

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 Morning Refreshments 10:30 Dance Aerobics 1:00 SOUL: Pen Pal Hour 2:00 Freshly Crafted SOUL Cherry Pies 3:00 Card Game Tournament: Blackjack 21 6:00 Classic Love Film National Pie Day
9:30 Power Up Hour 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Coffee & Apple Fritters 3:00 SOUL Ultimate Spa Day 6:00 Golden Girls Tv Series Marathon.	9:30 Local Daily News Updates 10:30 Morning Massages 1:00 Soul Neighborly Wonders 2:00 DIY: Holiday Stocking 3:00 Music Appreciation: Elton John 6:00 Romantic Comedies National Sock Day	9:30 Shake it off Zumba 10:30 Soul Remembrance & TEA 1:00 Winter Solstice Floral Arrangements 2:00 Ultimate Holiday Trail Mix 3:00 DIY: Snow Man Assembly 6:00 Classic Television Marathon	9:30 Stationary Cycling 10:30 Paint with Friends 1:00 DIY: Cotton Candy Snow Man 2:00 Comedy Improv Hour 3:00 Hello, Jingle Bingo! 6:00 Movies Based on true story National Cotton Candy Day	9:30 Morning Meditation 10:30 Breathe Right Exercise 1:00 Hair Spa Refreshments 2:00 Soul Adventures: Neighborhood Library 3:00 DIY: Your own Soul Menorah 6:00 Hollywood Blockbuster Hanukkah Begins	9:30 FRIYAY: Mindful Meditation 10:30 Savory Lox & Bagels 1:00 Acrylic Painting: Hanukkah Dreidel 2:00 Pop Up, Popcorn Savory Cart 3:00 Lucky Lanes Bowling 6:00 Classic Love Film	9:30 Today's News & Tea Early Bird Stretches 10:30 Soul Remembrance & TEA 1:00 Admiring & Feeding Soul Birds 2:00 SOUL Elf Café 3:00 Christmas Gardening on Patio. 6:00 Musical Theatre Movies
9:30 Joint Therapy Massage 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Cheerful Side: Warm Cinnamon Rolls 3:00 Holiday Tournament: Charades 6:00 Golden Girls Tv Series Marathon	9:30 Zen Yoga 10:30 Cafe Cart De La Soul 1:00 SOUL Pet Therapy- Play with Me 2:00 Residents Demo: Sweet Cranberry cider 3:00 Art Appreciation: Agnes Margin 6:00 Romantic Comedies	9:30 Positive Morning Affirmations Joint Therapy Massage 10:30 Pilates Workout 1:00 DIY: Gingerbread House 3:00 Family Discussion: Best Christmas Movie 6:00 Classic Television Marathon National Gingerbread House Day	9:30 Morning Stretch 10:30 Body Moment Warm up 1:00 Soul Harvest High Tea: (Hot Chocolate Edition) 2:00 Classic Cinnamon Rolls Hour 3:00 DIY Jewelry: Christ Friendship Necklaces & Bracelets 6:00 Movies Based on true story.s National Coco Day	9:30 Stationary Cycling 10:30 Local News: Los Angeles 1:00 Holiday Charcutier 2:00 Soul Adventures: Griffith Observatory 3:00 Tournament: HD Word Search 6:00 Hollywood Blockbuster	9:30 Breathe Right Yoga 10:30 Morning Facials 1:00 SOUL Tennis Tournament 2:00 DIY: Make Your Own SOUL Ugly Sweater 3:00 Top 10 Endangered Animals in the World 6:00 Classic Love Film National Ugly Sweater Day	9:30 Inhale & Exhale Warm Up 10:30 Soul Breakfast Warm up. 1:00 DIY: Uncoded Light House 2:00 Ice-Cream Parlor: Vanilla Cinnamon Cranberry Crunch 3:00 SOUL Brain Teaser: HD Word Search 6:00 Musical Theatre Movies
9:30 Mindful Mediation 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Oatmeal & Rasins Holiday Cart 3:00 Holiday Tournament: Mix Match Stockings 6:00 Golden Girls Tv Series Marathon	9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno 2:00 Residents Pick: Christmas Dessert 4:00 Music Appreciation: Stevie Wonder 6:00 Romantic Comedies	9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up. 1:00 SOUL Winter Solstice Flower Arrangements 2:00 Nourishing our Bodies: Hydration Hour 3:00 Chef Demo: Decorative Oatmeal Cookie 6:00 Classic Television Marathon National Oatmeal Muffin Day	9:30 Morning Refreshments 10:30 Paint with Friends 1:00 SOUL Band: Beat of the Drums 2:00 Freshly Baked Cinnamon Pretzel & Cappuccinos 3:00 Craft Hour: Six Step Funny Santa Drawing 6:00 Movies Based on true story	9:30 Health Focused Affirmation 10:30 Aromatherapy Massage 1:00 5 Days of Christmas Secret Santa 2:00 HAPPY HOUR: Residents Birthday Celebration 3:00 Short Stories Book Club 6:00 Hollywood Blockbuster Winter Begins	9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Macaroni menorah 2:00 Chef Demo: Crumble Apple & Date Pie 3:00 Spooky Lanes Bowling 6:00 Classic Love Film National Date Nut Day	9:30 Coffee & Bagel 10:30 SOUL Adventures: Neighborhood Walk Holiday Decorations 1:00 Soul Hair Salon 2:00 Delicious Praline Crunch Hour 3:00 Soul Snack & Juice Bar: Everything Jolly! 6:00 Musical Theatre Movies
9:30 Cheerful Morning Walk 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Donuts & Peppermint Cappuccino 3:00 Holiday Tournament: Chimney Hangman 6:00 Golden Girls Tv Series Marathon Christmas Eve	9:30 Aromatherapy Massage 10:30 Holiday Zumba: Nutcracker Christmas Day Celebration 12:00 1:00 Secret Santa Gift Exchange 2:00 Soul Egg Nogg Cart 3:00 Art Appreciation: Norman Rockwell 6:00 Romantic Comedies Christmas	9:30 Soul Breakfast Power Up Pilates Body Stretches 10:30 Short Stories Book Club 1:00 SOUL Holiday Karaoke Edition 2:00 SOUL Tasty Toasted Treats 3:00 Poems from The Heart 6:00 Classic Television Marathon Kwanzaa Begins	9:30 Morning Warm Up 10:30 Heart to Heart Therapy 1:00 WELCOME: New Residents Happy Hour 2:00 Holiday Bingo: Kwanzaa 3:00 DIY: Holiday Lights Painting 6:00 Movies Based on true story	9:30 Positive Morning Affirmation 10:30 DIY: SOUL New Years Resolution List 1:00 Apple Cider Donuts Hour 2:00 Soul Adventures: Neighborhood Park Outing 3:00 SOUL Family Game Night: Family Feud 6:00 Hollywood Blockbuster	9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Make Your Own Fireworks 2:00 Chef Demo: Holiday Rice Krispy Treats 3:00 Card Game Tournament Solitaire 6:00 Classic Love Film	9:30 Chair Cycling Power Hour 10:30 Sunday Morning Stroll 1:00 SOUL Thankful Sundae Bar 2:00 SOUL Holiday Pretzels 3:00. Soul Karaoke: 70s Disco 6:00 Musical Theatre Movies
9:30 Reflective Stretch 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Warm Raspberry Turn Overs 3:00 Holiday Tournament: Strike Out Bowling 6:00 New Years Eve Fireworks Show New Year's Eve						