

December 2018 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)</p>		<p>Activities take place in the Assisted Living Activity Room unless otherwise noted.</p> <p>Activities subject to change without notice. Please check daily flyers for updates.</p>				<p>1 10:00 Music w/David Field by the C1 elevator 10:30 Activity Sign Ups/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "Marigold Hotel" 1:45 Beading/AR/SUAD 4:00 Mass/OR 7:15 Movie/OR "Boyhood"</p>
<p>2 Hanukkah at Sundown 10:15 Qi Gong DVD/OR 1:00 Rummikub/ALAR 3:00 Leave for Cabrillo Symphonic Chorus/SUAD 2:45 Movie/OR "Boyhood" 7:15 Movie/OR "The Second Best Exotic Marigold Hotel"</p>	<p>3 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 Bible Study/Chapel 1:30 AL Sharing Memories with Fran 1:45 Art Class for those enrolled 7:15 Jazz DVD #4/OR</p>	<p>4 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:15 Trip to see Butterflies/SUAD 1:30 Richard on Piano 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "City Slickers" 7:15 Ariose Singers/OR</p>	<p>5 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 11:00 Episcopal Service/Chp 1:00 Rummikub & Scrabble 1:45 Lighting of Holiday Tree & Chanukiah/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>6 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Mary Boer Writing Group in Acom Room 1:15 Poetry w/Magdalen 4:00-5:30 HAPPY HOUR/OR with 'NoNette' <i>New vocal & bass duo!</i></p>	<p>7 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Brand New Day" 7:15 Movie/OR "Cats"</p>	<p>8 No Music Today 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "Nebraska" 2:00 Holiday Music & Sing Along w/St. John's Catholic Church/ OR 4:00 Mass/OR 7:15 Movie/AR "The Grand Budapest Hotel"</p>
<p>9 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:00 View & Discuss with Tony Italian Cinema Classic "Bicycle Thieves" with English soundtrack 2:45 Movie/OR "The Grand Budapest Hotel" 7:15 Movie/ OR "Nebraska"</p>	<p>10 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Conversation 1:30 Bible Study/Chapel 2:30 "Oy Hanukkah Concert/OR 7:15 Jazz DVD #5/OR</p>	<p>11 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 11:30 New Resident Luncheon 1:30 Sing Along w/Charlotte 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Big Stone Gap"</p>	<p>12 9:30 Balance Exercises/OR 9:45 Trip to Dollar Tree/SUAD 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 3:15 Knitting & Crocheting/AR 3:30 Visit from Girl Scouts/OR 7:00 Bingo/OR</p>	<p>13 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:00 Hearing Aid Check/ W/C 10:30 Exercise w/Tony 1:30 Music w/ Ginny Mitchell 4:00 HAPPY HOUR/OR with Johnny Fabulous</p>	<p>14 No Exercise Today 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 5:30 Assisted Living Movie "Broadcast News" 7:15 Villanelle Singing Duo/OR</p>	<p>15 10:00 Music w/David Field by the C1 elevator 10:15 Qi Gong DVD/ OR 1:30 Movie/ALAR "Philomena" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 7:15 Movie/OR "The Death of Stalin"</p>
<p>16 10:15 Qi Gong DVD/OR 1:00 Rummikub /CC 2:00 Leave for Pacific Voices Concert /SUAD 2:45 Movie/OR "The Death of Stalin" 7:15 Movie/OR "Philomena"</p>	<p>17 No Exercise Today 10:00 Poker by C1 elevator 1:00 Rummikub & Scrabble 1:30 Bible Study/Chapel 1:30 Nature DVD/ALAR "Christmas in Yellowstone" 1:45 Art Class for those enrolled 6:30 Holiday Lights Tour/SUAD</p>	<p>18 9:30 No Exercise today 10:30 Exercise w/Tony 10:30 No Qi Gong today 1:30 Holiday Music & Fun w/John & Babette Hofacre 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Man Who Knew Too Much"</p>	<p>19 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 1:30 Music w/Jack Bowers 2:00-2:30 Classical Piano Concert with resident Elaine Strauss/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>20 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 1:30 Holiday Music with Pianist Al Wegener 4:15 Birthday, New Resident Dinner/Main Dining Room</p>	<p>21 Winter begins 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 5:30 Assisted Living Movie "The Man Who Invented Christmas" 7:15 Piano w/Richard Stauff/OR "Christmas Carol Origins"</p>	<p>22 10:00 Music w/Nick by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "Gypsy" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 7:15 Movie/OR "The Peacemaker"</p>
<p>23 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:00 Rummikub/ALAR 2:45 Movie/OR "The Peacemaker" 7:15 Movie/ OR "Gypsy"</p>	<p>24 9:30 Balance Exercise/OR 9:45 Shop Trader Joes/SUAD 10:00 Poker/ C1 elevator 10:30 Exercise w/Tony 4:00 MASS/OR 1:30 Bible Study/Chapel</p>	<p>25 Christmas Day 11:00 Christmas Buffet starts in AL Dining Room & Main DR. 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Miracle on 34th Street" 7:15 Movie/OR "A December Bride"</p>	<p>26 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 1:30 WORD WARP/OR 3:15 Knitting & Crocheting 7:00 Bingo/OR</p>	<p>27 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 1:30 Rummikub & Scrabble/CC 1:30 Music w/David Field 4:00 HAPPY HOUR/OR with 'Black-eyed Susies' <i>New vocal and music group!</i></p>	<p>28 9:30 Exercise w/Tony/OR 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "The Painted Veil" 6:30 Holiday Lights Tour/SUAD</p>	<p>29 10:00 Music w/Karen Rodriguez by the C1 Elevator 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "42nd Street" 4:00 Mass/OR 7:15 Movie/OR "Bel Canto"</p>
<p>30 10:15 Qi Gong DVD/OR 1:00 Rummikub/ALAR 2:45 Movie/ "Bel Canto" 7:15 Movie/OR "42nd Street"</p>	<p>31 9:30 Balance Exercise/OR 10:00 Poker/C1 Elevator 10:30 Exercise w/Tony 1:30 Bible Study/Chapel</p>					