

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



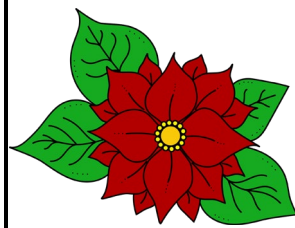
Assisted Living

December 2023

<p>9:15 Flex, Stretch and Meditate - RA 3</p> <p>10 Catholic Communion-GR</p> <p>10:00 Devotional Gathering with Dave - B</p> <p>1:00 Bingo Game - B</p> <p>3:00 Movers & Shakers Club</p> <p>5:30 Classical Music Night-TV</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 4</p> <p>10:15 Songs that Tell a Story, Piano & Sing-along w/ Cathy</p> <p>1:00 Holiday Prize Bingo with Jeremy of SCAN - B</p> <p>5:30 After Dinner Games with Friends - GR</p>	<p>9:30 Health and Wellness Exercise Class with Devon-RA 5</p> <p>1:00 Food & Demo Nutrition Class w/ Rachel - B</p> <p>2:30 Bingo Game - B</p> <p>5:30 Poker Game Night - GR</p>	<p>9:30 Seated Boxing Workout and Meditation-RA 6</p> <p>10:10 Veteran's Chat Cafe - B</p> <p>1-3:00 Serento Rosa's Santa's Workshop DIY: Wooden Ornaments & Hot Cocoa Social</p> <p>1:30 Catholic Communion-GR</p> <p>5:30 Evening Bible Study - RA</p>	<p>9:30 Spiritual Wellness: Yoga Stretch & Mindfulness Meditation - Ra 7</p> <p>10:30 Errands Day - BT</p> <p>1:00 Resident Council Meeting</p> <p>3:00 Christmas Cheer Cocktails Live Music by Elias</p> <p>5:30 Holiday Movie Night - B</p>	<p>9:30 StrongerU Sr. Cardio 1</p> <p>10:00 Guided Meditation-RA</p> <p>10:10 Senior Topics Class by Mary Frances - B</p> <p>1:00 Bingo - B</p> <p>3:00 Memory Lane Game - B</p> <p>5:30 Friday Night Flicks - B</p>	<p>9:30 StrongerU Chair Yoga & Meditation-RA 2</p> <p>10:15 Easy Trivia - RA</p> <p>1:00 Bingo - B</p> <p>3:00 Holiday Gnome Coloring Project - B</p> <p>5:30 Hallmark Movie -B</p>
<p>9:15 Flex, Stretch and Meditate - RA 10</p> <p>9:45 Calm Meditation - RA</p> <p>10-Catholic Communion-GR</p> <p>10 - Live Stream Christian Church</p> <p>1:00 Bingo Game - B</p> <p>2:30 Cornerstone Carolers - RA</p> <p>5:30 Classical Music Night-TV</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 11</p> <p>10:10 Christmas and more Trivia - RA</p> <p>1:00 Bingo - B</p> <p>3-Who, What, Where Quiz-B</p> <p>5:30 After Dinner Games with Friends - GR</p>	<p>9:30 Health and Wellness Exercise Class with Devon-RA 12</p> <p>1:00 Food & Demo Nutrition Class w/ Rachel - B</p> <p>2:30 Bingo Game - B</p> <p>5:30 Poker Game Night - GR</p>	<p>9:30 Seated Boxing Workout and Meditation-RA 13</p> <p>10:10 Art for All Ages Painting Class - B</p> <p>1:00 Bingo - B</p> <p>2:30 Santa's Workshop DIY: Beaded Ornaments - B</p> <p>5:30 Evening Bible Study-RA</p>	<p>9:30 Spiritual Wellness: Yoga Stretch & Mindfulness Meditation - Ra 14</p> <p>1:00 Bingo - B</p> <p>3:00 December Celebrant Birthday Bash w/ Mathew-RA</p> <p>5:30 Christmas Lights Tour - BT (Please sign up early)</p>	<p>9:30 StrongerU Sr. Cardio 15</p> <p>10:00 Guided Meditation-RA</p> <p>10:10 Senior Topics Class by Mary Frances - B</p> <p>1:00 Bingo - B</p> <p>3:00 Memory Lane Game - B</p> <p>5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Weights & Meditation-RA 16</p> <p>10:15 Holiday Trivia - RA</p> <p>1:00 Bingo - B</p> <p>4:00 Holiday Dinner Party-DR Live Entertainment by Ron</p> <p>4:30-5:30 Photo Op w/ Santa</p>
