















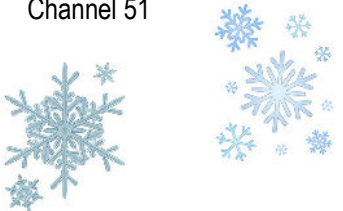







# December-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Abbreviations Key:</b>  <b>ARS-</b> Aerobic Studio  <b>AS-</b> Art Studio  <b>CC-</b> Conference Center  <b>FC-</b> Fireside Club  <b>GR-</b> Great Room  <b>LN-</b> Living Room North  <b>LS-</b> Living Room South  <b>SC-</b> Sundance Cinema</p>	 <h1 style="color: green;">The Lodge</h1> <h1 style="color: green;">DECEMBER</h1> 				<p><b>1</b>            9:30 Self Healing Stretching            10:00 Daily Chronicle and News            10:15 BINGO!            1:00 Art Journal            2:00 Namaste Nail Care with Victoria            3:00 Documentary            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p> 	<p><b>2</b>            9:30 Natural Stretching            10:00 Memory Café:                Alphabet Soup            10:30 Would You Rather?            11:00 Namaste  <b>2:00 Music in the Fireside-FC</b>                <b>Music with DD James</b>            3:00 BINGO!            4:00 Aroma Therapy            6:00 The Lawrence Welk Show -                Channel 5</p>
<p><b>3</b>            9:30 Natural Stretching            10:00 December EZ Does It Trivia            10:30 Strategy Games            11:00 Bible Study            1:30 BINGO!            2:30 Movie Matinee and Snack Bar            4:00 Aroma Therapy            5:20 Sunday Night Football:                Chiefs vs. Packers -Channel 4  <b>Zoom: 180 at 1:00pm</b>  <b>178 at 3:00pm</b></p> 	<p><b>4</b>  <b>9:45 Steel Feather Fitness Zumba</b>            10:30 Daily Chronicle and News            10:45 Memory Joggers            1:30 Brain Games            2:00 Music: New York Nostalgia            2:30 BINGO!            4:00 Aroma Therapy            5:15 Monday Night Football:                Bengals vs. Jaquars                Channel 8            6:00 Table Games and Puzzles</p>	<p><b>5</b>            9:30 Self Healing Stretching            10:00 Daily Chronicle and News            10:15 BINGO!  <b>1:00 No Bake Club:</b>                <b>Gingerbread Houses</b>            2:00 Classic Story Time            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p>	<p><b>6</b>  <b>9:30 A Visit with Yuki and Christine</b>            10:30 BINGO!            1:00 Classic Story Time            1:30 Conversation Ball            2:00 Namaste Nail Care with Victoria            3:00 The Carol Burnett Show (Roku)            4:00 Aroma Therapy            6:00 Guys Grocery Games—                Channel 51</p> 	<p><b>7 HANUKKAH</b>            9:30 Self Healing Stretching            10:00 Daily News and Chronicle            10:15 Classic Story Time  <b>10:30 Catholic Mass—GR</b>  <b>10:30 Communion</b>            1:00 BINGO!            2:00 Card Game: “Yes I Have”            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Beat Bobby Flay—Cooking                Channel 51</p> 	<p><b>8</b>            9:30 Self Healing Stretching            10:00 Daily Chronicle and News            10:15 BINGO!            