








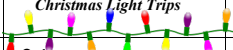









Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Activities Done By</i> <i>Activities Coordinator</i> <i>Ashton Place Staff</i> <i>PCA-Personal Care Aid or RSA-</i> <i>Resident Service Assistant</i></p> <p><i>Activities Director-Amy Donk</i> <i>315-462-7058</i></p> 	<p>1</p> <p>Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Family Dollar Shopping -Sign Up 1:00 Peddle Power-RL 2:00 Annual Christmas Tree Decorating Social-ICA</p>	<p>2</p> <p>9:00 Church Service with Brian-RL Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Library Book Exchange-CB 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p>3</p> <p>Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Skipbo-2CA Table 1:00 Volleyball-RL <i>Candy Cane Day!-CR</i> 2:00 Candy Cane Craft 2:30 Peppermint Sundaes 3:00 Candy Cane Games</p> 	<p>4</p> <p>Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Kickball-RL</p> <p>OUTING DAY! 1:00 Eastview Mall Shopping Trip!-Sign Up 3:00 Silver Sneakers Fitness-RL</p>	<p>5 <i>Festive Friday!</i> <i>8:00-10:00-Local Shopping!</i> 9:00 Catholic Mass with Father Amato-RL Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 2:00 Afternoon Music with Standard Tiem Duo-ICA <i>6:30 4-H Group Christmas Fun!-CR</i></p> 	<p>6</p> <p>9:15 Exercise Video Coffee Bar Area or Channel 94 by RSA 10:00 Bible Study with Sally & Dot-CR <i>1:00 Christmas Piano Recital-2CA</i></p>
<p>7</p> <p>10:00 Exercise Class Video -CB or Channel 94 -by RSA 1:30 Game Time Fun-CR Blank Slate With Sean 1:00 Bills vs. Bengals Game-RL</p> 	<p>8</p> <p>Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Rummikub-2CA 1:00 Hall Walk-Lobby 2:00 <i>Christmas Traditions...</i> An Afternoon of Christmas Making and Baking Day!-CR Craft and Sweet Treat!</p>	<p>9</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Kickball-RL 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p> 	<p>10</p> <p>7:30-8:30 <i>Waffle Wednesday-DR</i> 8:00-12:00 Podiatry Clinic-Salon Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Rackbo-2CA Table 1:00 Volleyball-RL <i>Grinch Day!</i> 2:00 Grinch Baking & Making-CR 2:30 Grinch Games-CR 3:00 "The Grinch" Social-RL</p> 	<p>11</p> <p>9:00 <i>Blood Pressure Check-CB</i> Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p> <p>OUTING DAY! 11:00 Montezuma Winery Lunch, etc. (\$\$\$) 2:00 Canandaigua Shopping! 3:00 Silver Sneakers Fitness-RL</p>	<p>12 <i>Festive Friday!</i> <i>8:00-10:00-Local Shopping!</i> Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Chef Thyme-CR 12:30 Afternoon Music with Aaron Karpalla and Claudia-2CA</p> 	<p>13</p> <p>9:15 Exercise Video Coffee Bar Area or Channel 94 by RSA 10:00 Bible Study with Sally & Dot-CR 2:30 Snack Shack Cart -CB (with PCA)</p>
<p>14</p> <p>10:00 Exercise Class Video -CB or Channel 94-by RSA 1:00 Sunday Funday Football Social-RL Bills vs. Patriots 1:30 Game Time Fun-CR Blank Slate With Sean</p> 	<p>15</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 1:00 Peddle Power-RL 2:00 <i>Gingerbread House Competition-CR</i></p> 	<p>16</p> <p>9:00 Church Service with Brian-RL Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 1:00 Library Book Exchange-CB 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p>17</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Skipbo-2CA Table 1:00 Volleyball-CR 2:00 <i>Christmas Play-ICA</i> "Twas The Night" <i>Christmas Light Trips</i></p> 	<p>18</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p> <p>OUTING DAY! 11:00 Warfield's Christmas Lunch Outing-Sign Up (\$\$\$) 2:00 Wal-Mart Shopping-Sign Up</p>	<p>19 <i>Festive Friday!</i> <i>8:00-10:00-Local Shopping!</i> Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 <i>Midlakes Jazz Performance-ICA</i> 2:00 Afternoon Music with MIKE SIDOTTI-ICA</p> 	<p>20</p> <p>9:15 Exercise Video -Coffee Bar Area or Channel 94 by RSA 10:00 Bible Study with Sally & Dot-CR 1:00 Sit n Craft-CB 2:00 Saturday Matinee-RL</p>
<p>21</p> <p>10:00 Exercise Class Video -CB or Channel 94 by RSA 1:00 Sunday Funday Football Social-RL Bills vs. Browns 1:30 Game Time Fun-CR Blank Slate With Sean</p>	<p>22</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Rummikub-2CA 1:00 Hall Walk-Lobby 2:00 <i>Christmas Pajama Party-RL</i></p> 	<p>23</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Kickball-RL 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p>24</p> <p>9:00 <i>Blood Pressure Check-CB</i> Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Racko-2CA Table 1:00 Christmas Music with Michael Burrell-ICA</p>	<p>25</p> 	<p>26</p> <p>8:00-10:00-Local Shopping! Exercise Class-RL 10:00 Moderate Exercise 10:30 Advanced Exercise 2:00 Afternoon Music With STEVE WEST-ICA</p> 	<p>27</p> <p>9:15 Exercise Video -Coffee Bar Area or Channel 94 by RSA 2:30 Snack Shack Cart -CB (with PCA)</p>
<p>28</p> <p>10:00 Exercise Class Video -CB or Channel 94 by RSA 1:30 Game Time Fun-CR Blank Slate With Sean 4:25 Bills vs. Eagles Game-RL</p> 	<p>29</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Rummikub-2CA 1:00 Peddle Power-Lobby 1:30 Monthly Resident Meeting-DR 2:00 EHP Resident Meeting-DR 2:30 December Birthday Party-RL</p> 	<p>30</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p>31</p> <p>Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Skipbo-CR 1:00 Volleyball-RL 2:00 Afternoon Music with New Reflections-ICA</p> 	<p><i>Location Key:</i> RL-Resident Lounge CR-Craft Room CB-Coffee Bar ICA-1st Floor Core Area 2CA-2nd Floor Core Area DR-Dining Room DP-Dining Room Patio PDR-Private Dining Room \$\$\$-Resident Expense</p>	<p><i>Happy Birthday To...</i> 2nd-Sue F. 7th-Larry L. 14th-Jessie R. 17th-Mike M. 20th-Sally N.</p> 