:30 – Chair Yoga 7 10:00 – Elves Bingo 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 2:30 – Puzzle’s <u>3:00 – Homemade Cards</u> 5:00 – Lap Count 5:30 – Resident Band Music
8:30 – Early Morning Stretch 8 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit <u>2:00 – Coffee and Music (GS)</u> 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	6:30 – Lap Count 9 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Canary Island Story 3:30 – Knitting Corner <u>3:30 – Chair Yoga Watburg</u> 5:15 – Visits with Carolina	8:30 – Lap Count 10 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – A Homespun Holiday 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 11 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Christmas Mints 1:00 – Bible Study 2:00 - Homespun Holiday 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 12 9:30 – Church Hymns 10:00 - Christmas Color Art 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story <u>5:10 – Christmas light drive</u> <u>6:30 – Birthday Bash (GS)</u>	8:30 – Lap Count 13 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Wacky Wordies 1:00 – Music Sing-Along 2:00 – Christmas Celebrations <u>2:30 – Icicle Ornaments</u> 5:30 – Jenja Questions	9:30 – Chair Yoga 14 10:00 – Question Ball 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 2:30 – Puzzle’s <u>3:00 – Snow Man Pots</u> 5:00 – Lap Count 5:30 – Resident Band Music
8:30 – Early Morning Stretch 15 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Holiday Hilarities 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 16 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Canary Island Story 2:30 – Cookie Icing 3:30 – Knitting Corner 5:15 – Google Travel	8:30 – Lap Count 17 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Remembering Christmas <u>3:30 – TCC Holiday Concert (GS)</u> 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 18 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Peanut Butter Balls 1:00 – Bible Study 2:00 - Resident Council meeting 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 19 9:30 – Church Hymns 10:00 - Decade’s Singles 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story <u>5:15 – Christmas light drive</u> 6:30 – Movie and Popcorn	8:30 – Lap Count 20 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Holiday Hilarities 1:00 – Music Sing-Along 2:00 – Eggnog and Cookies <u>3:30 – Candy Cane Elf</u> 5:30 – Question Ball	9:30 – Chair Yoga 21 10:00 – Elves Bingo 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 2:30 – Puzzle’s <u>3:00 – Snowflake making</u> 5:00 – Lap Count 5:30 – Resident Band Music <small>Winter Begins</small>
8:30 – Early Morning Stretch 22 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Holiday Hilarities 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 23 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Canary Island Story 2:30 - Google Travel 3:30 – Knitting Corner <u>5:15 – Visits with Carolina</u> <small>First Day of Hanukkah</small>	8:30 – Lap Count 24 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Christmas Cookies 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 25 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Decade’s Singles 1:00 – Bible Study 2:00 - Homespun Holiday 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 26 9:30 – Church Hymns 10:00 - Fancy Fingernails 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story <u>5:15 – Christmas light drive</u> 6:30 – Movie and Popcorn <small>Kwanzaa Begins</small>	8:30 – Lap Count 27 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Wacky Wordies 1:00 – Music Sing-Along 2:00 – Christmas Celebrations 2:30 – Homespun Holiday 5:30 – Jenja Questions	9:30 – Chair Yoga 28 10:00 – Question Ball 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 2:30 – Puzzle’s 3:00 – Elves Bingo 5:00 – Lap Count 5:30 – Resident Band Music
8:30 – Early Morning Stretch 29 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Holiday Hilarities 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 30 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Canary Island Story 2:30 - Google Travel 3:30 – Knitting Corner <u>5:15 – Visits with Carolina</u>	8:30 – Lap Count 31 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Wartburg Music 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn <small>New Year’s Eve</small>	<h1>December 2019</h1> <h2>Aspen Cottage Bartels Retirement Community</h2> <p>1922 5th Ave NW Waverly IA // Phone : 319-352-6080</p> 			

Every Morning at 7:45 Am / Daily Chronicles Every afternoon (Monday – Friday) at 2:00 Moments with Maggie / Wednesday afternoon Lucy Visits