

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Grow Young Fitness 11:00 Cook with Michelle- Cake Cookies (DR) 3:00 Bingo (DR)	2 9:30 Millennium Therapy 10:30 Manicures 11:45 Lunch Outing-A9 1:00 Intown Shopping 3:00 Put up Christmas Decor	3 9:30 Millennium Therapy 10:30 Manicures 11:45 Lunch Outing-A9 1:00 Intown Shopping 3:00 Put up Christmas Decor	4 10:00 Exercise with Judy/Linda 1:00 Christmas Tree Craft (AA) 3:00 Put up Christmas Decor 6:00 Christmas Carolers 6:00 Card Club/Pepper	5 9:30 Chair Yoga 10:30 Canvas Painting (AA) 3:00 Bingo (DR) 6:00 Grief Class (last one) (AA)	6 9:30 Grow Young Fitness 1:00 Movie and Popcorn (FR) 3:00 Cinnamon Rolls and Coffee (DR) Marilyn's Birthday!	7 6:00 Jolly Lights at the Heights
8 2:00 Reformed Baptist Church Remix Dance Academy-tbd	9 9:30 Grow Young Fitness 11:00 Cook with Michelle- Gingerbread Muffins 3:00 Bingo (DR)	10 9:30 Millennium Therapy 10:30 Manicures 1:00 Walmart- outing	11 10:00 Exercise with Judy/Linda 11:30 Project 60 (must have RSVP) 3:00 Farkle (AA) 6:00 Card Club/Pepper	12 9:30 Chair Yoga 10:30 Jenga Christmas Ornaments (AA) 1:00 Jess Husak- Muffins (DR) 3:00 Bingo (DR)	13 9:30 Grow Young Fitness 1:00 Bake Sugar Cookies for Saturday 3:00 Pink Squirrels Social (DR) 6:00 Jolly Lights at the Heights	14 2:00 Decorate Cookies with Friends and Family (Please RSVP)
15 1:00 Methodist Church Service Martha's Birthday!	16 9:30 Grow Young Fitness 11:00 Cook with Michelle 1:00 Food Council (FR) 3:00 Bingo (DR) 7:00 STC Winter Concert- outing	17 9:00 Tama Co. Health- Foot Clinic 9:30 Millennium Therapy 10:30 Manicures 1:00 Intown Shopping 3:00 Movie and Popcorn (FR)	18 10:00 Exercise with Judy/Linda 1:00 Snowman- decor 3:00 Christmas Game- saran wrap (DR) 6:00 Card Club/Pepper	19 9:30 Chair Yoga 1:00 Tama Humane Society 3:00 Bingo 5:30 Santa Visit	20 9:30 Grow Young Fitness 10:30 Tama Co Extension Office- Evergreen Arrangement 1:00 Balloon Volleyball (FR) 3:00 Egg Nog Social 6:00 Drive-Thru Live Nativity	21 Winter Begins
22 1:00 First Presbyterian Church Service	23 9:30 Grow Young Fitness 11:00 Cook with Michelle 3:00 Bingo (DR) Beth's Birthday!	24 9:30 Millennium Therapy 10:30 Manicures 1:00 Christmas Bingo (DR) 3:00 Christmas Party Shovel's Birthday!	25 Christmas Hanukkah Begins	26 9:30 Chair Yoga 1:00 Intown Shopping 3:00 Bingo (DR) Boxing Day (Canada) Kwanzaa Begins	27 9:30 Grow Young Fitness 1:00 Left, Right, Center (AA) 3:00 Celebrate Decembers Birthdays (DR)	28
29	30 9:30 Grow Young Fitness 11:00 Cook with Michelle (DR) 1:00 Take down Christmas Decor 3:00 Bingo (DR)	31 9:30 Millennium Therapy 10:30 Manicures 1:00 Canvas Painting- winter scene (AA) New Year's Eve	 <h1>December 2024</h1> <h2>Birkwood Village Tama/Toledo</h2>			

ALL ACTIVITIES ARE SUBJECT TO CHANGE green = downstairs (DR= dining room) blue= (activities area= AA or FR= fitness room)