



109 North Keene Street
Columbia, MO 65201
573-443-2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise w/ Jamie - 10 people [AR]</p> <p>10:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>11:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>2:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>3:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>2</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Cardio Drumming Exercise 10 people [AR]</p> <p>10:00 ♥ Blood Pressure Checks [AR]</p> <p>10:30 🦋 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Sip and Paint- class of 10 people [AR]</p> <p>3:00 🦋 Sip and Paint - Class of 10 people [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🚫 On the Go Word Search Fun [AR]</p>	<p>3</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise w/ Bands 10 people [AR]</p> <p>10:00 🚫 Crossword Sheets</p> <p>10:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>11:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>2:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>3:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>4</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Cookie Day</p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing- 10 people [AR]</p> <p>11:00 🚫 Billiard Play [GR]</p> <p>2:00 🦋 Friday Night Farkle Party 10 players [AR]</p> <p>3:30 🦋 Friday Night Farkle Party 10 players [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 ♥ Evening Walk</p>	<p>5</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Sit and Dance [AR]</p> <p>2:00 🦋 Music w/ Banastre/ Social Distance [AT]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p>6</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Sittercise in room</p> <p>11:00 🚫 On the Go Trivia</p> <p>2:00 🦋 Sunday Sing-A -Long w/ Mr. Carl Glover / Social Distance [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:45 ☆ In Room Bible Study [CH]</p>	<p>7</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>Holiday Nail Bar</p> <p>National Pearl Harbor Remembrance Day</p> <p>9:30 ♥ Exercise Video [AR]</p> <p>11:00 ♥ Hallway Group Walking</p> <p>2:00 🚫 Corn Hole Bean Bag Toss 10 players [AR]</p> <p>3:00 🦋 Quiddler Card Game [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:30 🚫 Puzzle Fun</p>	<p>8</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Brownie Day</p> <p>9:30 ♥ Exercise w/ Jamie - 10 people [AR]</p> <p>10:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>11:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>2:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>3:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>9</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Mary Benton</p> <p>9:30 ♥ Cardio Drumming Exercise 10 people [AR]</p> <p>10:00 ♥ Blood Pressure Checks [AR]</p> <p>10:30 🦋 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Christmas Tree Canvas Art w/ Music [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🚫 On the Go Word Search Fun [AR]</p>	<p>10</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise w/ Weights 10 people [AR]</p> <p>10:00 🚫 Crossword Sheets</p> <p>10:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>11:00 🚫 Washers- 10 people only 6 feet apart [AR]</p> <p>2:00 🦋 Bingo - up to 10 players Orange Phase [AR]</p> <p>3:00 🦋 Gratitude Gallery w/ Hearts -n- Harmony [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>11</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing 10 people [AR]</p> <p>11:00 🚫 Billiard Play [GR]</p> <p>2:00 🦋 Friday Night Farkle Party 10 players [AR]</p> <p>3:30 🦋 Friday Night Farkle Party 10 players [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 ♥ Evening Walk</p>	<p>12</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Sit and Dance [AR]</p> <p>2:00 🦋 Music w/ Sheila Murray around the piano / Social Distance [AT]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p>13</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Lucia Rombach!</p> <p>9:30 ♥ Sittercise in room</p> <p>11:00 🚫 On the Go Trivia</p> <p>2:00 🦋 Sunday Afternoon Card Games - Open Play [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:45 ☆ In Room Bible Study [CH]</p>	<p>14</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise Video [AR]</p> <p>11:00 ♥ Hallway Group Walking</p> <p>2:00 🦋 Open Card Games [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:30 🚫 Puzzle Fun</p>	<p>15</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Lemon Cupcake Day</p> <p>9:30 ♥ Exercise w/ Jamie [AR]</p> <p>10:00 🚫 Washers [AR]</p> <p>11:00 🦋 Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Bingo [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>16</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Cardio Drumming Exercise [AR]</p> <p>10:00 ♥ Blood Pressure Checks [AR]</p> <p>10:30 🦋 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Resident Meeting [AR]</p> <p>2:30 🦋 Joyful Noise - Christmas Karaoke w/ John and Tara [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🚫 On the Go Word Search Fun [AR]</p>	<p>17</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise w/ Bands [AR]</p> <p>10:00 🚫 Crossword Sheets</p> <p>10:00 🚫 Washers</p> <p>2:00 🦋 Bingo [AR]</p> <p>3:00 🦋 Food Committee Meeting [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>18</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Ugly CHRISTMAS Sweater Day</p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 🚫 Billiard Play [GR]</p> <p>11:00 ☆ Cooking Corner w/ Miguel and Tod [AR]</p> <p>2:00 🦋 Friday Night Farkle Party [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 ♥ Evening Walk</p>	<p>19</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Sit and Dance [AR]</p> <p>2:00 🦋 Music w/ Herman Hall / Social Distance [AT]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p>20</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Sittercise in room</p> <p>11:00 🚫 On the Go Trivia</p> <p>2:00 🦋 Sunday Afternoon Card Games - Open Play [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:45 ☆ In Room Bible Study [CH]</p>	<p>21</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday James Parker!</p> <p>Holiday Nail Bar</p> <p>9:30 ♥ Exercise Video [AR]</p> <p>11:00 ♥ Hallway Group Walking</p> <p>2:00 🚫 Corn Hole Bean Bag Toss [AR]</p> <p>3:00 🦋 Quiddler Card Game [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:30 🚫 Puzzle Fun</p>	<p>22</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise w/ Jamie [AR]</p> <p>10:00 🚫 Washers [AR]</p> <p>11:00 🦋 Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Bingo [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 📷 Christmas Light Tour 8 people per ride (Sign Up) Yellow Phase</p>	<p>23</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Cardio Drumming Exercise [AR]</p> <p>10:00 ♥ Blood Pressure Checks [AR]</p> <p>10:30 🦋 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Quiddler Card Game [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 📷 Christmas Light Tour 8 people per ride (Sign Up) Yellow Phase</p> <p>7:00 🚫 On the Go Word Search Fun [AR]</p>	<p>24</p> <p>Christmas Eve</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Egg Nog Day</p> <p>9:30 ♥ Exercise w/ Weights [AR]</p> <p>10:00 🚫 Crossword Sheets</p> <p>10:00 🚫 Washers</p> <p>2:00 🦋 Christmas Bingo and Egg Nog [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 📷 Christmas Light Tour 8 people per ride (Sign Up) Yellow Phase</p>	<p>25</p> <p>Christmas Day</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Pumpkin Pie Day</p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 🚫 Billiard Play [GR]</p> <p>2:00 🦋 Friday Night Farkle Party [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🦋 Christmas Movie and Popcorn [TV]</p> <p>11:00 🚫 Christmas Carol Pictionary [AR]</p>	<p>26</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Thank You Note Day</p> <p>9:30 ♥ Sit and Dance [AR]</p> <p>2:00 🦋 Music w/ BJ Davis / Social Distance [AT]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🦋 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p>27</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Sittercise in room</p> <p>11:00 🚫 On the Go Trivia</p> <p>2:00 🦋 Sunday Afternoon Card Games - Open Play [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:45 ☆ In Room Bible Study [CH]</p>	<p>28</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Exercise Video [AR]</p> <p>11:00 ♥ Hallway Group Walking</p> <p>2:00 🦋 Open Card Games [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:30 🚫 Puzzle Fun</p>	<p>29</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Carl Glover!</p> <p>9:30 ♥ Exercise w/ Jamie [AR]</p> <p>10:00 🚫 Washers [AR]</p> <p>11:00 🦋 Fireside Coffee Meet Up [DN]</p> <p>2:00 🦋 Bingo [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p>	<p>30</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 ♥ Cardio Drumming Exercise [AR]</p> <p>10:00 ♥ Blood Pressure Checks [AR]</p> <p>10:30 🦋 Neighborly Fireside Coffee Meet Up [DN]</p> <p>11:00 ☆ New Year Resolutions and Noise Makers [AR]</p> <p>2:00 🚫 Quiddler [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>7:00 🚫 On the Go Word Search Fun [AR]</p>	<p>31</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Champagne Day</p> <p>New Year's Eve</p> <p>9:30 ♥ Exercise w/ Bands [AR]</p> <p>10:00 🚫 Crossword Sheets</p> <p>10:00 🚫 Washers</p> <p>2:00 🦋 Bingo [AR]</p> <p>4:00 🦋 Before Dinner Coffee Social Hour [AT]</p> <p>6:30 🦋 New Years Celebration w/ Bernard Ross [AT]</p>	<p>Location Keys</p> <p>Activity Room AR</p> <p>Atrium AT</p> <p>Chapel CH</p> <p>Dining Area DN</p> <p>Game Room GR</p> <p>TV Room TV</p> <p>📷 Be Adventurous</p> <p>🚫 Be Challenged</p> <p>🦋 Be Connected</p> <p>🦋 Be Family</p> <p>☆ Be Inspired</p> <p>🦋 Be Social</p> <p>♥ Be Well</p>	