

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>1</p> <p>9:30 Chair Aerobics</p> <p>1:30 Calendar Review</p>	<p>2</p> 	<p>3</p> 	<p>4</p> <p>9:30 Strength Exercise</p> <p>1:30 Christmas Craft</p>	<p>5</p> 	
	<p>6</p> 	<p>7</p> <p>9:30 Elf Stretches</p> <p>1:30 Giant Scrabble V1</p>	<p>8</p> <p>9:30 12 days of Christmas Exercises</p> <p>1:30 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>9</p> <p>9:30 Visual Meditation</p> <p>1:30 Christmas Drama Sit</p>	<p>10</p> <p>9:30 Hawaiian Christmas Tour</p> <p><b>1:00 – 4:00 Recreation Team Meeting</b></p> <p><small>Hanukkah Begins</small></p>	<p>11</p> <p>9:30 Rudolf Aerobics</p> <p><b>1:30 Holiday Ice Cream Cart</b></p>	<p>12</p> 
	<p>13</p> 	<p>14</p> <p>9:30 Elf Stretches</p> <p><b>12:15 Christmas Lunchtime Melodies C4</b></p> <p>1:30 White Christmas Bowling V1</p>	<p>15</p> <p>9:30 Christmas Carol Aerobics</p> <p>1:30 Friendship Visits/ 1:1 Meditation Sessions</p>	<p>16</p> <p>9:30 Chi Gong - Energy Flow</p> <p>1:30 Tree Poetry Day</p>	<p>17</p> <p>9:30 Mrs. Claus Music &amp; Movement</p> <p><b>1:30 Christmas Movie – The Elf &amp; Eggnog</b></p> <p><small>Ebenezer Scrooge's Birthday</small></p>	<p>18</p> <p>9:30 12 days of Christmas Exercises</p> <p><b>12:00 In-House Swiss Chalet Christmas Lunch – sign up only \$\$ V1</b></p>	<p>19</p> 
	<p>20</p> 	<p>21</p> <p>9:30 Santa Stretches</p> <p>1:30 Christmas Game – Left &amp; Right</p> <p><small>Winter Begins</small></p>	<p>22</p> <p>9:30 12 days of Christmas Exercises</p> <p><b>2:00 Festive Hot Chocolate Cart</b></p>	<p>23</p> <p>9:30 Christmas Guided Meditation/Breathing</p> <p>1:30 Winter Wonderland – Virtual Christmas Light Show</p>	<p>24</p> <p><i>Santa's Helper's – Elf Visits</i></p>		
	<p>27</p> 	<p>28</p> <p>9:30 After Christmas Stretches</p> <p>1:30 Giant Scrabble V1</p>	<p>29</p> <p>9:30 Chair Aerobics</p> <p>1:30 Friendship Visits/ 1:1 Meditation Sessions</p>	<p>30</p> <p>9:30 Zen Meditation</p> <p>1:30 Pictionary</p>	<p>31</p> <p>9:30 Calendar Distribution</p> <p><b>12:00 Happy Noon Year Celebration! – Dining Room</b></p> <p>1:30 New Year's Eve Reminisce</p> <p><small>New Year's Eve</small></p>		