



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:15 am Catholic Services (Mainsail) 9 am Morning Chair Exercise 2 pm Games 6 pm Sunset Walk	2 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 1 pm B.A.S.S. Exercise Program with Missy (Yoga Studio) 7 pm Movie Night (Mainsail)	3 9 am Morning Chair Exercise 11:30 am Speaker (Dinning Room) 1 pm Aqua-Fit with Philly (Pool Deck) 3 pm Bingo	4 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 10:30 am Wii bowling 1 pm Courtyard Walk 4 pm Happy Hour—Tree Lighting !!!	5 **International Ninja Day** 9 am Morning Chair Exercise 11:30 am Activity Planning Meeting 1 pm Painting with Rita 2:30 pm Aqua-Fit with Philly 6 pm Sunset Walk	6 9 am Morning Chair Exercise 10:30 am Morning Movie 1 pm Aerobic Dance Class with Missy (Gym) 6:30 pm Special Holiday Performance by Polynesian Dancers	7 **National Pearl Harbor Day of Remembrance** 9 am Morning Chair Exercise 10 am Donut Dip and Aqua Club (pool deck) 1 pm Games 6 pm Sunset walk
8 8:15 am Catholic Services (Mainsail) 9 am Morning Chair Exercise 2 pm Games 6 pm Sunset Walk	9 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 11 am Christmas Craft 1 pm B.A.S.S. Exercise Program with Missy (Yoga/gym) 7 pm Movie Night	10 9 am Morning Chair Exercise 10 am Strength Training (Must sign up for) 11:30 am Speaker (Dinning Room) - Florida Skin Center **Please sign-up 1 pm Aqua-Fit with Philly (Pool Deck) 3pm Bingo	11 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 10:30 am Wii bowling 1 pm Courtyard Walk 4 pm Happy Hour	12 **National Gingerbread House Day** 9 am Morning Chair Exercise 10:30 am—Book Club (Bistro) 11:30 am Food planning 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 3:30 pm Making Gingerbread Houses (Shores LEC) 6 pm Sunset Walk	13 9 am Morning Chair Exercise 10:30 am Morning Movie 1 pm Aerobic Dance Class with Missy (Gym) 3 pm Bingo 6 pm Sunset Walk	14 9 m Morning Chair Exercise 10 am Donut Dip and Aqua Club (pool deck) 1 pm Games 3 pm Puzzles 6 pm Sunset Walk
15 8:15 am Catholic Services (Mainsail) 9 am Morning Chair Exercise 2 pm SWFL Concert Band (Bus leaves at 1 pm) 2 pm Games 6 pm Sunset Walk	16 **MEDICAL APPOINTMENTS** **National Chocolate Covered anything Day** 9 am Morning Chair Exercise 11 am Christmas Craft 1 pm B.A.S.S. Exercise Program with Missy (Yoga/gym) 7 pm Movie Night	17 9 am Morning Chair Exercise 11:30 am TRIP to get Ice Cream 1 pm Aqua-Fit with Philly (Pool Deck) 3 pm Bingo	18 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 10:30 am Wii bowling 1 pm Courtyard Walk 4 pm Happy Hour /Birthday Party/ Winter Wonderland (Bistro)	19 9 am Morning Chair Exercise 11:30 am Make Ugly Christmas Sweaters 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 6 pm Sunset Walk	20 9 am Morning Chair Exercise 10:30 am Morning Movie 1 pm Aerobic Dance Class with Missy (Gym) 3 pm Bingo 6 pm Sunset Walk	21 9 am Morning Chair Exercise 10 am Donut Dip and Aqua Club (pool deck) 1 pm Games 3 pm Puzzles 6 pm Sunset Walk
22 8:15 am Catholic Services (Mainsail) 9 am Morning Chair Exercise 2 pm Games 6 pm Sunset Walk	23 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 11 am Christmas Craft 1 pm B.A.S.S. Exercise Program with Missy (Yoga/gym) 7 pm Movie Night	24 Christmas Eve 9 am Morning Chair Exercise 11:30 am TRIP to Coffee Shop 1 pm Aqua-Fit with Philly (Pool Deck) 2 pm Bingo 3—4 pm Happy Hour/Christmas Party	25 Christmas Day 9 am Morning Chair Exercise 10 am Hot Chocolate and Friends 12:00 Christmas Dinner 1 pm Courtyard Walk 5 pm Movie	26 ** National Thank You Note Day** 9 am Morning Chair Exercise 10:30 am Making Thank you cards 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 6 pm Sunset Walk	27 9 am Morning Chair Exercise 10:30 am Morning Movie 1 pm Aerobic Dance Class with Missy (Gym) 3 pm Bingo 6 pm Sunset Walk	28 9 am Morning Chair Exercise 10 am Donut Dip and Aqua Club (pool deck) 1 pm Games 3 pm Puzzles 6 pm Sunset Walk
29 9 am Morning Chair Exercise 8:15 am Catholic Services (Mainsail) 2 pm Games 6 pm Sunset Walk	30 **MEDICAL APPOINTMENTS** 9 am Morning Chair Exercise 11 am Craft 1 pm B.A.S.S. Exercise Program with Missy (Yoga/gym) 7 pm Movie Night	31 New Year’s Eve Party 9 am Morning Chair Exercise 11:30 am Games 1 pm Aqua-Fit with Philly (Pool Deck) 3 pm Bingo 6:30 Movie Night (Mainsail) 7:00 pm Cheers Celebration			<div>Key</div> <div>Mainsail—Mainsail Theater on 2d floor</div> <div>Sky Lounge—The outside lounge on the 3rd floor</div> <div>Shipyard—Shipyard Game room on 3nd floor</div> <div>Yoga/Gym—1st Floor Shore LEC Court yard—Court Yard on the Assisted Living through the Life Enrichment Center</div> <div>Shores LEC—Life Enrichment Center on the Assisted Living</div>	