

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HAPPY NEW YEAR	19:00Daily Chronicles discuss at Breakfast10:00Morning Yogalates-AL AR10:00Shopping Trip-Sign up!10:30Seated Strength Exercise-AL AR11:30Encouraging Word of the Day - AL DR2:00Craft Corner - AL Activity Room4:00Happy Hour Trivia- IL Pub	2 9:00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:30 Seated Strength Exercise-AL AR 11:30 Encouraging Word of the Day - AL DR 4:00 Bingo-IL Pub 6:30 Midweek Movie Night	3 9:00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:30 Seated Strength Exercise-AL AR 11:30 Encouraging Word of the Day - AL DR 2:00 Group Games! 4:00 Happy Hour-Independent Pub 6:30 Trivia - IL Pub	4 9:00 Daily Chronicles 10:00 Yogalates 10:30 Chair Strength-AL AR 2:00 Creative Corner AL AR 3:00 Puzzles AL AR 3:30 Front patio chat 4:00 Games with Friends Resident's Choice
5 9:00 Walk the Building with Friends! 10:00 Virtual Church of Your Choice! 2:00 Bible Study in IL Library 3:00 Enjoy a Good Book or a Game with Friends! 4:00 Creative Coloring AL AR	6 9:00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:30 Seated Strength Exercise-AL AR 11:30 Encouraging Word of the Day - AL DR 2:00 Craft Corner - AL Activity Room 3:00 Bingo in AL Bistro 4:00 Uno - AL Activity Room	 7 9:00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:30 Seated Strength Exercise-AL AR 11:30 Encouraging Word of the Day - AL DR 4:00 Travel Tuesday- Movie Theater 6:30 Poker night-IL Game Room 	8 9:00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:00 Shopping Trip-Sign up! 10:30 Seated Strength Exercise-AL AR 11:30 Encouraging Word of the Day - AL DR 2:00 Craft Corner - AL Activity Room 4:00 Happy Hour Trivia- IL Pub	9 9:00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:30 Seated Strength Exercise-AL AR 11:30 Seated Strength Exercise-AL AR 11:30 Seated Strength Exercise-AL AR 11:30 Comedy in IL Pub 4:00 Bingo-IL Pub 6:30 Midweek Movie Night	10 9.00 Daily Chronicles discuss at Breakfast 10:00 Morning Yogalates-AL AR 10:30 Seated Strength Exercise-AL AR 11:30 Encouraging Word of the Day - AL DR 2:00 Group Games! 4:00 Happy Hour-Independent Pub 6:30 Trivia - IL Pub	11 10:00 Yogalates 10:30 Chair Strength-AL AR 2:00 Creative Corner AL AR 3:00 Puzzles AL AR 4:00 Games with Friends Resident's Choice
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Assisted Living

