

<div>● CONNECT</div> <div>● CONTRIBUTE</div> <div>● FEEL</div> <div>● GROW</div> <div>● MOVE</div> <div>● REFLECT</div>		<div>8:45 ● Makeovers [MCL]</div> <div>9:00 ● Mitten And Coat Drive</div> <div>9:30 ● Move To Music</div> <div>10:00 ● Thymeless [CK]</div> <div>10:30 ● Our Daily Bread [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Painting</div> <div>1:15 ● Men's Spa Day</div> <div>1:30 ● Tongue Twisters</div> <div>2:00 ● Presbyterian Church Choir [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Setting For Dinner [CK]</div> <div>5:30 ● Walking Group [AL]</div> <div>pm ● Fill In The Blank</div> <div>6:00 ● Folding Laundry [MCL]</div> <div>6:30 ● Movie and Popcorn [LR]</div> <div>1</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Reach and Stretch</div> <div>10:00 ● Thymeless [CK]</div> <div>10:30 ● Facials</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Bookmarks</div> <div>1:15 ● Lovely Nails</div> <div>1:30 ● Reading with Donna [AL]</div> <div>2:00 ● Figures Of Speech</div> <div>2:30 ● Balloon Toss [CK]</div> <div>3:30 ● Good News Stories</div> <div>4:00 ● Setting For Dinner [CK]</div> <div>5:30 ● Roll Yarn Into Balls</div> <div>6:00 ● Evening At The Spa</div> <div>6:30 ● Lawrence Welk</div> <div>2</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Chair Yoga</div> <div>10:00 ● Thymeless [CK]</div> <div>10:30 ● Prize Bingo</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Cutting Pictures From Magazines</div> <div>1:15 ● Cognitive Games</div> <div>2:30 ● Jokes With Friends [MCL]</div> <div>3:00 ● Fun With Grad Students</div> <div>3:15 ● Tai-Chi [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Setting For Dinner [CK]</div> <div>5:30 ● Sing Along On In2L</div> <div>6:30 ● Reading Together</div> <div>3</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Chair Zumba [CK]</div> <div>10:00 ● Thymeless [CK]</div> <div>10:30 ● Mandala Art [CK]</div> <div>10:30 ● Suny Student Games</div> <div>10:45 ● Bible Study [AL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Discovering Origins of Old Sayings</div> <div>1:30 ● Happy Hour [MCL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Tea Time Happy Hour [CK]</div> <div>6:00 ● Men's social [CK]</div> <div>6:30 ● Cleaning Closets</div> <div>4</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Exercise</div> <div>10:00 ● Thymeless [CK]</div> <div>10:30 ● Lovely Nails</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Discussion Group</div> <div>1:30 ● Walking Group [MCL]</div> <div>2:30 ● Painting</div> <div>3:00 ● Fun with Grad Students</div> <div>3:30 ● Good News Stories</div> <div>4:00 ● Thymeless (Offer Drinks) [CK]</div> <div>5:00 ● Crossword Puzzles</div> <div>6:00 ● Movie With Friends [LR]</div> <div>6:30 ● Conversations About Christmas</div> <div>5</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Communion, L [AL]</div> <div>9:15 ● Walking Group</div> <div>10:00 ● Thymeless [CK]</div> <div>10:45 ● Coffee With Our Veterans [CK]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>11:30 ● Resident's Choice Of Activities</div> <div>12:15 ● Mad Lib Mania [MCL]</div> <div>1:30 ● Indoor Kickball [CK]</div> <div>2:15 ● Country Ride with Sareta and Lisa</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Read together</div> <div>6:00 ● Word Search Game</div> <div>6</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Remember When On IN2L</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Ice Cream Social [CK]</div> <div>1:15 ● Neck Massages [MCL]</div> <div>2:30 ● Individual Games</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Cognitive Games</div> <div>6:00 ● Folding Laundry</div> <div>6:30 ● Hand Massage [MCL]</div> <div>7</div>		
	<div>LOCATIONS</div> <div>Assisted Living - AL</div> <div>Courtyard - CY</div> <div>Country Kitchen - CK</div> <div>Living Room - LR</div> <div>Memory Care Lounge - MCL</div> <div>Shuttle Bus - SB</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Dancing To Oldies</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Our Daily Bread [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Painting</div> <div>1:00 ● Christmas Carols</div> <div>2:15 ● Men's Spa Day</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Walking Group [AL]</div> <div>pm ● Finish The Phrase</div> <div>6:30 ● Movie and Popcorn [LR]</div> <div>8</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Reach and Stretch [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Horse Races</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Bookmarks</div> <div>1:15 ● Lovely Nails</div> <div>1:30 ● Reading With Donna [AL]</div> <div>1:30 ● Reading with Donna [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Neck Massages</div> <div>6:30 ● Game