



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 1:15 Make a Christmas Ornament! 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living w. Claudette 6:30 Movie	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:00 Worship w. Paster Gulbranson 1:15 Word Games 2:00 Activity Planning Mtg. 3:00 Winter Art w. Luis 3:30 Resident Led Golf 6:30 Movie	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 11:00 Brain Teasers 1:15 Poetry Read 2:00 Xmas Carol Rehearsal 3:00 Trivia Tournament 6:30 Movie	9:00 Mass Online 9:15 Diamond Art w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Jeopardy 2:00 New ED Meet & Greet 2:30 Pampered Nails 3:00 Social Discussion Circle 6:30 Movie	9:00 Mass Online 9:15 Nature Documentary 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Shabbat w. Rabbi Carol 1:15 Rummikub 1:15 Travelogue: Bolivia 2:00 Name That Tune 3:00 Happy Hour: Wear Red & Green! 6:30 Movie	9:00 Mass Online 9:45 Kickboxing w. Cathy 10:30 Card Games w. Cathy 1:15 Biography: Oprah Winfrey 2:00 Xmas Carol Rehearsal 3:00 Rummikub 3:30 Resident Led Golf 4:00 Scrabble w. Dick 6:30 Movie
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Cards w. Luis 1:15 Hot Cocoa & Cookies! 2:00 Bingo for Chocolate 3:00 Chair Volleyball 5:30 Movie	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 1:00 Shopping Trip: Trader Joe's 3:00 Poker 3:00 Meditation w. Sandy 3:30 Walking Club: Marin Lagoon 6:30 Movie 7:00 Evening Christmas Concert	9:00 Mass Online 9:45 Mark Day School Visit 10:30 Chair Exercise 11:30 Meditation w. David 1:15 Word Games 2:00 Food Forum w. Chef 3:00 Winter Art w. Luis 3:00 Hearing Life 6:30 Movie 6:30 Blackjack w. Judy	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 1:15 Nurse Talk W. Stephanie 2:00 Outing: Christmas Tree Farm 3:00 Trivia Tournament 6:00 Christmas Tree Lighting Ceremony 6:30 Movie	9:00 Mass Online 9:15 Diamond Art w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Jeopardy 2:00 Bread & Roses Concert 3:00 Social Discussion Circle 6:30 Movie	9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: Austria 2:00 Name That Artist 3:00 Happy Hour: With Live Music! 6:30 Movie	9:00 Mass Online 9:45 Kickboxing w. Cathy 10:30 Card Games w. Cathy 1:15 Gratitude Meditation 1:15 Biography: Alex Honnold 2:00 Trivia Tournament 3:00 Rummikub 3:30 Golf 4:00 Scrabble w. Dick 6:30 Movie
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Jelly Donuts for Hannukah 2:00 Children's Piano Concert 3:00 Bingo for Bucks 3:30 Lighting of the Menorah 5:30 Movie <i>First Day of Hannukah</i>	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 11:00 Chanuka Celebration 1:00 Shopping Trips: Target 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living 6:00 Christmas Light Scenic Drive 6:30 Movie	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:30 Gratitude Meditation 1:15 Chat w. Brian 2:00 Word Games 3:00 Winter Art w. Luis 3:30 Golf 6:30 Movie	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 1:15 Outing: Holiday Shopping 2:00 Poetry Read 3:00 Trivia Tournament 6:30 Movie	9:00 Mass Online 9:15 Diamond Art w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Jeopardy 2:00 Resident Community Mtg. 3:00 Social Discussion Circle 4:00 Honoring You Dinner 6:30 Movie	9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: Nepal 2:00 Name That Decade 3:00 Happy Hour: Ugly Christmas Sweaters! 6:30 Movie	9:00 Mass Online 9:45 Kickboxing w. Cathy 10:30 Card Games 1:15 Gratitude Meditation 1:15 Biography: Shirin Ebadi 2:00 Winter Solstice Gathering 3:00 Rummikub 3:30 Resident Led Golf 4:00 Scrabble w. Dick 6:30 Movie
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Cookie Decorating! 2:00 Bingo for Chocolate 3:00 Chair Volleyball 5:30 Movie	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 1:00 Shopping Trips: Safeway 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living 3:30 Walking Club: Marin Lagoon 6:00 Christmas Light Scenic Drive 6:30 Movie	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:30 Gratitude Meditation 1:15 Gingerbread House Decorating! 2:00 Word Games 3:00 Winter Art w. Luis 3:30 Resident Led Golf 6:30 Movie 6:30 Blackjack w. Judy	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 11:00 Brain Teasers 1:15 Trivia Tournament 2:00 Poetry Read 3:00 Rummikub 6:30 Movie	9:00 Mass Online 9:15 Christmas Morning Coca 9:45 Strength & Stretch 10:30 Music Appreciation w. Ruth 1:15 Christmas Party! 2:00 Rummikub 3:00 Social Discussion Circle 6:30 Movie <i>Merry Christmas!</i>	9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: Kenya 2:00 Nature Documentary 3:00 Happy Hour: Wear Silver & Gold! 6:30 Movie	9:00 Mass Online 10:00 Fall Prevention Class w. David 10:30 Card Games 1:15 Movie Matinee 3:00 Rummikub 3:30 Resident Led Golf 4:00 Scrabble w. Dick 6:30 Movie
