




# DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
<b>NORTHSHORE ADULT DAY HEALTH &amp; WELLNESS CENTER</b> Monday-Friday 10:00-3:00 pm (425)488-4821				1 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Sing along
*All activities subject to change *Monthly fire drill				
4 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:15 Music therapy w/John A.	5 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:15 Piano w/RoseMarie 1:30 Poker w/Tom	6 10:00 Coffee social/Fine motor 10:00 Art Group/Card Making 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Tree Trimming	7 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:15 Variety w/Ted Y.	8 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Steel guitar w/Harold
11 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Games, Puzzles, Art	12 10:30 Welcome Cedar Park School 11:15 Body conditioning 11:45 Current Events 1:30 Poker w/Tom 1:15 The Classmates	13 10:00 Coffee social/Fine motor 10:00 Art group/Holiday baking 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:15 Music therapy w/John A.	14 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Guitar w/Dave H	15 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Sing along w/Kathy S.
18 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Active Games	19 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Poker w/Tom 1:15 Accordion w/David L.	20 10:00 Coffee social/Fine motor 10:00 Art group/Holiday crafts 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Saxophone w/Bill B.	21 <b><u>First day of winter</u></b> 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:15 Piano w/Rosemarie	22 <b><u>Holiday Festivities</u></b> 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Sing Along
25- 26th Closed  		27 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Rockin w/Jon	28 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Bingo	29 10:00 Coffee social/Fine motor 11:00 Upper body conditioning 11:15 Body conditioning 11:45 Current Events 1:30 Guitar w/David A.