



DECEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Locations Alpine Room, ALP Bistro, B Desert Sheep Dining Room, DSDR Exercise Room, ER	Lobby, L Malapais, MR Second Floor Balcony, SFB Second Floor Dining Room, SFDR			9:30 Doughnut Shop 1 9:45 News & Views 10:15 FIT to Stretch® 1:30 Chair Yoga w/Karen 3:00 Happy Hour Music Performance, MR	9:15 Holy Catholic Communion 2 9:30 Brain Busters 1:00 Singalong 1:30 X Mas Line Dancers Show, ALP 2:00 Bingo 3:30 FIT to Balance®
3 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social	4 9:30 FIT to Be Strong® 10:15 FIT to Stretch® 1:00 Movement w/Music 2:00 Valiant Veterans®, MR 3:15 Creative Cooking 5:30 Piano Music Performance, MR	5 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.	6 9:00 Music w/Meghan 10:15 FIT to Balance® 12:30 Timeless Trivia 1:00 Movement w/Music 2:30 Peaks Big Bingo Event, ALP	7 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions 1:15 Movie Theatre Outing 4:00 Yesterday's Short Stories	8 9:15 Guitar w/Dan Graves 9:30 Doughnut Shop 10:15 News & Views 10:30 FIT to Stretch® 1:30 Painting w/Pam 3:00 Happy Hour Music Performance, MR	9 9:15 Holy Catholic Communion 9:30 Brain Busters 10:00 Arts & Crafts Fair, ALP 1:10 Walking Club 2:30 Christmas Caroling 3:30 FIT to Balance®
10 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social	11 9:30 FIT to Be Strong® 10:15 FIT to Stretch® 1:00 Movement w/Music 2:00 Crafter's Corner 3:00 Beautiful Nails 6:30 Christmas Carolers, MR	HANUKKAH BEGINS AT SUNSET 12 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.	13 9:00 Music w/Meghan 10:00 Intro to Tai Chi, ALP 12:30 Timeless Trivia 1:00 Movement w/Music 3:30 FIT to Balance®	14 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Walking Club 1:30 Christmas Choir Concert, MR 2:30 Winter Wonderland Party 3:30 Did You Know?	15 9:30 Doughnut Shop 9:45 News & Views 10:15 FIT to Stretch® 1:30 Chair Yoga w/Karen 3:00 Happy Hour Music Performance, MR	16 9:15 Holy Catholic Communion 9:30 Brain Busters 10:00 Intro to Tai Chi, ALP 1:00 Singalong 2:00 Bingo 3:30 FIT to Balance®
17 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social 3:00 Music Meditation, MR	18 9:30 FIT to Be Strong® 10:15 FIT to Stretch® 1:00 Movement w/Music 2:15 X Mas Piano Music Show, MR 3:15 Creative Cooking	19 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 1:30 Navajo Cultural Study, B 2:15 Bingo 3:15 Music w/B.	20 9:00 Music w/Meghan 10:15 FIT to Balance® 12:30 Timeless Trivia 1:00 Movement w/Music 2:30 Winter Music B-Day Party, ALP	WINTER BEGINS 21 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions 1:15 Coco's Outing 4:00 Yesterday's Short Stories	22 9:15 Guitar w/Dan Graves 9:30 Doughnut Shop 10:15 News & Views 10:30 FIT to Stretch® 1:30 Treasures of the Heart® 3:00 Happy Hour Music Performance, MR	23 9:15 Holy Catholic Communion 9:30 Brain Busters 1:10 Walking Club 2:00 Bingo 3:30 FIT to Balance®
CHRISTMAS EVE 24 9:30 Christmas Music Singalong 10:00 News & Views 1:30 Sunday Christmas Matinee 1:45 Christmas Cookies	CHRISTMAS DAY 25 Merry Christmas! 9:00 Christmas Stories 12:45 Christmas Movie Marathon 3:30 Christmas Crafts	26 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.	27 9:00 Music w/Meghan 10:00 Intro to Tai Chi, ALP 12:30 Timeless Trivia 1:00 Movement w/Music 1:45 Around the World: Italy 3:30 FIT to Balance®	28 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Walking Club 2:30 Great Gatsby New Year's Party 3:30 Did You Know?	29 9:30 Doughnut Shop 9:45 News & Views 10:15 FIT to Stretch® 1:30 Chair Yoga w/Karen 3:00 Happy Hour Music Performance, MR	30 9:15 Holy Catholic Communion 9:30 Brain Busters 1:00 Singalong 2:00 Bingo 3:30 FIT to Balance®
NEW YEAR'S EVE 31 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social	Calendar events are subject to change.					