

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Sometimes your joy can be the source of your smile,
but sometimes your smile can be the source of your joy.

- Thich Nhat Hanh

9:30 Exercise w/Rita 3 10:30 Trivia: Games Through the Ages 1:30 Game: Spades 4:00 Writing Prompts 6:00 Documentary: <i>Unknown: Cosmic Time Machine</i> (NF)	9:30 Morning Stretch w/Rita 4 10:15 Shopping: Bi-Mart 1:30 Activity Planning for January 3:00 Craft: Fabric Twine 4:00 New Resident Meet & Greet 6:00 Game: Residents' Choice	9:30 Exercise w/Rita 5 10:30 Craft: Twine Weaving 2:00 Resident Led Scrabble 6:00 Movie: <i>Uncharted</i> (NF)	9:30 Exercise w/Rita 6 10:30 Outing: Christmas Shopping at Walmart Followed by Lunch 4:00 Storytelling 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 7 1:00 Afternoon Stretch w/Rita 2:00 Game: Balloon Swat 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S1E3)(P+)	9:30 Exercise w/Johonna 1 10:30 Game: Quiddler 1:30 Craft: Wine Bottle Art 3:00 Texas Hold 'Em 6:00 Resident Game: Help Your Neighbor	9:30 Chair Fitness 2 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Love Actually</i> (NF) 6:00 Resident Game: Dominos Richard's Birthday
9:30 Exercise w/Rita 10 10:30 Game: Family Feud 1:30 Outing: Christmas Shopping at World Market 6:00 Documentary: <i>Mystery of the Hope Diamond</i> (P+)	9:30 Morning Stretch w/Rita 11 10:15 Shopping: MoC 2:00 Craft: Stocking Decorating 4:00 Candy Bar Bingo 6:00 Game: Residents' Choice	9:30 Exercise w/Rita 12 10:30 20 Questions 2:00 Resident Led Uno 6:00 Movie: <i>Scrooged</i> (P+)	9:30 Exercise w/Rita 13 10:30 Cookie Decorating 2:00 Sara Scofield, Vocalist 3:30 Talk About: Compassion 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 14 1:00 Afternoon Stretch w/Rita 2:00 Optum Bingo & Presentation 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S1E4)(P+)	9:30 Exercise w/Johonna 8 10:30 Game: Apples to Apples 1:30 Discussion: Cultural Traditions Around the World 3:00 Texas Hold 'Em 7:15 Eugene Gleemen Christmas Show	9:30 Chair Fitness 9 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Surviving Christmas</i> (AP) 6:00 Resident Game: Dominos
9:30 Exercise w/Rita 17 10:30 Game: Toss & Talk 1:30 Outing: Christmas Shopping at the Holiday Market 6:00 Documentary: <i>Secrets of Christ's Tomb</i> (D+)	9:30 Morning Stretch w/Rita 18 10:15 Shopping: Safeway 2:00 Tim Biggs on Guitar 3:30 Bingo 6:00 Outing: Christmas Lights Drive	9:30 Exercise w/Rita 19 10:30 Trivia: Holiday Traditions Around the World 2:00 Resident Led Quiddler 6:00 Outing: Christmas Lights Drive	9:30 Exercise w/Rita 20 10:30 Craft: Create a Box 2:00 Gus Russell on Piano 4:00 Storytelling 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 21 1:00 Afternoon Stretch w/Rita 2:00 Midday Matinee: <i>It's a Wonderful Life</i> (AP) 4:30 Happy ½ Hour 5:00 Friends & Family Buffet & Christmas Party	9:30 Exercise w/Johonna 15 10:30 Trivia: World Values 1:30 Craft: Holiday Wreath 3:00 Texas Hold 'Em 6:00 Resident Game: Uno	9:30 Chair Fitness 16 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Mariah Carey: Merry Christmas to All</i> (P+)
Dress Up Week: Wear Red Day	Dress Up Week: Holiday Character	Dress Up Week: Xmas Accessories	Dress Up Week: Xmas PJ's	Dress Up Week: Your Holiday Best	JoAnn's Birthday	6:00 Resident Game: Dominos
9:30 Chair Fitness 24 w/Paul Eugene on YouTube 10:15 On TV: The Love Boat Christmas Cruise (P+) 2:00 Resident Led Game of Choice 6:00 Documentary: <i>Christmas with Walt Disney</i> (D+)	9:30 Morning Stretch w/Rita 25 10:30 Talk About: Christmas Traditions 1:00 Resident Council 2:00 Christmas Bingo 6:00 Game: Residents' Choice	9:30 Exercise w/Rita 26 10:30 Charades 1:00 Resident Food Council 2:00 Resident Led Scrabble 6:00 Movie: <i>The Man from Toronto</i> (NF)	9:30 Exercise w/Rita 27 10:30 Craft: Drawstring Bag 2:00 Game: Spades 4:00 Storytelling 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 28 1:00 Afternoon Stretch w/Rita 2:00 December Birthdays Celebration 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S1E5)(P+)	9:30 Exercise w/Johonna 22 10:30 Paint a Christmas Tree 1:30 World Religions: Yoga as Spirituality 3:00 Texas Hold 'Em 6:00 Resident Led Scrabble	9:30 Chair Fitness 23 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>White Christmas</i> (NF) 6:00 Resident Game: Dominos
9:30 Exercise w/Rita 31 10:30 Talk About: Resolutions 2:00 New Year's Eve Party 6:00 New Year's Eve Broadcasting					Dress Up Week: Ugly Sweater Day	9:30 Chair Fitness 30 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>West Side Story</i> (D+)

Please remember, all bus outings require sign-up in advance! Activities are hosted in the lounge unless otherwise indicated.

Every effort is made to fulfill all calendar events; however, activities could be subject to change.

Movie descriptions will be listed on the daily schedule posted at front desk.