

DECEMBER VALLEY HEIGHTS ACTIVITY CALENDAR 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Activities and events subject to change. Please read flyers and bulletins for details.</p>		<p>RESIDENT HOLIDAY PARTY <i>Wednesday, December 6 at Noon in Valley Heights Dining Room</i> Celebrate the start of the holidays with your neighbors at a special event on Wednesday, December 6. A delicious collection of desserts will be available with coffee, tea or hot cocoa to drink. The dining room will be bustling with holiday cheer at the Resident Holiday Party!</p>			<p>1 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 11:00 am Food Committee 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie</p>	<p>2 9:30 am Trader Joe's 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie</p>
<p>3 9:30 am - 12:30 pm Church Transportation 1:00 pm PV Historical Holiday Tea 1:00 pm Movie 7:30 pm Movie</p>	<p>4 9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Casino Night 7:30 pm Movie</p>	<p>5 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm David Field 7:30 pm Movie TREE TRIMMING PARTY @ SOCIAL HOUR</p>	<p>6 10 am DVD Lecture 10:00 am Shopping 10:00 am MND 2nd Graders Sing 12:00 am Resident Holiday Party 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>7 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>8 9 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 11:00 am Wheelchair/Walker Tune Up 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Mike Noonan 7:30 pm Movie SHARE YOUR HOLIDAY</p>	<p>9 10:30 am Ukulele Holiday Music Show 11:00 am Lunch at PV Golf Course 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>10 9:30 am - 12:30 pm Church Transportation 1:00 pm Wats. Comm. Band @ Mello 1:00 pm Movie 7:30 pm Movie</p>	<p>11 9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Casino Night 7:30 pm Movie</p>	<p>12 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:00 pm Podiatrist (Dr. Hyland) 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Young At Heart 7:30 pm Movie</p>	<p>13 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Welcome Lunch 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>14 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>15 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie</p>	<p>16 11:00 am Lunch at Palapas (Seascape) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>17 9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: 17 Mile Drive 3:00 pm Holiday Piano Recital 1:00 pm Movie 7:30 pm Movie</p>	<p>18 9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Casino Night 7:30 pm Movie</p>	<p>19 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie</p>	<p>20 10 am DVD Lecture 10 am Shopping 10:00 am Linscott 1st Graders Sing 11:00 am Resident Council 1:00 pm Bridge 6:15 pm Lights Outing 7:15 pm Lights Outing 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>21 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>22 10:00 am DVD Lecture 1:00 pm Shopping 2:00 pm Japanese Students Sing/Oragami 3:30 pm Social hour 3:30 pm Liz Fischer 7:30 pm Movie SHELF CONTEST</p>	<p>23 11:00 am Lunch at Calif. Grill (Watsonville) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>24 9:30 am - 12:30 pm Church Transportation 1:00 pm Movie 7:30 pm Movie</p>	<p>25 2-5 pm OPENSEATING 7:30 pm Movie MERRY CHRISTMAS!</p>	<p>26 9-12 pm Santa Cruz 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Bob Hughes 7:30 pm Movie</p>	<p>27 10:00 am DVD Lecture 10:00 am Shopping 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>28 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>29 10:00 am DVD Lecture 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Chris Ring 7:30 pm Movie</p>	<p>30 11:00 am Glaum Ranch (Aptos) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>31 9:30 am - 12:30 pm Church Transportation 1:00 pm Gzidich 1:00 pm Movie 7:30 pm New Year's Eve Party with Danceland</p>						

Happy Birthday!

Walter Resh	12/08
Sylvia Muszala	12/15
Joe Parker	12/15
Janet Blomquist	12/20
Carroll Smith	12/29

Join in the fun of trimming our beautiful Christmas Tree on Tuesday, December 5 at 3:30 PM (Social Hour).

"Share Your Holiday" is TV event hosted by the Salvation Army and KSBW TV-8. Collected items are used for people in need this holiday season on the Central Coast. For the 17th consecutive year, Valley Heights is collecting money, new items, as well as non-perishable food to be donated at this event. Donation barrels are located next to our Front Desk until Friday, December 8 (day of the event). If you have any questions about donating money, food, or clothing, please contact Lori in our Activities Department.

CHRISTMAS DAY at VALLEY HEIGHTS

Our amazing kitchen staff is preparing to serve an amazing Christmas Day feast at Valley Heights on Monday, December 25, 2017. Dinner will be served "Open Seating" from 2:00 - 5:00 PM. Please be certain to advise our Front Desk of your dinner plans.

Welcome to
Valley Heights-
Martha Powell

NEW YEAR'S EVE PARTY with DANCELAND

Following 2nd seating of dinner, join us for an evening of fun at our New Year's Eve Party. DANCELAND will be performing their special blend of dance music. Kick up your heels and dance the night away. We will celebrate the dawn of 2018 at 9 PM (celebrating at east coast time).