

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social <p style="text-align: right;"><b>1</b></p>	<b>Morning:</b> 9:30 am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Decorating for the Holiday Season with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night <p style="text-align: right;"><b>2</b></p>	<b>Morning:</b> 9:30am: Pick a Card Social w/Meg 11am: Tabletop Bowling w/Nicolette <b>Afternoon:</b> 1:30pm: Trivia w/Nicolette 2pm:Afternoon Movie Social Music Appreciation <b>Evening:</b> 5:30 Exercise with Nicolette Scattergories with Nicolette The Gratitude Game w/Nicolette <p style="text-align: right;"><b>3</b></p>	<b>Morning:</b> In the World: This Morning 11:15am: Sing-a-long w/Nicolette <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation <p style="text-align: right;"><b>4</b></p>	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> 2pm: Snowflake Game w/Theresa 5:30pm: Balloon Volleyball with Sara <p style="text-align: right;"><b>5</b></p>	<b>Morning:</b> Seated Exercise Volleyball <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss 10 Card Flip Group Breathwork Exercise <p style="text-align: right;"><b>6</b></p>	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Afternoon Group Seated Stretch Afternoon Movie Social 3pm: Live Music with Nancy Wildman <b>Evening:</b> Sit & Paint Short Stories Social <p style="text-align: right;"><b>7</b></p>	
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social <p style="text-align: right;"><b>8</b></p>	<b>Morning:</b> 9:30 am: Exercise with Sara 10:30am: Nothing but Net with Sara 11am: Ornament Craft with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night <p style="text-align: right;"><b>9</b></p>	<b>Morning:</b> 9:30am: 10 Card Flip w/Meg 11am: Tabletop Bowling w/Nicolette <b>Afternoon:</b> 1:30pm: Poetry Social w/Nicolette 2pm: Afternoon Movie Social Music Appreciation <b>Evening:</b> 5:30 Exercise with Nicolette Volleyball with Nicolette The Gratitude Game w/Nicolette <p style="text-align: right;"><b>10</b></p>	<b>Morning:</b> In the World: This Morning 11:15am: Card Exercise w/Nicolette <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation <p style="text-align: right;"><b>11</b></p>	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> 2pm: Dutch Shuffleboard w/Theresa 5:30pm: Balloon Volleyball with Sara <p style="text-align: right;"><b>12</b></p>	<b>Morning:</b> Seated Exercise Volleyball <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Checkers Group Breathwork Exercise <p style="text-align: right;"><b>13</b></p>	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social <p style="text-align: right;"><b>14</b></p>	
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social <p style="text-align: right;"><b>15</b></p>	<b>Morning:</b> 9:30 am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Craft with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night <p style="text-align: right;"><b>16</b></p>	<b>Morning:</b> 9:30am: Volleyball w/Meg 11am: Tabletop Bowling w/Nicolette <b>Afternoon:</b> 1:30pm: Tea Party Hat Creations w/Nicolette 2pm: Afternoon Movie Social 3pm: Tea with Z & Nicolette <b>Evening:</b> 5:30 Exercise with Nicolette Name That Tune with Nicolette <p style="text-align: right;"><b>17</b></p>	<b>Morning:</b> In the World: This Morning 11:15am: Sing-a-long w/Nicolette <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation <p style="text-align: right;"><b>18</b></p>	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> 2pm: Christmas Cookie Decorating & Holiday Sing-a-Long w/Theresa 5:30pm: Balloon Volleyball with Sara <p style="text-align: right;"><b>19</b></p>	<b>Morning:</b> Seated Exercise Volleyball <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Go Fish Group Breathwork Exercise <p style="text-align: right;"><b>20</b></p>	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social <p style="text-align: right;"><b>21</b></p>	
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social <p style="text-align: right;"><b>22</b></p>	<b>Morning:</b> 9:30 am: Exercise with Sara 10:30am: Nothing but Net with Sara 11am: Do you Remember? Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night <p style="text-align: right;"><b>23</b></p>	<b>Morning:</b> 9:30am: Pick a Card Social w/Meg 11am: Live Piano by Brian Horberg <b>Afternoon:</b> 12pm: Christmas Eve Lunch with Nicolette 2pm: Afternoon Christmas Movie Social <b>Evening:</b> 5:30 Exercise w/Nicolette The Gratitude Game w/Nicolette <p style="text-align: right;"><b>24</b></p>	<b>Morning:</b> In the World: This Morning Morning Stretch <b>Afternoon:</b> Indoor Golf Afternoon Christmas Movie Social Brain Fitness <b>Evening:</b> Musical Creations: Holiday Mix Evening Group Mediation <p style="text-align: right;"><b>25</b></p>	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> 2pm: Snowflake Game w/Theresa 5:30pm: Balloon Volleyball with Sara <p style="text-align: right;"><b>26</b></p>	<b>Morning:</b> Seated Exercise Volleyball <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Checkers Group Breathwork Exercise <p style="text-align: right;"><b>27</b></p>	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Afternoon Group Seated Stretch Afternoon Movie Social 3pm: Live Music by Tom Stankus <b>Evening:</b> Sit & Paint Short Stories Social <p style="text-align: right;"><b>28</b></p>	
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social <p style="text-align: right;"><b>29</b></p>	<b>Morning:</b> 9:30 am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Craft with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night <p style="text-align: right;"><b>30</b></p>	<b>Morning:</b> Morning Moves 11am:Tabletop Bowling w/Nicolette <b>Afternoon:</b> 12pm: New Year's Eve Pizza Party w/Nicolette 1:30pm: Name That Tune w/Nicolette 2pm: Afternoon Movie Social <b>Evening:</b> 5:30 Exercise w/Nicolette <p style="text-align: right;"><b>31</b></p>	<b>Birthday</b> Joe Lawson 12/29				

All activities are led by Nayas unless otherwise noted.

\*All programs and times are subject to change.\*