

# REFLECTIONS - DECEMBER 2024

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

1

9:45 Walk For Fitness  
11:00 Hymn Sing  
11:00 This Day in History  
2:00 Lite Aerobics  
3:00 Art Workshop with Ayesha  
3:00 Spa Session  
6:00 Puzzles & Conversations

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10:00 Strength Training  
11:00 Court Case Discussion  
11:00 This Day in History  
1:30 Book Club  
2:00 Lower Body Fitness  
2:30 Creation Corner  
3:00 Picasso: Fractured Mind  
6:00 Classic Film Night

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10:00 Cardio Endurance Class  
10:45 This Day in History  
11:00 Group Crossword Challenge  
1:00 Walking Club  
1:30 Songs and Memories  
2:00 Barre & Balance  
3:00 Decadent Desserts  
3:30 Christmas Tree Decorating  
6:30 Hometown History

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10:00 Weightlifting for Strength  
11:00 Scenic Excursion  
11:00 This Day in History  
1:00 Walking Club  
1:30 Flower Arranging  
3:00 Afternoon Refreshment & Trivia  
6:00 Spa Session

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10:00 Cardio Endurance Class  
10:30 Country Kitchen Baking  
1:30 This Day in History  
2:00 Kiss My Soul Yoga  
3:00 Afternoon Gathering  
6:30 Miracle on 34th Street (Movie)

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St. Nicholas Day  
10:00 Strength Training  
11:00 Community Carols  
1:00 Walking Club  
1:30 This Day in History  
2:00 Refresh Yoga  
2:30 Bingo  
3:00 Welcome Shabbat w/ Marc  
4:00 Community Happy Hour  
6:00 Rick Steves Travel series

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10:00 Weightlifting for Strength  
11:00 Creative Corner  
1:30 Tai Chi for Arthritis  
1:30 This Day in History  
2:30 Community Bingo  
4:00 Afternoon Gathering  
6:00 Spa & Meditation

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9:45 Walk For Fitness  
11:00 Hymn Sing  
1:30 This Day in History  
2:00 Lite Aerobics  
3:00 Art Workshop with Ayesha  
3:00 Spa Session  
6:00 Puzzles & Conversations

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10:00 Strength Training  
11:00 Court Case Discussion  
1:00 Lower Body Fitness  
1:30 Book Club  
1:30 This Day in History  
2:00 Holiday Traditions Lecture  
2:30 Creation Corner  
3:00 The Art Of The American Metropolis  
6:00 Classic Film Night

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10:00 Cardio Endurance Class  
11:00 Group Crossword Challenge  
11:00 Catholic Mass  
1:00 Walking Club  
1:30 Songs and Memories  
1:30 This Day in History  
2:00 Barre & Balance  
3:30 Happy Hour  
6:30 Hometown History

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10:00 Weightlifting for Strength  
10:30 This Day In History  
11:00 Scenic Drive  
1:00 Walking Club  
1:30 Flower Arranging  
3:00 Refreshment & Trivia  
4:00 Community Happy Hour  
6:00 Spa Session

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10:00 Cardio Endurance Class  
10:30 Resident Council  
10:30 Country Kitchen Baking  
1:30 This Day in History  
2:00 Breathe & Stretch  
3:00 Afternoon Gathering  
3:30 Match Game Challenge  
6:30 White Christmas (Movie)

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10:00 Strength Training  
11:00 Travel & Discuss  
11:00 Community Carols  
1:00 Walking Club  
1:30 This Day in History  
2:00 Refresh Yoga  
2:30 Bingo  
3:00 Welcome Shabbat w/ George Smith  
3:30 Holiday Vocalist: Maggie

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10:00 Weightlifting for Strength  
11:00 Creative Corner  
1:30 Tai Chi for Arthritis  
1:30 This Day in History  
2:00 Hot Cocoa & Crafts with Girlscouts  
3:00 Uno  
4:00 Afternoon Gathering  
6:00 Spa & Meditation

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9:45 Walk For Fitness  
11:00 Hymn Sing  
1:30 This Day in History  
2:00 Lite Aerobics  
3:00 Art Workshop with Ayesha  
3:00 Spa Session  
6:00 A Christmas Story (Movie)

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10:00 Strength Training  
10:30 Holiday Baking p. II  
11:00 Court Case Discussion  
1:30 This Day in History  
1:30 Holiday Baking p. II  
2:00 Lower Body Fitness  
2:30 Creation Corner  
3:00 Baroque In Britain  
6:00 Classic Film Night

