

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 The Villa AT SAN MATEO An Elder Care Alliance Community	Fitness Class ¹ 9 am Camino Rm. Tai Chi Class 10 am Movie Rm (virtual) Meditation 2 pm – 2:30pm in the Movie Rm Rent is Due	Volunteer Meeting ² 11am in the Movie Rm. Seated Strength with Bands 1:30 pm Camino Room Movie Matinee “The Family Stone”3 pm	Tai Chi Class ³ 10 am in the Movie Rm Meditation Class 11:30 –12pm Movie Rm Gentle Stretching 1:30pm Camino Rm. Literary Vine Book Club 2:00 pm Library Inter-Gen Games 4pm Camino Room	Fitness Class ⁴ 9 am Camino Rm. BINGO 1 pm Camino Room	Hot Cocoa Social ⁵ 1pm Coffee Lounge Movie “Love Actually” 3 pm	Karaoke ⁶ 4:30 pm in Movie Rm. Rent is Late
⁷	Fitness Class ⁸ 9 am Camino Rm. Tai Chi Class 10am Movie Rm (virtual) Meditation 2 pm – 2:30pm in the Movie Rm	Seated Strength with Bands ⁹ 1:30 pm Camino Room Movie Matinee “Last Holiday” 3 pm	Tai Chi Class ¹⁰ 10 am in the Movie Rm Meditation Class 11:30 –12 pm Movie Rm Gentle Stretching 1:30 pm Camino Room Holiday Cookie Decorating 3pm Coffee Lounge	Fitness Class ¹¹ 9 am Camino Rm. BINGO 1 pm Camino Room	Chair Yoga ¹² 12:30 pm in the Camino Room Movie “Surviving Christmas” 3 pm	Walking Group ¹³ 9am Medicare Info Session 1pm Movie Rm Movie: Cirque Du Soleil – Luzia 3pm Karaoke 4:30 pm in Movie Rm.
Crochet & Knitting Workshop ¹⁴ 1 pm Camino Rm.	Fitness Class ¹⁵ 9 am Camino Rm. Tai Chi Class 10am Movie Rm (virtual) Meditation 2 pm – 2:30pm in the Movie Rm	Seated Strength with Bands ¹⁶ 1:30 pm Camino Room Movie Matinee “Fiddler on the Roof” 3 pm	Tai Chi Class ¹⁷ 10 am in the Movie Rm Meditation Class 11:30 –12 pm Movie Rm Gentle Stretching 1:30 pm Camino Room	Fitness Class ¹⁸ 9 am Camino Rm. Senior Nutrition Seminar 11:30am Movie Rm. Hot Dog Day 12:30 pm Coffee Lounge BINGO 1pm Camino Rm.	Live Music ¹⁹ 3pm in the Coffee Lounge	Walking Group ²⁰ 9am Arts & Crafts 11am Camino Rm Dance of Peace 1 pm in the Lobby Karaoke 4:30 pm in Movie Rm.
²¹	Fitness Class ²² 9 am Camino Rm. Tai Chi Class 10am Movie Rm (virtual) Meditation 2 pm – 2:30pm in the Movie Rm	Seated Strength with Bands ²³ 1:30 pm Camino Room Movie Matinee “A Merry Little Ex-Mas”3 pm	Tai Chi Class ²⁴ 10 am in the Movie Rm Meditation Class 11:30 –12 pm Movie Rm Gentle Stretching 1:30 pm Camino Room Christmas Eve	²⁵	Chair Yoga ²⁶ 12:30 pm in the Camino Room	Walking Group ²⁷ 9:00 am Karaoke 4:30 pm in Movie Rm.
²⁸	Fitness Class ²⁹ 9 am Camino Rm. Tai Chi Class 10am Movie Rm (virtual) Meditation 2 pm – 2:30pm	Seated Strength with Bands ³⁰ 1:30 pm Camino Room Movie Matinee “Holiday in the Wild” 3 pm	Tai Chi Class ³¹ 10 am in the Movie Rm Meditation Class 11:30 –12 pm Movie Rm Gentle Stretching 1:30 pm Camino Room Resident Birthday Celebration 3 pm			