




Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meadowbrook 2018 Dirigo Pines (207)866-3400						1 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:30 Masanobu Ikemiya
2 Hanukkah Begins 2:00 Lorna Grenfell, Church of Universal Fellow- ship	3 10:00 Sittercise 10:30 Kickball 2:00 Baking With Helen	4 10:30 Exercise 10:55 Hydration 11:00 Kickball 1:30 Baking & Decorating Holiday Cookies 6:30 Bible Study 7:15 Tim Caverly	5 10:00 Sittercise 10:30 Kickball 2:00 Holiday Art & Music	6 10:00 Maizy Visit 2:00 *Chair Dancing 4:00 Holiday Open House & Tree Lighting with Fire- side Strings	7 10:00 Sittercise 10:30 Kickball 2:00 Balloon Volleyball 7:15 New Renaissance Singers	8 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Fran and Dave 2:00 Making Gingerbread Houses
9 2:00 *Hymns	10 10:00 Sittercise 10:30 Kickball 12:00 Clayton Rogers 2:00 Clayton Rogers	11 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Brian McLellan 7:00 Ten Bucks Theatre Company, <i>A Christmas Carol</i>	12 9:00 YMCA Carolers 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Duane Nickerson	13 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Baking Hot Cocoa Cake 7:15 Church of Universal Fellowship Handbell Choir	14 10:00 Sittercise 10:30 Kickball 2:00 December Birthday Party	15 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 North Country Strings
16 2:00 Inter Church Minis- tries Service	17 10:00 Sittercise 10:30 Kickball 2:00 Crafts with Helen	18 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 What's in the Stock- ing? 6:30 Bible Study 7:15 Little Big Band	19 10:00 Sittercise 10:30 Kickball 12:00 Dave Mussey 2:00 Snowman Slam Game	20 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Snowfall Painting	21 Winter Begins 10:00 Sittercise 10:30 Kickball 2:00 *Karaoke	22 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Holiday Paint by Numbers & Music
23 2:00 Inter Church Minis- tries Service	24 10:00 Sittercise 10:30 Kickball 2:00 Games with Helen	25 Christmas 	26 10:00 Sittercise 10:30 Kickball 2:00 Indoor Walks	27 10:00 Art with Janice 2:00 *New Year's History & Trivia	28 10:00 Sittercise 10:30 Kickball 2:00 Quilt Craft	29 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Chocolate Taste Testing
30 2:00 Inter Church Minis- tries Service	31 New Year's Eve 10:00 Sittercise 10:30 Kickball 2:30 Resident Council 7:00 New Year's Eve Party					