



# DECEMBER | 2025

## Jefferson Park Congregate Activities

Jefferson Park  
2125 E 10<sup>th</sup> St  
Jeffersonville IN 47130  
Site Mgr. Traci  
Lehman  
502-741-5477

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Performance Pelvic Floor Health 12:00-1:00 PM	<b>2</b> Bingo w/ Tim 12:00 – 1:00 PM	<b>3</b> Lunch Chat 10:00-12:00PM	<b>4</b> Lunch Chat 10:00-12:00PM	<b>5</b> Lunch Chat 10:00-12:00PM
<b>8</b> Christmas Decorations w/ Pro Rehab 12:00-1:00 PM	<b>9</b> Blood Pressure & Blood Sugar check w/ Nikki 12:00 PM & Bingo 2:00 PM	<b>10</b> Stuff a Bear RSVP 12:00-1:00 PM	<b>11</b> Purdue Nutrition Holiday Leftovers 12:00-1:00 PM	<b>12</b> Sarah w/ Lifespings Holiday Blues 12:00-1:00PM
<b>15</b> Lunch & Learn w/ Mike Brown 11:00 AM	<b>16</b> Bingo w/ Nikki 12:00 – 1:00 PM	<b>17</b> Nutrition Ed 12:00 PM	<b>18</b> Clark County Blood Pressure Check 10:00 – 12:00	<b>19</b> Christmas Party w/ LifeSpan 11-1:00 PM
<b>22</b> Chair Yoga w Avery & Bailey Pro Rehab 12:00-1:00 PM	<b>23</b> Mental Health Awareness 11:00 AM	<b>24</b> CLOSED	<b>25</b> CLOSED	<b>26</b> Lunch Chat 10:00-12:00PM
<b>29</b> Word Search 12:00 PM	<b>30</b> Word Search 12:00 PM	<b>31</b> CLOSED	<b>1</b> CLOSED	<b>2</b>



**Congregate Meal  
Site**

***Mental Health  
Awareness Month***

***Notes:***

**Lunch Served  
M-F @ 11:30  
Reservations  
Required w/ Week  
Ahead Notice**