

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00AM Catholic Mass on TV 10:30AM Word Puzzles (SL) 1:00PM Documentary (T) 2:00PM Rummy / 31 Skat (ML) 2:00PM Kair White Performs 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)	2 9:00AM Walmart Shopping Trip 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:30AM Target Toss 1:30PM Giant Candy Craft for Christmas Decorating 3:00PM Cedarbrook Hold'em (P) 6:00PM Movie Night (T)	3 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM Jeopardy Toy Edition(P) 2:00PM Quarter BINGO (P) 3:00PM Toys for Tots Party with Christmas Carolers (P) 6:00PM Resident Lead Games (P)	4 9:00AM Exercise with Steph (LS) 9:30AM HIIT Standing Exercise 10:00AM Manicures with Steph 1:00PM Knotty Knitters Knitting Club 2:00PM Cardio Drumming (LS) 3:00PM Who Am I 6:00PM Nature Documentary (T) 6:30PM Mexican Dominoes (L)	5 9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:00AM Catholic Mass w/ FR. Peter of Saint Mary's Parish 11:00AM Therapy Dog Freddy 2:00PM Quarter Bingo (P) 3:30PM Happy Hour (P)	6 9:30AM HIIT Standing Exercise (LS) 10:00AM Exercise with Ron (LS) 10:30AM Hangman 1:00PM Resident Council & Food Committee Meeting (LS) 2:00PM Who, What, Where? 3:00PM Virtual Christmas Lights 6:30PM Jimmy Mazz Holiday Show	7 10:00AM – Exercise With John 10:30 Cedarbrook Cafe 1:00PM Joyfulness 2:00PM Prize Bingo 2:00PM Cribbage 3:00PM Crafts - Q-Tip Holiday Painting (P) 6:00PM Movie Night (T) 6:00PM Trip to Charlie Brown Christmas at Eagle Hill
8 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Documentary (T) 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)	9 9:00AM Big Y Shopping Trip 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:30AM Corn Hole 1:00PM Chair Yoga with Lisa Z 1:00PM Artsong with Amy 3:00PM Cedarbrook Hold'em (P) 6:00PM Veterans Day Concert (T)	10 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM This Is Jeopardy (T) 2:00PM Quarter BINGO (P) 3:30PM Holiday Song Trivia 6:00PM Resident Lead Games (P)	11 9:00AM Exercise with Tara (LS) 9:30AM HIIT Standing Exercise w/Tara 10:00AM Manicures with Steph 1:00PM Blood Pressure Clinic 1:00PM Knotty Knitters Knitting Club 2:00PM Cardio Drumming (LS) 3:00PM Men's Billiards and Brews 6:00PM Nature Documentary (T) 6:30PM Mexican Dominoes (L)	12 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM No Bake Gingerbread Cookies (LS) 2:00PM Geezer's Band Holiday (P) 3:30PM Happy Hour	13 9:30AM HIIT Standing Exercise (LS) 10:00AM Exercise with Ron (LS) 10:30AM Hangman 12:00PM Holiday Lunch Outing to The Steaming Tender 4:00PM AL/Crossroads Bright Nights Trip with Boxed Dinner 6:00PM Movie Night	14 10:00AM – Exercise With John 10:30 Cedarbrook Cafe 1:00PM Joyfulness 2:00PM Dance Factory Show 2:00PM Cribbage 3:00PM Crafts - Holiday Village 6:00PM Movie Night (T)
15 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Protestant Worship Service with Pastor Katie (C) 2:00PM Billiards 2:00PM Rummy / 31 Skat (ML) 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)	16 9:00AM Walmart Shopping Trip 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:30AM Corn Hole 1:30PM Cedarbrook Lanes Bowling 3:00PM Cedarbrook Hold'em (P) 6:00PM Movie Night	17 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM Wheel of Fortune (T) 2:00PM Holiday Trivia and Bingo with Bob(P) 3:30PM Christmas Carol Coloring 6:00PM Resident Lead Games (P)	18 9:00AM Exercise with Tara (LS) 9:30AM HIIT Standing Exercise w/Tara 10:30AM Chef Demo 1:00PM Knotty Knitters Knitting Club 1:00PM Manicures by Steph (LS) 2:00PM Laura & Peter Hicks Performance 3:00PM Woman and Wine Club 6:00PM World Travel Documentary (T) 6:30PM Mexican Dominoes (L)	19 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM Win, Lose or Draw 11:00AM Therapy Dog Freddy (P) 2:00PM Quarter Bingo 4:30PM Holiday Party 6:00PM Resident Led Game Night	20 9:30AM HIIT Standing Exercise (LS) 10:00AM Exercise with Ron (LS) 11:00AM AL/Crossroads Holiday Lunch Outing to Teresa's 2:00PM Travelogue - Montreux Switzerland 3:00PM Snowball Catapult Game 6:00PM Movie Night e	21 10:00AM – Exercise With John 10:30 Cedarbrook Cafe 1:00PM Joyfulness 2:00PM Caden on Piano 2:00PM Cribbage 3:00PM Crafts - Music Note Pendant 6:00PM Movie Night (T) Winter Begins
22 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Documentary 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM Movie Time 6:30PM Mexican Dominoes (L)	23 9:00AM Big Y Shopping Trip 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Target Toss 1:30PM One on One with John 1:00PM Chair Yoga with Lisa Z 3:00PM Cedarbrook Hold'em (P) 6:00PM Movie Night	24 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM This Is Jeopardy (T) 2:00PM Quarter BINGO (P) 3:30PM Holiday Song Sing A Long 6:00PM John's Reading of The Night Before Christmas & Eggnog	25 MERRY CHRISTMAS 10:00AM Christmas Cake Baking 11:30AM Christmas Meal 1:00PM Christmas Gift Yankee Swap Party Hanukkah Begins Christmas	26 9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:00AM Win, Lose or Draw 11:00AM Therapy Dog Freddy 2:00PM Quarter Bingo (P) 3:30PM Happy Hour (P) Boxing Day (Canada) Kwanzaa	27 9:30AM HIIT Standing Exercise w/ Tara 10:00AM Exercise with Ron (LS) 10:30AM Hangman 2:00PM Travelogue - Oxford England 6:00PM Movie Night	28 10:00AM – Exercise with John 10:30AM - Cedarbrook Coffee Shop 1:00PM Joyfulness with John 2:00PM Prize Bingo 2:00PM Cribbage (ML) 3:00PM Crafts - Mug Craft 6:00PM Classic Movie Night (T)
29 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Documentary 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM Movie Time 6:30PM Mexican Dominoes (L)	30 9:00AM Big Y Shopping Trip 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Target Toss 1:30PM Cedarbrook Lanes Bowling 3:00PM Cedarbrook Hold'em (P) 6:00PM Movie Night	31 9:00AM Exercise with Tara (LS) 10:00AM Exercise with Tara (LS) 10:30AM This Is Jeopardy (T) 2:00PM Dave Colucci New Years Eve(P) 3:30PM 60's Song Sing Along (LS) 6:00PM Resident Lead Games (P) New Year's Eve				