9:00 Live Mass w. Fr. Bain 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Rummikub 2:00 Bingo for Bucks 3:00 Chair Volleyball 5:30 Movie	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Card Games 1:00 Shopping Trips: CVS 3:00 Poker 3:00 Meditation w. Sandy 6:30 Movie	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 1:15 Rummikub 2:00 Word Games 3:00 Birthday Celebration w. Live Music! 3:30 Resident Led Golf 6:30 Movie	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 1:15 Outing: Waterfront Drive 2:00 Town Hall 3:30 New Years Eve Party & Ball Drop! 6:30 Movie <i>New Years Eve</i>	<div>  </div>		

● Intellectual
● Purposeful
● Emotional
● Environmental
● Social
● Physical
● Spiritual
● Creative

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Gratitude Circle</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Bolivia</div><div>1:30 Bird Feed & Chill</div><div>2:00 Music Appreciation w. Ruth</div><div>3:00 Snack Happy Social</div><div>3:30 Bridgehaven Committee</div><div>4:00 Daily Reflection</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Yoga w. David</div><div>11:00 How It's Made: PB Cookies</div><div>11:30 Indoor Garden</div><div>1:30 Meditation</div><div>2:00 Good News Stories</div><div>3:00 Afternoon Delights</div><div>3:30 Trivia Tournament</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Sit & Be Fit</div><div>11:00 Dog Therapy w. Roam</div><div>11:30 Good News Stories</div><div>1:00 Trivia Tournament</div><div>2:00 Happy Hour: Red & Green!</div><div>3:00 Personal Music Choices</div><div>4:00 Gratitude Circle</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Strength & Strech</div><div>9:45 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Travelogue w. Ruth</div><div>1:00 Garden Meditation</div><div>2:30 Afternoon Delights</div><div>3:00 Music Therapy w. Ruth</div><div>4:00 Favorite Shows & News</div></div> <tr><td><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Sunday Service</div><div>10:00 Nourish & Nurture</div><div>10:30 Seated Big Band Grooves</div><div>11:00 Daily Chronicle</div><div>11:30 Indoor Garden</div><div>1:30 Sunday Paper</div><div>2:00 Sunday Drum Circle</div><div>3:00 Snack Shack</div><div>3:30 Bingo Spectacular</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 50s Chair Exercise</div><div>10:30 Scenic Drive</div><div>11:00 Spirit & Life w. Fr. Bain</div><div>1:30 Poetry: Hanukkah</div><div>2:00 Art: Menorah Decor</div><div>3:00 Afternoon Delights</div><div>3:30 Balloon Volleyball</div><div>4:00 Mystery Monday</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Austria</div><div>1:30 Bird Feed & Chill</div><div>2:30 Ukulele w. Richard</div><div>3:00 Snack Happy Social</div><div>4:00 Daily Reflection</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Yoga w. David</div><div>11:00 How It's Made: Eggnog</div><div>11:30 Indoor Garden</div><div>1:30 Meditation</div><div>2:00 Bread & Roses Concert GR</div><div>3:00 Afternoon Delights</div><div>3:30 Trivia Tournament</div><div>4:00 Gratitude Circle</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Sit & Be Fit</div><div>11:00 Good News Stories</div><div>1:00 Trivia Tournament</div><div>2:00 Happy Hour: Blue!</div><div>3:00 Personal Music Choices</div><div>4:00 Gratitude Circle</div><div>6:00 Movie</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Strength & Strech</div><div>9:45 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Travelogue w. Ruth</div><div>1:00 Garden Meditation</div><div>2:00 VISTA Group</div><div>2:30 Afternoon Delights</div><div>3:00 Music Therapy w. Ruth</div><div>4:00 Favorite Shows & News</div></div><tr><td><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Sunday Service</div><div>10:00 Nourish & Nurture</div><div>10:30 Seated Big Band Grooves</div><div>11:00 Daily Chronicle</div><div>11:30 Spiritual Den w. Claudette</div><div>1:30 Sunday Paper</div><div>2:00 Drum Circle</div><div>2:30 Indoor Garden</div><div>3:00 Snack Shack</div><div>3:30 Bingo Spectacular</div><div>4:00 Menorah Lighting</div><div>First Day of Hannukah</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 50s Chair Exercise</div><div>10:30 Scenic Drive</div><div>11:00 Chanuka w. Rabbi Carol</div><div>1:30 Poetry: O Christmas Tree</div><div>2:00 Art: Christmas Tree</div><div>3:00 Afternoon Delights</div><div>3:30 Name Game</div><div>4:00 Menorah Lighting</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Nepal</div><div>1:30 Bird Feed & Chill</div><div>2:00 Music Appreciation w. Ruth</div><div>3:00 Snack Happy Social</div><div>4:00 Menorah Lighting</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Yoga w. David</div><div>11:00 How It's Made: Apple Cider</div><div>11:30 Indoor Garden</div><div>1:30 Meditation</div><div>2:00 Good News Stories</div><div>3:00 Afternoon Delights</div><div>3:30 Trivia Tournament</div><div>4:00 Menorah Lighting</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Sit & Be Fit</div><div>11:00 Good News Stories</div><div>1:00 Trivia Tournament</div><div>2:00 Happy Hour: Xmas Sweaters!