

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	3 10:30 Walking @ Y 2:30 Health & Wellness - Winter Safety	4 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	5 10 - 11:30 Creative Circles @ Augustana Church	6 1:30 - 3:30 Leisure Club - Sign Painting @ PHMH (Harvest Homes will join this event)	7 10:45 Road to Healthy Living @ PHMH 1:00 Bowling	
	10 10:30 Walking @ Y 2:30 Health & Wellness - What's a Whole Grain	11 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind		13 1:30 Leisure Club - Minute To Win It @ PHMH	14 Noon Christmas Birthday Club	
	17 10:30 Walking @ Y 2:30 Health & Wellness - Cholesterol - Just the Facts 5:00 Movie Night	18 9:00 Client Advisory Board 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	19 10 - 11:30 Creative Circles @ Augustana Church	20 1:30 Leisure Club - Holiday Surprise @ PHMH	21 10:45 Road to Healthy Living @ PHMH 1:00 Bowling	
	24 PHMH CLOSED 	25 PHMH CLOSED 	26 	27 1:30 Leisure Club - Hobby Lobby (meet at store)	28 10:45 Road to Healthy Living @ PHMH 1:00 Bowling	
	31 10:30 Walking @ Y 2:30 Health & Wellness - A Health New Year					