<p>9:15 Flex, Stretch and Meditate - RA 17</p> <p>10 Catholic Communion-GR</p> <p>10:00 Devotional Gathering with Dave - B</p> <p>1:00 Bingo Game - B</p> <p>3:00 Movers & Shakers Club</p> <p>5:30 Classical Music Night-TV</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 18</p> <p>10:15 Songs that Tell a Story, Piano & Sing-along w/ Cathy</p> <p>1:00 Bingo - B</p> <p>3:00 Book Club - B</p> <p>5:30 After Dinner Games with Friends - GR</p>	<p>9:30 Chair Aerobics Exercise Class with Dani-RA 19</p> <p>10:10 Holiday Musical Trivia-B</p> <p>1:00 Bingo Game - B</p> <p>3:00 Poker Club Social, Guest Dealer Ronnie of Bristol - GR</p>	<p>9:30 Seated Boxing Workout and Meditation-RA 20</p> <p>10:30 Christmas Mass with Father Nick-GR</p> <p>1:00 Bingo - B</p> <p>2:30 Santa's Workshop DIY: Winter Floral Bouquet- RA</p> <p>5:30 Evening Bible Study - RA</p>	<p>9:30 Spiritual Wellness: Yoga Stretch & Mindfulness Meditation - Ra 21</p> <p>1:00 Bingo - B</p> <p>3:00 Merry Friends' Mas Social Wear your best ugly Christmas sweater! Live Music by Tom-RA</p> <p>5:30 Holiday Movie Night - B</p>	<p>9:30 StrongerU Sr. Cardio 22</p> <p>10:00 Guided Meditation-RA</p> <p>10:10 Senior Topics and Current Events - B</p> <p>1:00 Bingo - B</p> <p>3:00 Memory Lane Game - B</p> <p>5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Weights & Meditation-RA 23</p> <p>10:30 Pet Therapy - CY/RA</p> <p>10:45 Quarantet Mini Concert</p> <p>1:00 Bingo - B</p> <p>3:00 Simple Acrylic Painting: "Hot Air Balloon" - B</p> <p>5:30 Armchair Tourist: Finland & Norway - B</p>
<p>9:15 Flex, Stretch and Meditate - RA 24</p> <p>10 Catholic Communion-GR</p> <p>10 - Live Stream Christian Church</p> <p>1:00 Bingo Game - B</p> <p>3:00 Movers & Shakers Club</p> <p>5:30 Classical Music Night-TV</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 25</p> <p>10-Disney Christmas Parade-B</p> <p>11:00 Live Holiday Piano Music by Cathy - RA</p> <p>1:00 Bingo - B</p> <p>3-Who, What, Where Quiz-B</p> <p>5:30 After Dinner Games-GR</p>	<p>9:30 Chair Aerobics Exercise Class with Dani-RA 26</p> <p>10:10 Remember When Senior Trivia Quiz -B</p> <p>1:00 Bingo Game - B</p> <p>5:30 Poker Club Game Night - GR</p>	<p>9:30 Seated Boxing Workout and Meditation-RA 27</p> <p>10:10 Art for All Ages Painting Class - B</p> <p>1:00 Bingo - B</p> <p>2:30 Memory Lane Game - B</p> <p>5:30 Evening Bible Study - RA</p>	<p>9:30 Spiritual Wellness: Yoga Stretch & Mindfulness Meditation - Ra 28</p> <p>1:00 Bingo - B</p> <p>3:00 Wine, Cheese and Chocolate Social, Music by Al</p> <p>5:30 Holiday Movie Night - B</p>	<p>9:30 StrongerU Sr. Cardio 29</p> <p>10:00 Guided Meditation-RA</p> <p>10:10 Senior Topics and Current Events - B</p> <p>1:00 Bingo - B</p> <p>3:00 Memory Lane Game - B</p> <p>5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Weights & Meditation-RA 30</p> <p>10:15 40's & 50's Trivia - RA</p> <p>1:00 Bingo - B</p> <p>3:00 Simple Acrylic Painting: "Lilac Flowers" - B</p> <p>5:30 Hallmark Movie - B</p>

Legend:

- DR - Dining Room
- BT - Bus Trip
- CY- Courtyard
- GR - Game Room
- RA - Receiving Area
- B - Bistro



9:15 Flex & Stretch - RA **31**

10 Catholic Communion-GR

10 - Devotional Gathering with Dave - B

12:00 Happy "Noon" Year! - DR A Champagne toast to 2024!

1:00 Bingo Game - B

5:30 Classical Music Night-TV