</div><div>3:00 Personal Music Choices</div><div>4:00 Gratitude Circle</div><div>6:00 Movie</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Strength & Strech</div><div>9:45 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Travelogue w. 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Bain</div><div>11:30 Chicken Soup w. Claudette</div><div>1:30 Poetry: Family</div><div>2:00 Art: Family Tree</div><div>3:00 Afternoon Delights</div><div>3:30 Balloon Volleyball</div><div>4:00 Menorah Lighting</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Disco Groovin'</div><div>11:00 Biography: Shirin Ebadi</div><div>1:30 Indoor Garden</div><div>2:00 Lawn Game Tournament</div><div>3:00 Afternoon Delights</div><div>3:30 Table Games</div><div>4:00 Gratitude Circle</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Kenya</div><div>1:30 Bird Feed & Chill</div><div>2:00 Music Appreciation w. Ruth</div><div>3:00 Snack Shack</div><div>4:00 Daily Reflection</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily
Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Sit & Be Fit</div><div>11:00 Good News Stories</div><div>1:00 Trivia Tournament</div><div>2:00 Happy Hour: Silver & Gold!</div><div>3:00 Personal Music Choices</div><div>4:00 Gratitude Circle</div><div>6:00 Movie</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Strength & Strech</div><div>9:45 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Travelogue w. Ruth</div><div>1:00 Garden Meditation</div><div>2:30 Afternoon Delights</div><div>3:00 Music Therapy w. 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Claudette</div><div>1:30 Poetry: New Beginnings</div><div>2:00 Art: Turning A New Leaf</div><div>3:00 Afternoon Delights</div><div>3:30 Balloon Volleyball</div><div>4:00 Mystery Monday</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Disco Groovin'</div><div>11:00 Biography: Walt Disney</div><div>1:00 Indoor Garden</div><div>2:00 Birthday Party w. Live Music!</div><div>3:00 Afternoon Delights</div><div>3:30 Table Games</div><div>4:00 Gratitude Circle</div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Lebanon</div><div>1:30 Bird Feed & Chill</div><div>2:00 Music Appreciation w. Ruth</div><div>3:00 Snack Shack</div><div>4:00 The Night Before Christmas</div><div>New Years Eve</div></div><tr><td colspan="7"><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Lebanon</div><div>1:30 Bird Feed & Chill</div><div>2:00 Music Appreciation w. 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Ruth</div><div>1:00 Garden Meditation</div><div>2:30 Afternoon Delights</div><div>3:00 Music Therapy w. Ruth</div><div>4:00 Favorite Shows & News</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Sunday Service</div><div>10:00 Nourish & Nurture</div><div>10:30 Seated Big Band Grooves</div><div>11:00 Daily Chronicle</div><div>11:30 Spiritual Den w. Claudette</div><div>1:30 Sunday Paper</div><div>2:00 Drum Circle</div><div>2:30 Indoor Garden</div><div>3:00 Snack Shack</div><div>3:30 Bingo Spectacular</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:15 Guitar w. Kendall</div><div>10:00 Nourish & Nurture</div><div>10:30 50s Chair Exercise</div><div>10:30 Scenic Drive</div><div>11:00 Spirit & Life w. Fr. Bain</div><div>11:30 Chicken Soup w. Claudette</div><div>1:30 Poetry: New Beginnings</div><div>2:00 Art: Turning A New Leaf</div><div>3:00 Afternoon Delights</div><div>3:30 Balloon Volleyball</div><div>4:00 Mystery Monday</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Disco Groovin'</div><div>11:00 Biography: Walt Disney</div><div>1:00 Indoor Garden</div><div>2:00 Birthday Party w. Live Music!</div><div>3:00 Afternoon Delights</div><div>3:30 Table Games</div><div>4:00 Gratitude Circle</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>9:00 Morning Gathering</div><div>9:30 Daily Chronicle</div><div>10:00 Nourish & Nurture</div><div>10:30 Chair Zumba</div><div>11:00 Travelogue: Lebanon</div><div>1:30 Bird Feed & Chill</div><div>2:00 Music Appreciation w. Ruth</div><div>3:00 Snack Shack</div><div>4:00 The Night Before Christmas</div><div>New Years Eve</div></div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><</div></div>
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● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative