

December

2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Lower Extremity Exercises with Gee 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC – Living Rm 10:00 AL - Living Rm	Guided Meditation Session with Carol 9:30 MC –Living Rm 10:00 AL-Bistro
5	6	7	8	9	10	11
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC – Living Rm 10:00 AL - Living Rm	Guided Meditation Session with Carol 9:30 MC –Living Rm 10:00 AL-Bistro
12	13	14	15	16	17	18
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC – Living Rm 10:00 AL - Living Rm	Guided Meditation Session with Carol 9:30 MC –Living Rm 10:00 AL-Bistro
19	20	21	22	23	24	25
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC – Living Rm 10:00 AL - Living Rm	Guided Meditation Session with Carol 9:30 MC –Living Rm 10:00 AL-Bistro
26	27	28	29	30	31	
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC – Living Rm 10:00 AL - Living Rm	