

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Crisp Air Morning Walk 10:15 <b>Weights Strength Training</b> 11:00 Coffee & The Chronicle 12:45 <b>Nature Connection: December Floral Creations</b> 1:45 Hydration Hour: How To Take Care of Your Skin in the Winter 2:45 <b>Mental Fitness: Link the Words</b> 3:45 Bowling Tournament! 6:00 Movie: <i>National Treasure</i>	9:15 Soothing Morning Walk 10:15 <b>Fitness: Strength with Resistance Bands</b> 11:00 Coffee & The Chronicle 12:45 <b>Brain Empowering: Famous Duos</b> 1:45 DIY: Jelly Bean Christmas Tree 2:45 Hangman Challenge 3:45 <b>Mind-Body Coordination: Tambourines Time!</b> 6:00 Movie: <i>Remember the Titans</i>	9:15 Bundle Up Morning Walk 10:15 <b>Drum to the Beat!</b> 11:00 Coffee & The Chronicle 12:45 Watercolor Art: Abstract Inspiration 1:45 <b>Sensory Exploration: Holiday Treat Taste Game</b> 2:45 Rhyme and Shine! 3:45 <b>Boxing Hour- Let the Energy Out</b> 6:00 Movie: <i>The Mother</i>	9:15 Dewy December Morning Walk 10:15 <b>Think Fast- Catch the Ball!</b> 11:00 Coffee & The Chronicle 12:45 <b>DIY Snowflake Ornaments</b> 1:45 Winter Patio Picnic 2:45 <b>Memory Jogger- Can You Complete the Lyrics?</b> 3:45 Bingo with a surprise prize 6:00 Movie: <i>Maestro</i>	9:15 Fresh Air Morning Walk 10:15 <b>Weights Power Session</b> 11:00 Coffee & The Chronicle 12:45 <b>Creative Expression: Paint Wood Centerpieces</b> 1:45 Persimmon Party 2:45 Word Letter Ladder 3:45 <b>Christmas Carols Karaoke</b> 6:00 Movie: <i>Schindlers List</i>	9:15 Greet the Sun Morning Walk 10:15 <b>Seated Cardio</b> 11:00 Coffee & The Chronicle 12:45 <b>Soul Outing: Hollywood Blvd Adventure</b> 1:45 Cinnamon Rolls and Cozy Music 2:45 Crossword Puzzle Time 3:45 Sticky Ball Toss 6:00 Movie: <i>Rocky</i>	9:15 Savor the Stillness Morning Walk 10:15 <b>Toss the Ring</b> 11:00 Coffee & The Chronicle 12:45 <b>Holiday Door Wreath DIY</b> 1:45 Cookies and Milk Afternoon Treat 2:45 Affirmations Bingo 3:45 <b>Lindimoo Sing Along Hour</b> 6:00 Movie: <i>Lean on Me</i>
9:15 Invigorating Morning Walk 10:15 <b>Wellness Weights Workout</b> 11:00 Coffee & The Chronicle 12:45 Mandala Adult Coloring 1:45 <b>Baseball Sports Recap with Pretzels and Trail Mix</b> 2:45 Let's Play Word Connection! 3:45 Sticky Ball Toss 6:00 Movie: <i>The Family Man</i>	9:15 Gentle Morning Walk 10:15 <b>Resistance Bands Workout</b> 11:00 Coffee & The Chronicle 12:45 Massages, Meditation, and Aroma Therapy 1:45 <b>Baking Apple Turnovers!</b> 2:45 Holiday Hangman 3:45 <b>Dancing to Rock n Roll Hits from the 50s and 60s</b> 6:00 Movie: <i>The Sound of Music</i>	9:15 Scenic Morning Walk 10:15 <b>Ball Drumming Fitness</b> 11:00 Coffee & The Chronicle 12:45 <b>Build-a-Snowman!</b> 1:45 <b>December Birthday Party Happy Hour!