



# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 9:15 Devotions, AR 10:00 FIT to Balance®, AR 11:00 ISO-Stick Exercise, AR 2:00 Bingo, AR 3:00 Happy Hour, P	<b>2</b> 10:30 Stretch & Flex, AR 11:10 Wii Bowling, AR 1:00 Mexican Train Dominos, P 2:15 Special Activity TBD, AR 3:30 Quarter Bingo, AR 6:30 Movie Night, AR
<b>3</b> 10:00 FIT to Stretch®, AR 2:00 Afternoon Documentary, AR	<b>4</b> 9:15 Devotions, AR 10:00 Fit to Stretch, AR 11:00 FIT to Pedal®, AR 1:00 <b>Catholic Communion, AR</b> 1:30 FIT to Balance®, AR 2:00 Exploring Memories, SR 2:30 Poker, P 3:30 Quarter Bingo, AR	<b>5</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 2:00 <b>Resident Council, AR</b> 3:00 Open House Meet & Greet, P 6:15 <b>The Mendelssohn Club, AR</b>	<b>6</b> 9:15 Devotions, AR 10:00 FIT Yoga, AR 11:00 FIT to Pedal®, AR 2:00 Bingo, AR 3:15 Book Club, SR	<b>7</b> <b>HANUKKAH BEGINS</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 1:30 Village Greeters, SR 1:30 <b>Mall Shopping, OT</b> 2:15 Nifty Nails 3:15 Current Events Group, SR 7:00 <b>MPower Voices, AR</b>	<b>8</b> 10:30 <b>Blood Pressure Clinic, P</b> 2:00 Bingo, AR 3:00 Happy Hour, P	<b>9</b> 10:30 Stretch & Flex, AR 11:10 Wii Bowling, AR 1:00 Mexican Train Dominos, P 2:15 Special Activity TBD, AR 3:30 Quarter Bingo, AR 6:30 Movie Night, AR
<b>10</b> 10:00 FIT to Stretch®, AR 2:00 Afternoon Documentary, AR	<b>11</b> 9:15 Devotions, AR 10:00 Fit to Stretch, AR 11:00 FIT to Pedal®, AR 1:30 <b>Rosauer's Shopping, OT</b> 1:30 FIT to Balance®, AR 2:30 Hymn Sing, AR 2:30 Poker, P 3:00 <b>Life Discussion, SR</b>	<b>12</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 2:30 <b>Prayer &amp; Communion Group, AR</b> 3:00 Happy Hour Cart, P 6:30 <b>Sweet Adelines, AR</b>	<b>13</b> 9:15 Devotions, AR 10:00 Gentle Yoga, AR 11:00 FIT to Pedal®, AR 2:00 Bingo, AR 3:15 Afternoon Refreshments, P 4:00 <b>Pet Visit w/Mary &amp; Caspian</b>	<b>14</b> 9:15 Devotions, AR 10:00 <b>BSHS Orchestra, DR</b> 10:45 FIT to be Strong®, AR 1:30 <b>Service Club, SR</b> 2:00 Hearing Aid Clinic, P 2:15 <b>Crafting w/Bernice, AR</b> 2:15 Nifty Nails 3:15 Current Events Group, SR	<b>15</b> 9:15 Devotions, AR 10:00 FIT to Balance®, AR 11:00 ISO-Stick Exercise, AR 2:00 Bingo, AR 4:30 <b>Resident Family Holiday Party, DR</b>	<b>16</b> 10:30 Stretch & Flex, AR 11:10 Wii Bowling, AR 1:00 Mexican Train Dominos, P 2:00 <b>Tangled Tones Music, DR</b> 3:30 Quarter Bingo, AR 6:30 Movie Night, AR
<b>17</b> 10:00 FIT to Stretch®, AR 2:00 Afternoon Documentary, AR	<b>18</b> 9:15 Devotions, AR 10:00 Fit to Stretch, AR 11:00 FIT to Pedal®, AR 1:30 FIT to Balance®, AR 2:00 <b>Pictures with Santa, P</b>	<b>19</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 1:45 <b>Painting Class, AR</b> 3:00 Open House Meet & Greet, P	<b>20</b> 9:15 Devotions, AR 10:00 FIT Yoga, AR 11:00 FIT to Pedal®, AR 2:00 <b>Resident Christmas Party, DR</b>	<b>21</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 1:30 <b>Mindfulness Meditation, AR</b> 2:15 Nifty Nails 3:15 Current Events Group, SR	<b>22</b> <b>WINTER BEGINS</b> 9:15 Devotions, AR 10:00 <b>Catholic Mass, PG</b> 10:00 FIT to Balance®, AR 11:00 <b>Mobile Library, P</b> 11:00 ISO-Stick Exercise, AR 2:00 Bingo, AR 3:00 Happy Hour, P	<b>23</b> 10:30 Stretch & Flex, AR 11:10 Wii Bowling, AR 1:00 Mexican Train Dominos, P 2:15 Special Activity TBD, AR 3:30 Quarter Bingo, AR 6:30 Movie Night, AR
<b>24</b> 10:00 FIT to Stretch®, AR 2:00 Afternoon Documentary, AR 2:30 <b>Praise &amp; Worship, PG</b>	<b>25</b> <b>CHRISTMAS DAY</b> 9:15 Devotions, AR 10:00 Fit to Stretch, AR 11:00 FIT to Pedal®, AR	<b>26</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 2:00 <b>Monthly Food Meeting, AR</b> 3:00 Happy Hour Cart, P	<b>27</b> 9:15 Devotions, AR 10:00 FIT Yoga, AR 11:00 FIT to Pedal®, AR 2:00 Bingo, AR 3:15 Afternoon Refreshments, P 4:00 <b>Pet Visit w/Mary &amp; Caspian</b>	<b>28</b> 9:15 Devotions, AR 10:00 FIT to be Strong®, AR 11:00 Chair Chi, AR 1:30 <b>TED Talk Discussion, AR</b> 2:15 Nifty Nails 2:30 <b>Monthly Birthday Party, DR</b> 3:15 Current Events Group, SR	<b>29</b> 9:15 Devotions, AR 10:00 FIT to Balance®, AR 11:00 ISO-Stick Exercise, AR 2:00 Bingo, AR 3:00 <b>New Year's Happy Hour, P</b>	<b>30</b> 10:30 Stretch & Flex, AR 11:10 Wii Bowling, AR 1:00 Mexican Train Dominos, P 2:15 Special Activity TBD, AR 3:30 Quarter Bingo, AR 6:30 Movie Night, AR
<b>NEW YEAR'S EVE</b> <b>31</b> 10:00 FIT to Stretch®, AR 2:00 Afternoon Documentary, AR	<b>LOCATIONS</b> Activity Room, AR Parlor, P		Dining Room, DR Pearl Garden, PG	Outing, OT Sunroom, SR	<b>Due to calendar space, all programs may not be reflected.</b>  <b>To stay up to date with all events, please visit the GiGi Assistant® app.</b>	