1:00 Hot Cocoa and Conversation            1:30 Art Journal            2:00 Namaste Nail Care with Victoria            3:00 Documentary            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p>	<p><b>9</b>            9:30 Natural Stretching            10:00 Memory Café:                Memory Joggers            10:30 What am I?            11:00 Namaste  <b>2:00 Music in the Fireside-FC</b>                <b>Encore Band</b>            3:00 BINGO!            4:00 Aroma Therapy            6:00 The Lawrence Welk Show -                Channel 5</p>
<p><b>10</b>            9:30 Natural Stretching            10:00 Memory Café:                December IQ Trivia            10:30 Strategy Games            11:00 Bible Study            1:30 Table Games            2:00 Snacks and A Chat            2:30 BINGO!            4:00 Aroma Therapy            5:20 Sunday Night Football:                Eagles vs. Cowboys—Channel 4  <b>Zoom: 180 at 1:00pm</b></p>	<p><b>11</b>  <b>9:45 Steel Feather Fitness Zumba</b>            10:30 Daily Chronicle and News            10:45 Memory Joggers  <b>1:00 Raylan the Therapy Dog</b>            1:30 Random Trivia            2:00 Music:                Christmas Carols            2:30 BINGO!            4:00 Aroma Therapy            5:15 Monday Night Football:                Packers vs. Giants                Channel 8            6:00 Table Games and Puzzles</p>	<p><b>12 Poinsettia Day</b>            9:30 Self Healing Stretching            10:00 Daily Chronicle and News            10:15 BINGO!            1:00 Art Journal            2:00 Classic Story Time            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p> 	<p><b>13</b>  <b>9:30 A Visit with Yuki and Christine</b>            10:30 BINGO!            1:00 Strategy Games            1:30 Memory Joggers            2:00 Comedy Hour            3:00 Armchair Traveler            4:00 Aroma Therapy            6:00 Guys Grocery Games—                Channel 51</p> 	<p><b>14</b>            9:30 Self Healing Stretching            10:00 Daily News and Chronicle            10:15 Classic Story Time  <b>10:30 Communion</b>            1:00 BINGO!            2:00 Reminiscing With                Reader’s Digest            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Beat Bobby Flay—Cooking                Channel 51</p>	<p><b>15</b>            9:30 Self Healing Stretching            10:00 Daily Chronicle and News            10:15 BINGO!            1:00 Art Journal            2:00 Namaste Nail Care with Victoria            3:00 Documentary            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p> 	<p><b>16</b>            9:30 Natural Stretching            10:00 Memory Café:                Alphabet Soup            10:30 Who Are We?            11:00 Namaste  <b>2:00 Music in the Fireside-FC</b>                <b>Blue Grass Association</b>            3:00 BINGO!            4:00 Aroma Therapy            6:00 The Lawrence Welk Show -                Channel 5</p>