</b> 2:45 Match the Sounds 3:45 Bowling Tournament 6:00 Movie: <i>The Holiday</i>	9:15 Comforting Morning Walk 10:15 <b>Snowball Toss Game</b> 11:00 Coffee & The Chronicle 12:45 Christmas Scratch Off Art 1:45 <b>Santa Claus is Coming to Town Photo Booth</b> 2:45 Music Trivia - Name The Tune! 3:45 <b>Travel Discussion</b> 6:00 Movie: <i>Happy Gilmore</i>	9:15 Cheerful Morning Walk 10:15 <b>Lift Those Weights Workout</b> 11:00 Coffee & The Chronicle 12:45 Serene Winter Scene Painting 1:45 <b>Fresh Hot Pretzels while Watching Earth Moods</b> 2:45 Tower the Words Challenge 3:45 <b>Melody Lane Sing Along</b> 6:00 Movie: <i>Love Hard</i>	9:15 Rejuvenating Morning Walk 10:15 <b>Golden Cardio Moves</b> 11:00 Coffee & The Chronicle 12:45 <b>Soul Outing: Picnic at the Park</b> 1:45 Dip 'n' Crunch Veggie Party 2:45 Find the Pennies 3:45 Holiday Word Hunt Crossword Puzzles 6:00 Movie: <i>Meet Me Next Christmas</i>	9:15 Mindful Morning Walk 10:15 <b>Cone Hoop Toss</b> 11:00 Coffee & The Chronicle 12:45 DIY Hannukah Suncatchers 1:45 <b>Candy Cane Tea w/Holiday Chocolates &amp; Christmas Carols</b> 2:45 Affirmations Bingo 3:45 <b>Golden Oldies Dance Party</b> 6:00 Movie: <i>The Shawshank Redemption</i>
9:15 Get Moving Morning Walk 10:15 <b>Longevity Weights Training</b> 11:00 Coffee & The Chronicle 12:45 Water Color Painting Flower Tutorial 1:45 <b>Football Sports Recap with Potato Chips and Coke</b> 2:45 Finish the Phrase Game 3:45 <b>Holiday Hot Cocoa Bar</b> 6:00 Movie: <i>Good Will Hunting</i>	9:15 Crisp Air Morning Walk 10:15 <b>Resistance Bands Challenge</b> 11:00 Coffee & The Chronicle 12:45 <b>Sip and Paint Party</b> 1:45 Facials with Aroma Therapy 2:45 Crack the Code Hangman 3:45 <b>Move and Groove Dancing</b> 6:00 Movie: <i>Jaws</i>	9:15 Soothing Morning Walk 10:15 <b>Yoga Ball Rhythms</b> 11:00 Coffee & The Chronicle 12:45 <b>Paint by Sticker: Animal Edition</b> 2:00 <b>Live Entertainment: Yasha the Vionist!</b> 2:45 Holiday Chocolate Spoon Making 3:45 Boxing Match 6:00 Movie: <i>The Parent Trap</i>	9:15 Bundle Up Morning Walk 10:15 <b>Toss the Ball</b> 11:00 Coffee & The Chronicle 12:45 <b>Build a Gingerbread House</b> 1:45 Johnny Cash Sing Along 2:45 Music Trivia - Is It Elvis Presley or Frank Sinatra?? 3:45 Bingo with Surprise Prize! 6:00 Movie: <i>The Dead Poets Society</i>	9:15 Greet the Sun Morning Walk 10:15 <b>Weights Lifting Hour!</b> 11:00 Coffee & The Chronicle 12:45 Doodle Board Demo 1:45 <b>Cottage Cheese &amp; Fruit Medley with Lively Music</b> 2:45 Brain Stimulation: Word Stacks 3:45 Bowling Tournament 6:00 Movie: <i>The Merry Gentleman</i>	9:15 Brisk Morning Walk 10:15 <b>Cardio with Curtis</b> 11:00 Coffee & The Chronicle 12:45 <b>Soul Outing: Christmas Lights Drive</b> 1:45 Fruit Drink Bar and Health Focused Affirmations 2:45 <b>Winter Wonderland Crossword Puzzles</b> 3:45 Sticky Ball Toss 6:00 Movie: <i>The Noel Diary</i>	9:15 Fresh Air Morning Walk 10:15 <b>Fling the Ring</b> 11:00 Coffee & The Chronicle 12:45 Hannukah Rainbow Bookmarks 1:45 <b>Charcuterie Board Community Circle</b> 2:45 Affirmations Bingo 3:45 <b>Dance Party Showdown!</b> 6:00 Movie: <i>Fiddler on The Roof</i> Winter Begins
