



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast: 8am Lunch: 11:30am Dinner: 5pm</p> <p>COLOR KEY</p> <p>One-Time Event Crafty / Creative Sensory Outing Social / Philanthropic Physical / Games Music 🎵 Spiritual Intellectual</p> <p>Resident Birthdays</p> <p>Harry C. 12/5 Susan M. 12/7 Bert R. 12/17 Leon B. 12/20 Terri O. 12/27 Diane P. 12/27 Sharron D. 12/29</p>	<p>Due to resident preferences, activities are subject to change.</p>	<p>155 East Kellogg Road Bellingham, WA 98226 360-671-1459</p>	<p>10:00 Morning Musings 1</p> <p>11:00 Purple/Blue Group Exercise</p> <p>11:00 Resident Council Survey</p> <p>1:30 Purposeful Living Activities</p> <p>3:30 Hydration Cart</p>	<p>10:00 Morning Musings 2</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Bingo</p> <p>3:30 Ice Cream Truck</p>	<p>10:00 Morning Musings 3</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Craft Club</p> <p>3:30 Hydration Cart</p> <p>6:00 Holiday Light Drive</p>	<p>Festive Wear Friday 4</p> <p>10:00 Morning Musings</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Marvelous Manicures</p> <p>3:30 Ice Cream Truck / Mobile Happy Hour</p>	<p>10:00 Morning Musings 5</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Jeopardy</p> <p>3:30 Hydration Cart</p> <p>6:00 Green, Purple, & Orange Bingo</p>
	<p>10:00 Morning Musings 6</p> <p>11:00 Rhythmic Exercise</p> <p>1:30 Worship Service 🎵</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Cart</p>	<p>10:00 Morning Musings 7</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Scenic Drive</p> <p>3:30 Ice Cream Truck</p> <p>6:00 Red, Yellow, & Blue Bingo</p>	<p>10:00 Morning Musings 8</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:30 Hydration Cart</p>	<p>10:00 Morning Musings 9</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Bingo</p> <p>3:30 Ice Cream Truck</p>	<p>Hanukkah 10</p> <p>10:00 Morning Musings</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Craft Club</p> <p>3:30 Hydration Cart</p> <p>6:00 Holiday Light Drive</p>	<p>Festive Wear Friday Hanukkah 11</p> <p>10:00 Morning Musings</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Marvelous Manicures</p> <p>3:30 Ice Cream Truck / Mobile Happy Hour</p>	<p>Hanukkah 12</p> <p>10:00 Morning Musings</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Jeopardy</p> <p>3:30 Hydration Cart</p> <p>6:00 Green, Purple, & Orange Bingo</p>
	<p>Hanukkah 13</p> <p>10:00 Morning Musings</p> <p>11:00 Rhythmic Exercise</p> <p>1:30 Worship Service 🎵</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Cart</p>	<p>Hanukkah 14</p> <p>10:00 Morning Musings</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Scenic Drive</p> <p>3:30 Ice Cream Truck</p> <p>6:00 Red, Yellow, & Blue Bingo</p>	<p>Hanukkah 15</p> <p>10:00 Morning Musings</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:30 Hydration Cart</p>	<p>Hanukkah 16</p> <p>10:00 Morning Musings</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Bingo</p> <p>3:30 Ice Cream Truck</p>	<p>Hanukkah 17</p> <p>10:00 Morning Musings</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Craft Club</p> <p>3:30 Hydration Cart</p> <p>6:00 Holiday Light Drive</p>	<p>Festive Wear Friday Hanukkah 18</p> <p>10:00 Morning Musings</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Marvelous Manicures</p> <p>3:30 Ice Cream Truck / Mobile Happy Hour</p>	<p>10:00 Morning Musings 19</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Jeopardy</p> <p>3:30 Hydration Cart</p> <p>6:00 Green, Purple, & Orange Bingo</p>
	<p>"You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens." ~Mandy Hale</p> <p>highgateseniorliving.com</p>	<p>10:00 Morning Musings 20</p> <p>11:00 Rhythmic Exercise</p> <p>1:30 Worship Service 🎵</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Cart</p>	<p>Winter Solstice 21</p> <p>10:00 Morning Musings</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Scenic Drive</p> <p>3:30 Ice Cream Truck</p> <p>6:00 Red, Yellow, & Blue Bingo</p>	<p>10:00 Morning Musings 22</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:30 Hydration Cart</p>	<p>Holiday Family Events 23</p>	<p>Christmas Eve Holiday Family Events 24</p> <p>6:00 Holiday Light Drive</p>	<p>Christmas Day Festive Wear Friday Holiday Family Events 25</p>
	<p>10:00 Morning Musings 27</p> <p>11:00 Rhythmic Exercise</p> <p>1:30 Worship Service 🎵</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Cart</p>	<p>10:00 Morning Musings 28</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Scenic Drive</p> <p>3:30 Ice Cream Truck</p> <p>6:00 Red, Yellow, & Blue Bingo</p>	<p>10:00 Morning Musings 29</p> <p>11:00 Purple/Blue Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:30 Hydration Cart</p>	<p>10:00 Morning Musings 30</p> <p>11:00 Yellow/Orange Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Bingo</p> <p>3:30 Ice Cream Truck</p>	<p>New Year's Eve 31</p> <p>10:00 Morning Musings</p> <p>11:00 Green/Red Group Exercise</p> <p>1:30 Purposeful Living Activities</p> <p>3:00 Craft Club</p> <p>3:30 Hydration Cart</p> <p>6:00 Holiday Light Drive</p>	 <p>EXPAND YOUR PURPOSE</p> <p>EXPAND HORIZONS REACH FARTHER BUILD BRIDGES FORGE RELATIONSHIPS</p>	