

SUN	MON	TUE	WED	THUR	FRI	SAT
					Elf on the Shelf 10:00 Holiday Hacks: Cybersecurity Tips for Seniors (CR) 12:00 Massage Therapy (1st Floor Wellness Clinic) 1:30 Fitness & Fun (AL/DR) 3:00 Catholic Mass (CH)	9:00 Chair Exercise (955) 10:15 Chair Exercise (955) 1:30 Afternoon Movie: Love Again (Rated PG-13) (CR)
10:00 Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 10:00 Mug Club (PRP) 2:00 Chorus Concert (CR) 2:30 Bingo (AL/DR) 4:00 Greatest Events of World War II in Colour (CR)	9:15 Chair Exercise & Balance (955) 10:00 Bible Study (CH) 2:00 AL Activity Time: Ornament Craft! (AL/AR) 2:00 Knit & Crochet (PRP) 6:00 Evening Choir Concert (CR)	9:15 Exercise Class: Seated Resistance Bands (CR/955) 9:30 *Outing: Scrooge at Fireside 2:30 Bingo (AL/DR) 3:30 *Harwood Academy (CR)	Pearl Harbor 9:30 *Elite Hearing (WC) 10:00 Fitness & Fun (AL/DR) 2:00 AL Thursday Fun: Musical Entertainment (AL/DR) 3:00 Catholic Mass (CH) 6:30 Chapel Service (CH)	Elf on the Shelf 9:15 Exercise Class (CR) 11:00 Bread Sale (CR) 1:30 Fitness & Fun (AL/DR) 3:00 Catholic Mass (CH)	9:00 Chair Exercise (955) 10:15 Chair Exercise (955) 1:00 Student Christmas Carolers (CR)
10:00 Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Gospel Chair Aerobics (955)	9:15 Seated Exercise (No Equipment) (CR/955) 10:00 Mug Club (PRP) 2:30 Bingo (AL/DR) 3:30 Chorus Rehearsal (CR)	9:15 Chair Exercise & Balance (955) 10:00 Bible Study (CH) 10:30 Resident Advisory Council (AL/AR) 2:00 Pet Therapy with Shoogar the Dog! (AL Sun Room) 2:30 Harwood Happy Hour Social! (PRP)	9:15 Exercise Class: Seated Dumbbells (CR/955) 1:00 Joan J's Book Report (OR) 2:30 Bingo (AL/DR) 6:30 Chapel Service (CH)	9:00 *Tech Connect Clinic (COR) 10:00 Fitness & Fun (AL/DR) 1:30 Entertainment: Music by The Women of Note (CR) 5:30 *Outing: Holiday Lights Ride	Elf on the Shelf 9:15 Exercise Class (CR) 11:00 Harwood Place Writing Group (CH) 12:00 Massage Therapy (1st Floor Wellness Clinic) 1:30 Fitness & Fun (AL/DR) 3:00 Catholic Mass (CH)	9:00 Chair Exercise (955) 10:15 Chair Exercise (955) 1:30 Afternoon Movie: White Christmas (TV-G) (CR)
10:00 Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 10:00 Mug Club (PRP) 2:30 Hallmark Bingo! (AL/AR) 4:00 Greatest Events of World War II in Colour (CR)	9:15 Chair Exercise & Balance (955) 10:00 Bible Study (CH) 10:00 Fitness & Fun (AL/DR) 1:00 Holiday Open House 1:30 Pet Therapy with Shoogar the Dog! (AL Sun Room) 3:30 Chorus Rehearsal (CR)	9:15 Exercise Class (CR) 10:30 Ecumenical Service (CH) 1:30 Book Club (CH) 2:30 Bingo (AL/DR) 6:30 *Outing: A Christmas Carol at the Pabst Theater	8:30 *Men's Breakfast (TDR) 10:00 Fitness & Fun (AL/DR) 2:00 *Winter Wonderland Afternoon Tea (PRP) 6:30 Chapel Service (CH)	Elf on the Shelf 9:15 Exercise Class (CR) 1:30 Fitness & Fun (AL/DR) 3:00 Catholic Mass (CH)	9:00 Chair Exercise (955) 10:15 Chair Exercise (955)
Christmas Eve 10:00 Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Gospel Chair Aerobics (955) 3:00 Catholic Mass (CH) 6:30 Evening Chapel Service (CH)	Christmas Day 9:15 Seated Holiday Workout (955) 10:15 Seated Holiday Yoga (955) 11:30 Chapel Service (CH)	Kwanzaa 9:15 Chair Exercise & Balance (955) 10:00 Fitness & Fun (AL/DR) 10:00 Lutheran Communion (CH) 2:00 AL Activity Time: Cookie Decorating! (AL/AR) 3:30 Chorus Rehearsal (CR)	9:15 Exercise Class (CR) 2:00 Birthday Treat (PRP) 2:30 Bingo (AL/DR)	10:00 Fitness & Fun (AL/DR)	Elf on the Shelf 9:15 Exercise Class (CR) 1:30 Holiday Cheer Concert (CR) 1:30 Fitness & Fun (AL/DR) 3:00 Catholic Mass (CH)	9:00 Chair Exercise (955) 10:15 Chair Exercise (955)
New Year's Eve 10:00 Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Gospel Chair Aerobics (955) 4:00 Catholic Mass (CH)	LOCATION KEY AL/AR - Assisted Living Activity Room AL/DR - Assisted Living Dining Room 955 - CH955 The Vine CH - Chapel CR - Community Room	COR - Conference Room OR - Orchard Room PRP - Plank Road Pub TDR - Terrace Dining Room WC - Wellness Center				

December 2023

Activity Calendar