9:15 Savor the Stillness Morning Walk 10:15 <b>Weights Lifting Hour!</b> 11:00 Coffee & The Chronicle 12:45 Make your own Bouquet 1:45 <b>Ted Talk and Dark Chocolate Mint Stars Afternoon Treat</b> 2:45 Category Connections Game 3:45 <b>If You're Happy &amp; You Know It Sing Along</b> 6:00 Movie: <i>Scrooge</i>	9:15 Invigorating Morning Walk 10:15 <b>Seated Resistance Bands Class</b> 11:00 Coffee & The Chronicle 12:45 Soul Spa Day 1:45 <b>Live Entertainment: Sharyn Scott!</b> 2:45 Guess the Word Hangman Challenge 3:45 <b>Dance Party Showdown!</b> 6:00 Movie: <i>Home Alone</i>	9:15 Gentle Morning Walk 10:15 <b>Drumming Yoga Balls</b> 11:00 Coffee & The Chronicle 12:45 <b>Step by Step Holiday Card Making</b> 1:45 Afternoon Treat: Candy Cane Chocolate Covered Almonds 2:45 <b>Rhyme It Right!</b> 3:45 Sticky Ball Toss 6:00 Movie: <i>Home Alone 2</i> Christmas Eve	9:15 Merry Morning Walk 10:15 <b>Catch &amp; Toss Fitness</b> 11:00 Coffee & The Chronicle 12:45 <b>Christmas Feast w/ Live Entertainment: Jacob the Saxaphonist!</b> 1:45 <b>Christmas Painting Class</b> 2:45 Holiday Gift Exchange! 3:45 Travel Discussion Christmas Day Hanukkah begins at sunset	9:15 Scenic Morning Walk 10:15 <b>Wellness Weights Workout</b> 11:00 Coffee & The Chronicle 12:45 Fuzzy Velvet Coloring Posters 1:45 <b>Donuts and Hannukah Bingo</b> 2:45 Brain Stimulation: Vertical Vocabulary 3:45 <b>DIY Menorah Making</b> 6:00 Movie: <i>Full Court Miracle</i> Kwanzaa	9:15 Comforting Morning Walk 10:15 <b>Active Heartbeats Cardio Class</b> 11:00 Coffee & The Chronicle 12:45 <b>Soul Outing: Lunch @ Winchell's</b> 1:45 I Love Lucy and Fresh Fruit! 2:45 December Word Challenge 3:45 Bowling Tournament 6:00 Movie: <i>Good Morning, Vietnam</i>	9:15 Cheerful Morning Walk 10:15 <b>Hoop Throw</b> 11:00 Coffee & The Chronicle 12:45 Coloring for Relaxation 1:45 <b>Festive Hannukah Party</b> 2:45 Affirmations Bingo 3:45 <b>Tambourine Sit &amp; Dance</b> 6:00 Movie: <i>Escape from Alcatraz</i>
9:15 Rejuvenating Morning Walk 10:15 <b>Weights Workout w/Wild Music</b> 11:00 Coffee & The Chronicle 12:45 <b>Q-Tip Snowstorm Painting</b> 1:45 Muffins and Music Appreciation: Elton John 2:45 Let's Play Word Connection! 3:45 Sticky Ball Toss 6:00 Movie: <i>Rez Ball</i>	9:15 Mindful Morning Walk 10:15 <b>Strengthen with Resistance Bands</b> 11:00 Coffee & The Chronicle 12:45 <b>Edible Craft: Pine Cones!</b> 1:45 Hair Salon Day 2:45 Famous Duos 3:45 Bowling Tournament 6:00 Movie: <i>Rocky 2</i>	9:15 Soothing Morning Walk 10:15 <b>Ball Beats Session</b> 11:00 Coffee & The Chronicle 12:45 <b>Snowman on a Stick Craft</b> 1:45 Happy Tappy Tea Party 2:45 Rhyming Words 3:45 <b>Golden Oldies New Years Dance Party</b> 6:00 Movie: <i>Doctor Zhivago</i> New Year's Eve				

CityView  
December 2024  
SOUL Calendar