



Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p style="text-align: center; font-weight: bold;">1</p> <p>10:30 Morning Devotions - CH</p> <p>1:00 Afternoon Movie - TH</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 Afternoon Refreshments - CR</p>	<p style="text-align: center; font-weight: bold;">2</p> <p>7:45 Coffee Chats - CR 9:30 <i>Stretch & Strength</i> Exercise - CR</p> <p>10:45 Christmas Caroling with Ebenezer Ridges Preschool Friends</p> <p>1:15 Bible Study - CH</p> <p>2:00 <i>Sharing Life Stories</i> Video Project (Please sign up in the lobby)</p> <p>2:45 Christmas Sing Along - CR</p> <p>3:30 Happy Hour - CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">3</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>10:30 Catholic Communion - CH</p> <p>12:00 Special Holiday Lunch with Ebenezer Preschool Friends - CR</p> <p>2:00 Encouragement Group with Chaplain Darin - WR</p> <p>3:00 Happy Hour - CR</p> <p>6:00 This Land is Your Land Travel Talk with Amy: Hawaii - CR</p>	<p style="text-align: center; font-weight: bold;">4</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 Ebenezer Memorial Service - CR</p> <p>10:45 Life History Visits</p> <p>1:00 - 3:00 Social Worker Marlies V. Open Office Hours - 2nd floor</p> <p>1:30 Dime Bingo - CR</p> <p>*2:15 Eastview High School Theater Outing: Annie (Apple Valley)</p> <p>3:00 Popcorn Social - CR</p> <p>6:30 Catholic Rosary - CH</p>	<p style="text-align: center; font-weight: bold;">5</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 SAIL Fitness Class - CR</p> <p>10:45 Brain Exercise Game: <i>Wheel of Fortune</i> - CR</p> <p>1:15 MacPhail Center for Music "Music for Life" Program - CR</p> <p>2:00 Manicures (By Appt. - 2nd floor)</p> <p>2:30 Pet Visits with Scruffy</p> <p>3:00 Apple Cider Hot Toddy Social-CR</p> <p>6:00 Music Videos with Erin - CR</p>	<p style="text-align: center; font-weight: bold;">6</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>10:45 In the News - CR</p> <p>*1:00 Shopping Outing: Target (Burnsville)</p> <p>1:30 Christmas Music Trivia with Ashley - CR</p> <p>3:00 Christmas Cookie Social-CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">7</p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p>10:30 Cards & Games - CR</p> <p>10:45 Friendship Visits</p> <p>1:00 Showcase of 1940's & 50's Actors/Actresses with Amy - CR</p> <p>3:00 Afternoon Refreshments - CR</p>
<p style="text-align: center; font-weight: bold;">8</p> <p>10:30 Morning Devotions - CH</p> <p>1:00 Afternoon Movie - TH</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 Afternoon Refreshments - CR</p>	<p style="text-align: center; font-weight: bold;">9</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Stretch & Strength</i> Exercise - CR</p> <p>10:45 The Elf Project - WR</p> <p>1:15 Bible Study - CH</p> <p>2:00 Sharing Life Stories Video Project (Please sign up in the lobby)</p> <p>2:45 Arbor Lites Choir Practice-CR</p> <p>3:30 Happy Hour - CR</p> <p>6:00 Rick Steve's Travel Series - TH</p>	<p style="text-align: center; font-weight: bold;">10</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>*10:30 Anointing Catholic Mass - ECH</p> <p>1:00 Food Forum - WR</p> <p>1:30 Christmas Door Decoration Craft with Shari - CR</p> <p>3:15 Happy Hour - CR</p> <p>6:30 Holiday Music by Berean Baptist Church Bell Choir - CR</p>	<p style="text-align: center; font-weight: bold;">11</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 Communion Service - CR</p> <p>11:00 Art with Heart with Artists Debbie & Sue - WR</p> <p>*1:00 Outing: American Swedish Institute Holiday Tour</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 National Appetizer Day Social - CR</p> <p>6:30 Catholic Rosary - CH</p>	<p style="text-align: center; font-weight: bold;">12</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 SAIL Fitness Class - CR</p> <p>10:45 HealthRHYTHMS Drumming for Wellness - CR</p> <p>1:15 MacPhail Center for Music "Music for Life" Program - CR</p> <p>2:00 Manicures (By Appt. - 2nd floor)</p> <p>2:30 Pet Visits with Scruffy</p> <p>3:00 Apple Cider Social - CR</p> <p>6:00 Holiday Music Performance by the Apple Valley High School Chamber Singers - CR</p>	<p style="text-align: center; font-weight: bold;">13</p> <p>8:00 National Cocoa Day Holiday Hot Cocoa Bar - DR</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>10:45 In the News - CR</p> <p>*1:00 Shopping Outing: Cub Foods (Burnsville)</p> <p>1:15 7/11 Gift Grab Game - CR</p> <p>3:00 Farewell Social for Laura J. (Director of Health Services) - CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">14</p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p>*10:45 Lunch Outing: Taste of Scandinavia (Bloomington)</p> <p>1:30 Cards & Games - CR</p> <p>3:00 Afternoon Refreshments - CR</p>
