

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2021

Independent Living Activity Calendar

2901 Northeast 72nd Street. Gladstone, MO 64119

			<p>1 9:00 Senior Stretch-GR 10:00 Church Services- CR 11:00 Mass-C 6:00 5 Crowns-AR HAPPY BIRTHDAY SHIRLEY JUSTUS!</p>	<p>2 9:00 Core Fitness- GR 10:00 Exercise Class-C 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>3 9:00 Senior Stretch- GR 10:00 Grief Support Class for the Holidays-C 3:00 Happy Hour-ID</p>	<p>8:30 Strength Class-4 GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p>
<p>5 9:00- In Touch with Dr. Charles Stanley- Ch. 10 10:00 Catholic Communion- C 7:20PM Chiefs VS Broncos</p>	<p>6 9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID</p>	<p>7 9:00 Core Fitness-GR 1:30 Strength Class-GR 2:00 Arts and Crafts-ID 6:00 Phase 10-AR</p>	<p>8 9:00 Senior Stretch-GR 10:00 Church Services- CR 6:00 5 Crowns-AR HAPPY BIRTHDAY RUTH FRENCH!</p>	<p>9 9:00 Core Fitness- GR 10:00 Exercise Class-C 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>10 9:00 Senior Stretch- GR 3:00 Happy Hour -ID</p>	<p>8:30 Strength Class-1 GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p>
<p>12 9:00- In Touch with Dr. Charles Stanley- Ch. 10 10:00 Catholic Communion- C 12:00PM Chiefs VS Raiders</p>	<p>13 9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID</p>	<p>14 9:00 Core Fitness-GR 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR 6:00 Christmas Light Tour <i>*pick one trip* (Sign up)</i></p>	<p>15 9:00 Senior Stretch-GR 10:00 Church Services- CR 3:00 Resident Council-C 6:00 5 Crowns-AR 6:00 Christmas Light Tour <i>*pick one trip* (Sign up)</i></p>	<p>16 9:00 Core Fitness- GR 10:00 Exercise Class-C 1:30 Strength Class-GR 6:00 Kings in the Corner-AR 7:20PM Chiefs VS Chargers</p>	<p>17 9:00 Senior Stretch- GR 10:00 Musical Bingo- ID 3:00 Happy Hour W/ Alan-ID</p>	<p>8:30 Strength Class-8 GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p>
<p>19 9:00- In Touch with Dr. Charles Stanley- Ch. 10 10:00 Catholic Communion- C</p>	<p>20 9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Christmas Party ID</p>	<p>21 9:00 Core Fitness-GR 9:30 Trivia-AR 1:30 Strength Class-GR 6:00 Phase 10-AR <small>Winter Begins</small></p>	<p>22 9:00 Senior Stretch-GR 10:00 Church Services- CR 2:00 Birthday Party-ID 6:00 5 Crowns-AR</p>	<p>23 9:00 Core Fitness- GR 10:00 Exercise Class-C 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>24 9:00 Senior Stretch- GR 3:00 Happy Hour -ID</p>	<p>25 Merry Christmas! <small>Christmas</small></p>
<p>26 9:00- In Touch with Dr. Charles Stanley- Ch. 10 10:00 Catholic Communion- C 3:25PM Chiefs VS Steelers <small>Kwanzaa Begins</small></p>	<p>27 9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID</p>	<p>28 9:00 Core Fitness-GR 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>29 9:00 Senior Stretch-GR 10:00 Church Services- CR 6:00 5 Crowns-AR</p>	<p>30 9:00 Core Fitness- GR 10:00 Exercise Class-C 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>31 9:00 Senior Stretch- GR 3:00 Happy Hour New Year's Eve! W/ Carlos Garcia ID <small>New Year's Eve</small></p>	