

DECEMBER

SUN

MON

TUES

WED

THU

FRI

SAT

Main Hall
Fitness Center
Pub
Library
Craft Room
Movie Theatre
Courtyard
2nd Floor Lounge

1
10:30am- Functional Fitness
5pm- BYOB Happy Hour(RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

2
10am- Yoga w/ Heather
12pm- Cooking Demo: Cooking with Kim
2pm- Hand & Foot Canasta (RL)
5pm-BYOB Happy Hour (RL)
7pm- Poker Night (RL)

3
10am- Mobility Fit
11:30am- "Man on the Inside" Season 2 Ep 1
5pm- Cider and Ugly Holiday Sweater Party
7pm- Hand & Foot Canasta (RL)

4
10:30am- Functional Fitness & Core Stability
1pm- Poker- All Welcome- \$5 Buy In
5pm-BYOB Happy Hour (RL)
6:30- Power Bingo (RL)

5
11am- Biscuits and Gravy Social (RSVP)
1pm- Knit Witts (Knitting with Lois - RL)
5pm- BYOB Happy Hour(RL)
6pm- Movie Night: "Wicked"
Food Truck: CJs Kuntry Kitchen

6
9am-12pm-Woofies Groomers (Call for Appointment)
10:30am- Weights & Chair Fitness
3pm- Movie Showing: "Runaway Bride"
5pm- BYOB Happy Hour(RL)

7
10am- Coffee & Conversations (RL)
3pm- Movie Showing: "Sweet Home Alabama"
5pm- BYOB Happy Hour(RL)

8
10:30am- Functional Fitness
5pm- BYOB Happy Hour(RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

9
10am- Yoga w/ Heather
12pm - Bingo with Lincoln Heritage
2pm- Hand & Foot Canasta (RL)
5pm- BYOB Happy Hour(RL)
7pm- Poker Night (RL)

10
10am- Mobility Fit
11:30am- "Man on the Inside" Season 2 Ep 2
5pm- Winter Wonderland with Santa and Live Music by Jimmie Hunter
7pm- Hand & Foot Canasta (RL)

11
10:30am- Functional Fitness & Core Stability
11am- Craft Corner: Pour Painted Ornaments (RSVP)
3pm- Women's Bible Study (RL)
5pm- BYOB Happy Hour(RL)
6:30pm- Sing Along w/Jackie (RL)

12
11am - Bagel Social (RSVP)
1pm- Knit Witts (Knitting with Lois - RL)
4pm- White Elephant & Hot Chocolate Bar

13
10:30am- Weights & Chair Fitness
3pm- Movie Showing: "The Curious Case of Benjamin Button"
5pm- Wine Time (RL)

14
10am- Coffee & Conversations (RL)
3pm- Movie Showing: "Dolly Parton's Christmas on the Square"
5pm- BYOB Happy Hour(RL)

15
10:30am- Functional Fitness
5pm- BYOB Happy Hour(RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

16
10am- Yoga w/ Heather
12pm- Musical Bingo with Home Watch Caregivers
2pm- Hand & Foot Canasta (RL)
5pm- BYOB Happy Hour(RL)
7pm- Bunco (RL)
7pm- Poker Night (RL)

17
10am- Mobility Fit
11:30am- "Man on the Inside" Season 2 Ep 3
5pm- December Milestone Mix N Mingle with Live Music by the Van Langs
7pm- Hand & Foot Canasta (RL)

18
10:30am- Functional Fitness & Core Stability
1:30pm- Robert Landau-Holiday Special
5pm-BYOB Happy Hour (RL)
6:30- Power Bingo (RL)

19
11am- Alders Brunch (RSVP)
1pm- Knit Witts (Knitting with Lois- RL)
5pm- BYOB Happy Hour(RL)
6pm- Movie Night: "Wicked: For Good"
Food Truck: Come and Taste It BBQ

20
10:30am- Weights & Chair Fitness
3pm- Movie with the Kids: "Christmas with the Kranks"
5pm- BYOB Happy Hour(RL)

21
10am- Coffee & Conversations (RL)
3pm- Movie Showing: "A Very Vintage Christmas"
5pm- BYOB Happy Hour(RL)

22
10:30am- Functional Fitness
3pm- Craft Corner: Wreath Making (RSVP)
5pm- BYOB Happy Hour(RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

23
10am- Yoga w/ Heather
2pm- Hand & Foot Canasta (RL)
5pm- BYOB Happy Hour(RL)
7pm- Poker Night (RL)

24
11:30am- "Man on the Inside" Season 2 Ep 4
Office Closes at 1pm

25
Office Closed for Christmas

26
Office Opens at 1pm
1pm- Knit Witts (Knitting with Lois- RL)
5pm- BYOB Happy Hour(RL)

27
10:30am- Weights & Chair Fitness
3pm- Movie Showing: "Ocean's 8"
5pm- BYOB Happy Hour(RL)

28
10am- Coffee & Conversations (RL)
3pm- Movie Showing: "Champagne Problems"
5pm- BYOB Happy Hour(RL)

29
10:30am- Functional Fitness
5pm- BYOB Happy Hour(RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

30
10am- Yoga w/ Heather
2pm- Hand & Foot Canasta (RL)
4pm- Calendar Review
5pm- BYOB Happy Hour(RL)
7pm- Poker Night (RL)

31
11:30am- "Man on the Inside" Season 2 Ep 5
Office Closes at 1pm

(RL) - Resident Led

RSVP
In The Sign Up Book
(at the coffee bar)

Be WELL
Strive WELL
Move WELL
Believe WELL
Think WELL
Connect WELL