

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2023

Cascades of the Sierra – Independent and Assisted Living

						National Christmas Light Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 1:45 Resident Led Bridge —M 2:15 News Currents – AS 3:00 Bingo - AS 7:00 Movie Night - SC		1 World Pollution Prevention Day 9:00 Morning TV Social - FC 10:00 Perry Mason: The Case of the Fraudulent Foto - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour -AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Music with DD James - FC 7:00 Movie Night - SC							
Candle Day 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 Resident Chorus - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS 7:00 Movie Night - SC		3 National Cookie Day 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Axe Throwing— ARS 1:00 Resident Led Cribbage – GR 1:30 Word Game - AS 2:15 Scrabble - FC 3:00 Bingo - AS		4 National Blue Jeans Day 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:15 Brain Games - LS 3:00 Bingo - AS		5 St Nicholas Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Visit from Therapy Dog Yuki-Room Visits 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:30 Piano with Mike - LS 3:00 Bingo - AS 7:00 Biggest Little Big Band - LS		6 9:00 Morning TV Social – FC 9:30 Damian with GSC Coffee and Coffee Cakes - FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Bean Bag Baseball – ARS 1:00 Resident Led Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo – AS 7:00 Movie Night - SC Hanukkah Begins		7 Immaculate Conception Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Martial Arts with Jeanne - ARS 1:00 Resident Led Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 1:45 Resident Led Bridge —M 2:00 Bill Papa and the Ukulele Group Volunteers - LS 3:00 Bingo – Cancelled 7:00 Movie Night - SC		8 National Llama Day 9:00 Morning TV Social - FC 10:00 Perry Mason: The Case of the Romantic Rogue - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour -AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Encore Band – FC 6:30 Caroling Performance - FC 7:00 Movie Night - SC		9	
International Animal Rights Day 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 Resident Chorus - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS 7:00 Movie Night - SC		10 International Mountain Day 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Axe Throwing— ARS 1:00 Resident Led Cribbage – GR 1:30 Visit from Therapy Dog Raylan - AS 2:15 Scrabble - FC 3:00 Bingo - AS		11 Gingerbread Day 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Ernie – Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:00 Resident Town Hall - SC 6:30 Youth Church Choir - FC		12 National Cocoa Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Visit from Therapy Dog Yuki -Room Visits 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:00 – Music with Sandee - FC 3:00 Bingo – Cancelled		13 National Energy Conservation Day 9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Bean Bag Baseball – ARS 1:00 Resident Led Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo – AS 7:00 Movie Night - SC		14 National Tea Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 1:45 Resident Led Bridge —M 2:00 Music with Marc Anthony - FC 3:00 Bingo – Cancelled 7:00 Movie Night - SC		15 National Wreaths Across America Day 9:00 Morning TV Social - FC 10:00 Perry Mason: The Case of the Jaded Joker - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour -AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Blue Grass Association – FC 5:30 Drive by xmas parade – outside 7:00 Movie Night - SC		16	
National Maple Day 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 Resident Chorus Christmas Performance - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS		17 National Twin Day 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Axe Throwing— ARS 1:00 Resident Led Cribbage – GR 1:30 Visit from Therapy Dog Raylan - AS 2:15 Scrabble - FC 3:00 Bingo - AS		18 National Hard Candy Day 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 11:00 Jessi Hall 1st Grade Caroling - LS 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:00 Resident Dinning Meeting - SC 3:00 Bingo - AS		19 Go Caroling Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Visit from Therapy Dog Yuki -Room Visits 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:00 Celebrating December birthdays with Root Beer Floats and Music from John Palmore- FC 3:00 Bingo – Cancelled Winter Begins		20 9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Bean Bag Baseball – ARS 1:00 Resident Led Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo – AS 7:00 Movie Night - SC		21 National Short Person Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 1:45 Resident Led Bridge —M 2:00 Caroling and Cards from our local Girls Scout Troop! - FC 3:00 Bingo - AS 7:00 Movie Night - SC		22 National Christmas Movie Day 9:00 Morning TV Social - FC 10:00 Perry Mason: The Case of the Caretakers Cat - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour -AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Bingo - AS 7:00 Movie Night - SC		23	
Christmas Eve 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 Resident Chorus - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS 7:00 Movie Night - SC		24 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength and Stretch - ARS 1:00 Axe Throwing— ARS 1:00 Resident Led Cribbage – GR 1:45 Christmas Movie Matinee – SC 2:00 Christmas Trivia – LS 3:00 Bingo - AS 7:00 Movie Night - SC Christmas		25 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:15 Brain Games - LS 3:00 Bingo - AS Boxing Day (Canada) Kwanzaa Begins		26 National Fruit Cake Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:30 Piano with Mike - LS 3:00 Bingo - AS		27 National Call a Friend Day 9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Bean Bag Baseball – ARS 1:00 Resident Led Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo – AS 7:00 Movie Night - SC		28 International Cello Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 1:45 Resident Led Bridge —M 2:15 News Currents – AS 3:00 Bingo - AS 7:00 Movie Night - SC		29 National Bacon Day 9:00 Morning TV Social - FC 10:00 Perry Mason: The Case of the Stuttering Bishop - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour -AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Bingo - AS 7:00 Movie Night - SC		30	
9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 Resident Chorus - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS 7:00 Movie Night - SC 7- 9 News Years Eve Party with Music from Colin Ross - LS New Year's Eve										31					