<p style="text-align: center; font-weight: bold;">15</p> <p>10:30 Morning Devotions - CH</p> <p>1:00 Afternoon Movie - TH</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 <i>National Cupcake Day</i> Social - CR</p>	<p style="text-align: center; font-weight: bold;">16</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Stretch & Strength</i> Exercise - CR</p> <p>10:45 Christmas Ornament Craft with Ebenezer Preschool Friends-CR</p> <p>1:15 Bible Study - CH</p> <p>2:30 Holiday Sing Along and Social with Arbor Lites Choir - CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">17</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>*11:00 Ebenezer Ridges Intergenerational Birthday Party - Arbor Lane Community Room</p> <p>1:00 Resident Forum - CR</p> <p style="text-align: center; color: green; font-weight: bold;">4:30 - 7:30 Arbors Holiday Dinner Party</p>	<p style="text-align: center; font-weight: bold;">18</p> <p>7:45 Coffee Chats - CR</p> <p>*10:30 Ebenezer Ridges Campus Christmas Pageant - ECH</p> <p>1:00 - 3:00 Social Worker Marlies V. Open Office Hours - 2nd floor</p> <p>*1:00 Shopping Outing: Dollar Tree (Apple Valley)</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 Popcorn Social - CR</p> <p>6:30 Catholic Rosary - CH</p>	<p style="text-align: center; font-weight: bold;">19</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 SAIL Fitness Class - CR</p> <p>10:45 HealthRHYTHMS Drumming for Wellness - CR</p> <p>1:15 MacPhail Center for Music "Music for Life" Program - CR</p> <p>2:00 Manicures (By Appt. - 2nd floor)</p> <p>2:30 Pet Visits with Scruffy</p> <p>3:00 Apple Cider Social - CR</p> <p>6:00 Holiday Lights Scenic Drive</p>	<p style="text-align: center; font-weight: bold;">20</p> <p style="text-align: center; color: green; font-weight: bold;">National Christmas Sweater Day</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>11:00 Art with Heart with Artists Debbie & Sue - WR</p> <p>*1:00 Shopping Outing: Target (Burnsville)</p> <p>1:15 Christmas Cookie Decorating - WR</p> <p>3:00 Christmas Cookie Social - CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">21</p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p>10:00 Blood Pressure Clinic - 1st floor Nursing Office</p> <p>10:30 Christmas Traditions Tea & Discussion - CR</p> <p>1:30 Homemade Christmas Card Craft with Betsy - CR</p> <p>3:00 Afternoon Refreshments - CR</p> <p style="text-align: right; font-size: small;">Winter Begins</p>
<p style="text-align: center; font-weight: bold;">22</p> <p>10:30 Morning Devotions - CH</p> <p>1:00 Afternoon Movie - TH</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 <i>National Date Nut Bread Day</i> Social - CR</p>	<p style="text-align: center; font-weight: bold;">23</p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p>10:45 Christmas Bingo with Ebenezer Preschool Friends - CR</p> <p>1:15 Bible Study - CH</p> <p>2:00 Sharing Life Stories Video Project (Please sign up in the lobby)</p> <p>2:45 Arbor Lites Choir Practice-CR</p> <p>3:30 Happy Hour - CR</p> <p>6:00 Rick Steve's Travel Series: European Christmas - TH <small>First Day of Hanukkah</small></p>	<p style="text-align: center; font-weight: bold;">24</p> <p>9:30 Christmas Eve Worship Service - CR</p> <p>10:15 Ladies Coffee Chats - DR</p> <p>1:00 Christmas Ornament Craft with Shari - WR</p> <p>3:00 <i>A Cup of Christmas Tea</i> Social - CR</p> <p>*6:00 Holiday Lights Scenic Drive</p>	<p style="text-align: center; font-weight: bold;">25</p> <p style="text-align: center; color: red; font-weight: bold;">MERRY CHRISTMAS!</p> <div style="text-align: center;">  </div> <p>2:00 Christmas Movie - TH</p> <p style="text-align: center; font-size: small;">Christmas</p>	<p style="text-align: center; font-weight: bold;">26</p> <p>9:30 SAIL Fitness Class - CR</p> <p>10:45 Christmas Trivia & Discussion - CR</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 Apple Cider Social - CR</p> <p>6:00 Music Videos with Erin - CR</p> <p style="text-align: center; font-size: small;">Kwanzaa Begins</p>	<p style="text-align: center; font-weight: bold;">27</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p>10:45 In the News - CR</p> <p>*1:00 Shopping Outing: Cub Foods (Burnsville)</p> <p>1:15 Christmas Cookie Decorating - WR</p> <p>3:00 Christmas Cookie Social-CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">28</p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p>10:45 Photo/Travel Stories with Erin - CR</p> <p>1:30 National Short Film Day Activity - CR</p> <p>3:00 Afternoon Refreshments - CR</p>
<p style="text-align: center; font-weight: bold;">29</p> <p>10:30 Morning Devotions - CH</p> <p>1:00 Afternoon Movie - TH</p> <p>1:30 Dime Bingo - CR</p> <p>3:00 Afternoon Refreshments - CR</p>	<p style="text-align: center; font-weight: bold;">30</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Stretch & Strength</i> Exercise - CR</p> <p>10:45 Silly Songs with Ebenezer Preschool Friends - CR</p> <p>1:15 Bible Study - CH</p> <p>2:00 Sharing Life Stories Video Project (Please sign up in the lobby)</p> <p>2:45 Arbor Lites Choir Practice-CR</p> <p>3:30 Happy Hour - CR</p> <p>6:00 Evening Movie - TH</p>	<p style="text-align: center; font-weight: bold;">31</p> <p>7:45 Coffee Chats - CR</p> <p>9:30 <i>Balance</i> Exercise Class - CR</p> <p>10:45 Brain Exercise Game: Wheel of Fortune - CR</p> <p>1:00 Life History Visits</p> <p>2:30 New Year's Eve Social with Music by Tim & Josh - CR</p> <p>6:00 Evening Movie: New Year's Eve - TH</p> <p style="text-align: center; font-size: small;">New Year's Eve</p>	<h1 style="margin: 0;">December 2019</h1> <h2 style="margin: 0; color: red;">Arbors at Ridges Events Calendar</h2>			