



DECEMBER ELDER ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>(Meal Site)</u> Chair yoga - 1:30pm	2 At GLENEA	3 <u>(Meal Site)</u> Bingo 1:30pm	4 <u>(Meal Site)</u> 1) Cookie Decorating 10:30pm	5 (Walmart De Pere & Lunch) (9:45am Start Shuttle Pickup 10 Max)
8 <u>(E.C.R. & Meal Site)</u> 1) Corn Hole: 1:30pm	9 <u>(E.C.R.)</u> 1) <i>Crafts Day at: 10:30am</i> ONCOA MEETING 1:00pm	10 <u>(Meal Site)</u> 1) Exercise: Chair Exercise/ walk-10:30am Memory Café day 1:00pm	11 <u>(E.C.R. & Meal Site)</u> 1) Game Day: 10am 500 Rummy 2)Activity/Game 1:30 am	12 (Bay Park & Lunch) (9:45am Start Shuttle Pickup 10 Max)
15 <u>(Outing)</u> Thrift shopping & Lunch Day: 9:30am	16 (Bay Park Square) 2) Movie Theater Day After- noon movies	17 <u>(Meal Site)</u> Ugly Sweater Day Bingo 1:30pm	18 <u>(E.C.R.)</u> 1) Gary W/making poetry with words activity 10:30am	19 <u>(Meal Site)</u> Elder Christmas Party 1:00—3:00pm
22 (Meal Site) 2) Badminton: 1:30pm	23 <u>(Meal Site)</u> Present Wrapping— 9:00am ONCOA MEETING 1:00pm	24 <u>(Meal Site)</u> Present Wrapping— 9:00am Half of Day Christmas Eve	25 Closed 	26 (Woodman's) (9:45am Start Shuttle Pickup 10 Max)
29 <u>(Outing)</u> Book Store Afternoon 1:15pm	30 <u>(E.C.R. & Meal Site)</u> 1) Coloring 10:30am 2) Chair Volleyball: 1:30pm	31 <u>(Meal Site)</u> 1) Exercise: Chair Exercise/ walk-10:30am 2) News Years Bingo 1:30pm		

****Activities are subject to change if necessary * *ACTIVITIES FOR ELDERS 55 & OLDER * INFORMATION ABOUT EACH ACTIVITY IS LOCATED IN THE ACTIVITY BINDER FOUND AT THE MEALSITE OF AJNH** ALL ONCOA MEETINGS WILL BE HELD IN THE ELDER CONFERENCE ROOM @ Aging & Disability STARTING AT 1:00PM. OPEN TO ALL ELDERS** **Contact Luwatiya'takenhas Crystal Danforth If you have any questions: 920-869-2448 Ext: 6831 or Cdanfo13@oneidanation.org****