The Great Course Schedule
 Monday – The French Revolution
 Wednesday – The History of the United States
 Friday – How the World Works



12/05 Steven C.
 12/06 Ray C.
 12/07 Ethel T.
 12/07 Celia M.
 12/09 Dona H.
 12/18 Marilou C.

12/21 Melanie T.
 12/21 Ruby R.
 12/25 Vern C.
 12/25 Carol C.
 12/27 Richard P.

I heard the bells on Christmas
 Day
 Their old, familiar carols play,
 And wild and sweet
 The words repeat
 Of peace on earth, good-will to
 men!

– Henry Wadsworth Longfellow

Abbreviations Key:

- LS – Living Room South
- LN – Living Room North
- GR – Great Room
- SC – Sundance Cinema
- FC – Fireside Club
- AS – Art Studio
- M – Mavericks
- S – Scoundrels
- CC – Conference Room
- ARS – Aerobics Studio
- BP – Barbeque Patio
- PDRS – Private Dining Room South
- GC – Golf Course
- E – Everfit
- RR – Remington’s Restaurant
- WR – Winchester’s Restaurant
- MEZZ – Mezzanine

****Movies and events are subject to change based on availability****

Outings

Every Monday from 10:00am to 11:30am – Walmart except on 12/25

- 12/5 Savemart and Walgreens 9:30am to 11:00am
- 12/5 Western Village 4:30pm – 7:00pm
- 12/7 CJ Palace TBA
- 12/11 Christmas Light Outing starting at 5:30pm
- 12/14 Meadowood Mall 10:00am – 12:00pm
- 12/19 Trader Joes TBA
- 12/21 Christmas Light Outing starting at 5:30pm
- 12/25 Movie theater outing TBA
- 12/28 Walmart 10:00am – 11:30am

Spirit Week! 12/18 – 12/22

- 12/18 Winter Wonderland! Wear blues or Whites!
- 12/19 Flannel Day!
- 12/20 Classic Christmas! wear anything festive!
- 12/21 Pajama Day!
- 12/22 Ugly Christmas Sweater Contest! Get your photo taken by life enrichment and we will display it for voting!

Dining Events

Christmas Dinner – 12/22

Please Check Map, or Call for Day Locations.

Mondays:

The bus will start **boarding** at 9:15am for shopping & Labs. 9:30am-11:15am
 Appointments are to be made within the hours of 12:00pm-3:00pm

Tuesdays:

Appointments are to be made within the hours

Transportation Hours:

of 9:00am-3:00pm

Wednesdays:

Appointments are to be made within the hours of 9:00am-3:00pm

Thursdays:

The bus will start **boarding** at 9:15am for shopping. 9:30am-11:15am

Appointments are to be made within the hours of 12:00pm-3:00pm

Fridays:

Appointments are to be made within the hours of 9:00am-2:00pm