



DECEMBER 2024

ASSISTED LIVING



SUN

MON

TUE

WED

THU

FRI

SAT

<p>10:00 Coffee Talk (IR) 1 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Self Care Spa Happy</p>	<p>10:00 Morning Walk 2 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 2:30 Piano with Rory 3:00 Seated Massage Therapy (FF)</p>	<p>10:00 Purple Art (IR) 3 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class</p>	<p>10:00 Coffee Talk (IR) 4 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Self Care Spa Happy Hour</p>	<p>10:00 Morning Walk 5 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 2:30 Piano with Rory 3:00 Seated Massage Therapy (FF)</p>	<p>10:00 Coffee Talk (IR) 6 11:00 Fitness Zumba(FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour</p>	<p>10:00 Coffee Talk (IR) 7 11:00 Mystery Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cards Club 3:00 Live Music Saturdays</p>
<p>8 10:00 Church Service 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cycling without age (FL)</p>	<p>9 10:00 Morning Walk 11:00 Curls & Crunches (FF) 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour</p>	<p>10 10:00 Purple Art (IR) 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class</p>	<p>11 10:00 Coffee Talk (IR) 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Self Care Spa Happy Hour</p>	<p>12 10:00 Morning Walk 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 2:30 Piano with Rory 3:00 Seated Massage Therapy (FF)</p>	<p>13 10:00 Coffee Talk (IR) 11:00 Fitness Zumba(FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour</p>	<p>14 10:00 Coffee Talk (IR) 11:00 Mystery Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cards Club 3:00 Live Music Saturdays</p>
<p>15 10:00 Church Service 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cycling without age (FL)</p>	<p>16 10:00 Morning Walk 11:00 Curls & Crunches (FF) 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour</p>	<p>17 10:00 Purple Art (IR) 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class</p>	<p>18 10:00 Coffee Talk (IR) 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Self Care Spa Happy Hour</p>	<p>19 10:00 Morning Walk 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 2:30 Piano with Rory 3:00 Seated Massage Therapy (FF)</p>	<p>20 10:00 Coffee Talk (IR) 11:00 Fitness Zumba(FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour</p>	<p>21 10:00 Coffee Talk (IR) 11:00 Mystery Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cards Club 3:00 Live Music Saturdays</p>
<p>22 10:00 Church Service 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cycling without</p>	<p>23 10:00 Morning Walk 11:00 Curls & Crunches (FF) 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour</p>	<p>24 10:00 Purple Art (IR) 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class</p>	<p>25 10:00 Coffee Talk (IR) 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Self Care Spa Happy</p>	<p>26 10:00 Morning Walk 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 2:30 Piano with Rory 3:00 Seated Massage Therapy (FF)</p>	<p>27 10:00 Coffee Talk (IR) 11:00 Fitness Zumba(FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour</p>	<p>28 10:00 Coffee Talk (IR) 11:00 Mystery Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cards Club 3:00 Live Music Saturdays</p>
<p>29 10:00 Church Service 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: The Queens Gambit (MH) 2:00 Cycling without</p>	<p>30 10:00 Morning Walk 11:00 Curls & Crunches (FF) 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour</p>	<p>31 10:00 Purple Art (IR) 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class</p>				