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10:00 Cardio Endurance Class  
11:00 Group Crossword Challenge  
1:00 Walking Club  
1:30 Songs and Memories  
1:30 This Day in History  
2:00 Barre & Balance  
3:30 Happy Hour  
6:30 Hometown History

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10:00 Weightlifting for Strength  
11:00 Scenic Excursion  
11:30 Music & Memories  
1:00 Walking Club  
1:30 Flower Arranging  
2:00 This Day in History  
2:00 NAYAZ Mobile Shopping  
3:00 Afternoon Refreshment & Trivia  
4:00 New Resident Meet & Greet

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10:00 Cardio Endurance Class  
10:30 Country Kitchen Baking  
1:30 This Day in History  
2:00 Barre & Balance  
3:00 Afternoon Gathering  
3:30 Card Games & Puzzling  
6:30 The Rockettes Radio City Holiday

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10:00 Strength Training  
11:00 Travel & Discuss  
11:00 Community Carols  
1:00 Walking Club  
1:30 This Day in History  
1:30 Refresh Yoga  
2:00 Shabbat with Stu  
3:00 Gracias Choir- Christmas Concert  
4:00 Community Happy Hour

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First Day of Winter  
10:00 Weightlifting for Strength  
11:00 Creative Corner  
1:30 Tai Chi for Arthritis  
1:30 This Day in History  
2:30 Community Bingo  
4:00 Afternoon Gathering  
6:00 Spa & Meditation

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9:45 Walk For Fitness  
11:00 Hymn Sing  
1:30 This Day in History  
2:00 Lite Aerobics  
3:00 Art Workshop with Ayesha  
3:00 Spa Session  
6:00 Puzzles & Conversations

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10:00 Strength Training  
11:00 Holiday Traditions Discussion  
1:00 Book Club  
1:30 This Day in History  
1:30 Creation Corner  
2:00 Lower Body Fitness  
4:00 Holiday Happy Hour  
6:00 Classic Film Night

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10:00 Cardio Endurance Class  
11:00 Group Crossword Challenge  
1:00 Walking Club  
1:30 Songs and Memories  
1:30 This Day in History  
2:00 Barre & Balance  
3:00 Christmas Eve Tea  
6:30 Hometown History

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Christmas Day  
10:30 Weightlifting for Strength  
11:00 Scenic Excursion  
1:00 Walking Club  
1:30 Flower Arranging  
1:30 This Day in History  
2:00 Community Bingo  
3:00 Afternoon Refreshment & Trivia  
6:00 Spa Session

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Kwanzaa Begins  
10:00 Cardio Endurance Class  
10:30 Country Kitchen Baking  
1:30 This Day in History  
2:00 Barre & Balance  
3:00 Afternoon Gathering  
3:30 Water Color Expressions  
6:30 Broadway Musical

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10:00 Strength Training  
11:00 Sounds of the Season: Community Carols  
1:00 Walking Club  
1:00 Hanukkah Service with Stu  
1:30 This Day in History  
2:30 Bingo  
2:30 Refresh Yoga  
4:00 Community Happy Hour  
6:00 Rick Steves Travel series

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10:00 Weightlifting for Strength  
11:00 Creative Corner  
1:30 Tai Chi for Arthritis  
1:30 This Day in History  
2:30 Community Bingo  
4:00 Afternoon Gathering  
6:00 Spa & Meditation

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9:45 Walk For Fitness  
11:00 Hymn Sing  
1:30 This Day in History  
2:00 Lite Aerobics  
3:00 Art Workshop with Ayesha  
3:00 Spa Session  
6:00 Puzzles & Conversations

30

10:00 Strength Training  
11:00 Court Case Discussion  
1:30 Book Club  
1:30 This Day in History  
2:00 Lower Body Fitness  
2:30 Creation Corner  
3:00 World Of Medieval Art  
6:00 Classic Film Night

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New Years Day  
10:00 Cardio Endurance Class  
11:00 Group Crossword Challenge  
1:00 Walking Club  
1:30 Songs and Memories  
1:30 This Day in History  
3:30 New Years Eve Happy Hour  
6:30 Hometown History

## December Dates

12/03 Dessert Tasting  
12/13 Holiday vocalist  
12/23 Live Pianist & Vocalist  
12/27 Hannukah Service with Stu  
12/27 Richard G. & Mary Alice F. Birthday!  
12/31 New years Eve Party

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care