**Pleasant Events are subject to change based on the interest and requests of our residents!**

# December-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>17</b> 9:30 Natural Stretching 10:00 Memory Café: Random Trivia 10:30 Strategy Games 11:00 Bible Study 1:30 BINGO! 2:30 Movie Matinee and Snack Bar 4:00 Aroma Therapy 5:20 Sunday Night Football: Ravens vs. Jaquars—Channel 4 6:00 Table Games and Puzzles <b>Zoom: 180 at 1:00pm</b> <b>178 at 3:00pm</b>	<b>18</b> <b>9:45 Steel Feather Fitness Zumba</b> 10:30 Daily Chronicle and News 10:45 Memory Joggers <b>1:00 Raylan the Therapy Dog</b> 1:30 Table Games 2:00 Music: Christmas Sing Along 2:30 BINGO! 4:00 Aroma Therapy 5:15 Monday Night Football: Chiefs vs. Patriots-Channel 8 6:00 Table Games and Puzzles 	<b>19</b> 9:30 Self Healing Stretching 10:00 Daily Chronicle and News 10:15 BINGO! 1:00 Art Journal <b>2:00 No Bake Club - Christmas Cookies</b> 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Family Feud—Channel 11 	<b>20 Go Caroling Day</b> <b>9:30 A Visit with Yuki and Christine</b> 10:30 BINGO! 1:00 Classic Story Time 2:00 Namaste Nail Care with Victoria 3:00 Comedy Hour 4:00 Aroma Therapy 6:00 Guys Grocery Games— Channel 51 	<b>21 Winter Solstice</b> 9:30 Self Healing Stretching 10:00 Daily News and Chronicle 10:15 Classic Story Time <b>10:30 Communion</b> 1:00 BINGO! 2:00 Card Games 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Beat Bobby Flay—Cooking Channel 51 	<b>22</b> 9:30 Self Healing Stretching 10:00 Daily Chronicle and News 10:15 BINGO! 1:00 Namaste Nail Care with Victoria 2:00 Hot Cocoa and Conversation 3:00 Afternoon Movie 4:15 Aroma Therapy 6:00 Family Feud—Channel 11 	<b>23</b> 9:30 Natural Stretching 10:00 Memory Café: Memory Joggers 10:30 What Am I? 11:00 Namaste <b>2:00 Music in the Fireside-FC</b> 3:00 Bingo! 4:00 Aroma Therapy 6:00 The Lawrence Welk Show - Channel 5	
<b>24</b> 9:30 Natural Stretching 10:00 Remembering Christmas Eve 10:30 Strategy Games 11:00 Bible Study 1:30 Table Games 2:00 Snacks and A Chat 2:30 BINGO! 4:00 Aroma Therapy 5:20 Sunday Night Football: Patriots vs. Broncos—Channel 4 6:00 Table Games and Puzzles <b>Zoom: 180 at 1:00pm</b>	<b>25 Merry Christmas</b> <b>9:45 Steel Feather Fitness Zumba</b> 10:30 Daily Chronicle and News 10:45 Memory Joggers <b>1:30 Christmas Party</b> 2:30 BINGO! 4:00 Aroma Therapy 5:15 Monday Night Football: Raiders vs. Chiefs-Chan 6:00 Table Games and Puzzles 	<b>26</b> 9:30 Self Healing Stretching 10:00 Daily Chronicle and News 10:15 BINGO! 1:00 Art Journal <b>2:00 No Bake Club - Fruit Tarts</b> 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Family Feud—Channel 11 	<b>27</b> <b>9:30 A Visit with Yuki and Christine</b> 10:30 BINGO! 1:00 Classic Story Time 2:00 Namaste Nail Care with Victoria 3:00 Comedy Hour (Roku) 4:00 Aroma Therapy 6:00 Guys Grocery Games— Channel 51 	<b>28 Card Playing Day</b> 9:30 Self Healing Stretching 10:00 Daily News and Chronicle 10:15 Classic Story Time <b>10:30 Communion</b> 1:00 BINGO! 2:00 Reminiscing with Reader's Digest 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Beat Bobby Flay—Cooking Channel 51	<b>29</b> 9:30 Self Healing Stretching 10:00 Daily Chronicle and News 10:15 BINGO! 1:00 Namaste Nail Care with Victoria 2:00 Hot Cocoa and Conversation 3:00 Documentary 4:15 Aroma Therapy 6:00 Family Feud—Channel 11 	<b>30</b> 9:30 Natural Stretching 10:00 Memory Café: Alphabet Soup 10:30 Would You Rather? 11:00 Namaste <b>2:00 Music in the Fireside-LS</b> 3:00 Bingo! 4:00 Aroma Therapy 6:00 The Lawrence Welk Show - Channel 5	
<b>31 New Year's Eve</b> 9:30 Natural Stretching 10:00 Funny New Year's Resolutions and Jokes 10:30 Strategy Games 11:00 Bible Study 1:30 BINGO! 2:30 Theatre Matinee and Snack Bar: 4:00 Aroma Therapy 5:20 Sunday Night Football: Packers vs. Vikings—Channel 4 <b>8:00 New Year's Eve Party!</b> <b>Zoom: 180 at 1:00pm</b> <b>178 at 3:00pm</b> 	 <h1 style="color: red;">The Lodge</h1> <h1 style="color: green;">DECEMBER</h1> 						<b>Abbreviations Key:</b> <b>ARS-</b> Aerobic Studio <b>AS-</b> Art Studio <b>CC-</b> Conference Center <b>FC-</b> Fireside Club <b>GR-</b> Great Room <b>LN-</b> Living Room North <b>LS-</b> Living Room South <b>SC-</b> Sundance Cinema

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