

**Westminster at Lake Ridge**

**Assisted Living Engaged Living**

**December 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CALENDAR IS SUBJECT TO CHANGE</b></p> <p><i>Please refer to the AL Dining Room board for daily program changes.</i></p>	<p><b>December Birthdays</b>                      Ruth Gerlach 12/6                      Ramona Thompson 12/15                      Sally Ray 12/16                      Lora Watson 12/20                      Ann Henry 12/26                      Monique Price 12/31</p>	<p><b>AL Activity Locations:</b>                      A-Atrium                      D-Den                      DR- AL Dining Room                      FDR-Family Dining                      G-Great Room                      GR-Game Room                      H-Hearth                      S-Study</p>	<p><b>Activities/Events off AL</b>                      CH-Chapel                      HR-Harbor Room                      PR-Potomac Room                      ML-Main Lobby                      NC-Nursing Center                      P-Health Center Patio                      MDR-Main Dining Room                      RS-Resident Services</p>			<p>10:45 Exercise-NC                      11:30 Weekend Brain Games-NC                      3:00 Mount Vernon Brass-NC</p>
<p>10:30 Catholic Communion-CH                      4:00 Chapel Service-CH</p> 	<p>10:00 Morning Exercise-A                      10:30 Catholic Mass-CH                      11:00 Arts and Crafts-G                      2:15 Spa Cart                      3:30 Drinks &amp; Trivia-GR                      7:30 Prince William Community Band-PR</p>	<p>10:00 Morning Exercise-A                      10:45 Day in History-A                      11:00 Kangaroo Words-A                      2:00 Art with Ron                      3:00 Tea Time-A                      7:30 Lake Ridge Chorale-PR</p>	<p>10:00 Morning Exercise-A                      10:30 Rosary Group-CH                      10:45 Good News-A                      11:00 Bible Study-S                      2:15 Puzzles with Friends-GR                      3:30 Resident Association-PR                      3:30 Social Hour-GR                      6:45 Game Night-A</p>	<p>10:00 Morning Exercise-A                      10:45 Wellness Info-A                      11:00 What's Cooking- A                      11:00 Episcopal Service-CH                      2:15 Story Time-GR                      3:30 Singing with Friends -NC</p>	<p>10:00 Morning Exercise-A                      11:00 Dining Committee-G                      2:15 Planet Earth-GR                      3:30 TGIF Gathering-GR</p>	<p>10:45 Morning Exercise-A                      11:15 Holiday Trivia-A                      2:00 Bingo-A                      4:00 Movie Matinee-H                      7:00 Soprano Concert with Nancy Smith-CH</p>
<p>10:30 Catholic Communion-CH                      4:00 Chapel Service-CH</p>	<p>10:00 Morning Exercise-A                      11:00 Arts and Crafts-G                      2:15 Spa Cart                      3:30 Drinks and Trivia-GR</p>	<p>10:00 Morning Exercise-A                      10:45 Day in History-A                      11:00 Kangaroo Words-A                      2:00 Art with Ron                      3:00 Tea Time-A</p>	<p>10:00 Morning Exercise-A                      10:30 Rosary Group-CH                      10:45 Good News-A                      11:00 Bible Study-S                      2:15 Gingerbread Houses- A                      3:30 Social Hour-GR                      7:30 Mount Vernon Concert Band-PR</p>	<p>8:30 Men's Breakfast-PR                      10:00 Morning Exercise-A                      10:45 Wellness Info-A                      11:00 What's Cooking- A                      11:00 Episcopal Service-CH                      2:15 Puzzle Time-A                      3:30 Singing with Friends -NC                      4:00 Health Care Roundtable</p>	<p>10:00 Morning Exercise-A                      11:00 Steven Gellman-NC                      2:15 Ancient Civilizations-GR                      3:30 TGIF Gathering-GR                      6:30 Game Night-A</p>	<p>10:45 Exercise-NC                      11:00 Jingo-NC                      2:30 Birthday Social-NC                      7:00 Westminstrels-Lessons And Carole's-PR</p>
<p>10:30 Catholic Communion-CH                      4:00 Chapel Service-CH</p>	<p>10:00 Morning Exercise-A                      11:00 Arts and Crafts-G                      2:15 Spa Cart                      3:30 Drinks &amp; Trivia-GR</p>	<p>10:00 Morning Exercise-A                      10:45 Day in History-A                      11:00 Art Appreciation-HR                      2:00 Art with Ron                      3:00 Tea Time-A</p>	<p>10:00 Morning Exercise-A                      10:30 Rosary Group-CH                      10:45 Good News-A                      11:00 Bible Study-S                      12:00 Chef Jeff-Action Station                      2:15 Hard Candy Taste Test-GR                      3:30 Director's Dialogue-PR                      3:30 Social Hour-GR</p>	<p>10:00 Morning Exercise-A                      10:45 Wellness Info-A                      11:00 Resident Council- A                      11:00 Episcopal Service-CH                      2:15 Story Time-GR                      3:30 Singing with Friends -NC</p>	<p>10:00 Morning Exercise-A                      11:00 Crossword Puzzles-GR                      2:15 Planet Earth-GR                      3:30 TGIF Gathering-GR</p>	<p>10:45 Morning Exercise-A                      11:15 Kangaroo Words-A                      2:00 Bingo-A                      4:00 Movie Matinee-H</p>
<p>10:30 Catholic Communion-CH                      4:00 Chapel Service-CH</p>	<p>10:00 Morning Exercise-A                      11:00 Arts and Crafts-G                      2:15 Christmas Cookies-A                      3:30 Drinks &amp; Trivia-GR</p>	<p>10:15 Morning Exercise-A                      11:00 Kangaroo Words-A                      2:00 Holiday Movie-GR</p>	<p>10:00 Morning Exercise-A                      10:30 Rosary Group-CH                      10:45 Good News-A                      11:00 Bible Study-S                      2:00 Kwanzaa Presentation-PR                      3:30 Social Hour-GR                      6:45 Game Night- A</p>	<p>10:00 Morning Exercise-A                      10:45 Wellness Info-A                      11:00 What's Cookin'- A                      11:00 Episcopal Service-CH                      3:30 Singing with Friends -NC</p>	<p><b>GREEN DAY!</b>                      10:00 Morning Exercise-A                      11:00 Playing Cards- GR                      2:15 Ancient Civilizations-GR                      3:30 TGIF Gathering-GR                      6:30 Game Night-A</p>	<p>10:45 Exercise-NC                      11:00 Bingo-NC                      3:30 Sing-a-Long-NC</p>
<p>10:30 Catholic Communion-CH                      4:00 Chapel Service-CH</p>	<p>10:00 Morning Exercise-A                      11:00 Spa Cart                      2:15 Party Prep-A                      3:30 New Year's Eve Happy Hour-GR</p> 	<p><b>MERRY CHRISTMAS</b></p> 	<p><b>Kwanzaa</b>                      A Celebration of Family, Community and Culture</p>			