Shows</div> <div>9</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Chair Stretches [MCL]</div> <div>9:45 ● Coffee and Conversations [CK]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Prize Bingo</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Make Your Own Snow Gauge</div> <div>1:15 ● Santa's Secret Quote</div> <div>2:00 ● Cookie Jar Thoughts [MCL]</div> <div>3:00 ● Fun With Grad Students</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Evening Prayer</div> <div>6:00 ● Reading Together</div> <div>10</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Chair Zumba [MCL]</div> <div>9:30 ● Thymeless [MCL]</div> <div>10:00 ● Decorate for Christmas [MCL]</div> <div>10:30 ● Suny Student Games</div> <div>10:45 ● Bible Study with Pastor Buchanan [AL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Christmas Carol Sing Along</div> <div>1:30 ● Happy Hour [MCL]</div> <div>2:30 ● Category Discussion</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Tea Time Happy Hour [CK]</div> <div>6:00 ● Cognitive Games</div> <div>11</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Baking [CK]</div> <div>11:00 ● Hangman [MCL]</div> <div>12:30 ● Discussion Group</div> <div>1:30 ● Indoor Soccer [CK]</div> <div>2:00 ● Music with Jim Hull [AL]</div> <div>3:00 ● Fun with Grad Students</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Crossword Puzzles</div> <div>5:30 ● Organize Rooms With Residents</div> <div>6:30 ● Movie With Friends [LR]</div> <div>12</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Communion, L [AL]</div> <div>9:30 ● Walking Group [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Brain Health Trivia</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Superstitions and Unlucky Things</div> <div>1:30 ● Christmas Craft</div> <div>2:15 ● Country Ride with Sareta and Lisa</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Volunteer Clean Up [CK]</div> <div>6:00 ● Word Search Game</div> <div>6:30 ● Relaxation Music</div> <div>13</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Remember When On IN2L</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Individual Games</div> <div>1:15 ● Neck Massages [MCL]</div> <div>2:00 ● Virgil Youth Group Choir [AL]</div> <div>2:30 ● Domino Destinies</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Residents Choice Of Activity</div> <div>6:00 ● Pamper The Men</div> <div>6:30 ● Hand Massage [MCL]</div> <div>14</div>		
		<div>BIRTHDAYS</div> <div>THIS MONTH</div> <div>Sheila P. - Dec 31st</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Move To Music</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Our Daily Bread [MCL]</div> <div>10:45 ● Christmas Carols</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Painting</div> <div>1:15 ● Men's Spa Day</div> <div>2:00 ● Joke Box [MCL]</div> <div>3:00 ● Berean Bible Church [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Walking Group [AL]</div> <div>6:00 ● Folding Laundry [MCL]</div> <div>6:30 ● Movie and Popcorn [LR]</div> <div>15</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Reach and Stretch [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Crafts</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Bookmarks</div> <div>1:15 ● Lovely Nails</div> <div>1:30 ● Reading With Donna [AL]</div> <div>2:30 ● Opposites Discussion</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Reminisce Christmas [CK]</div> <div>6:00 ● Folding Laundry</div> <div>6:30 ● My Favorite Music [CK]</div> <div>16</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Chair Stretches [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Prize Bingo</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Christmas Ornament Craft</div> <div>1:30 ● Game Show of Love [AL]</div> <div>2:15 ● Bookmarks [MCL]</div> <div>3:00 ● Fun With Grad Students</div> <div>3:15 ● Tai-Chi [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Complete the Song</div> <div>6:00 ● Reading Together</div> <div>17</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Chair Zumba [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Suny Student Games</div> <div>10:45 ● Bible Study [AL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:15 ● Decorate Gingerbread Houses</div> <div>1:30 ● Happy Hour [MCL]</div> <div>2:30 ● Friendly Adjectives [MCL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Tea Time Happy Hour [CK]</div> <div>6:00 ● Penny Ante</div> <div>6:30 ● Staff Choice Of Activity</div> <div>18</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Never to Late [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Discussion Group</div> <div>1:30 ● Finish the Christmas Carol Game</div> <div>2:30 ● Shopping Math</div> <div>3:00 ● Fun with Grad Students</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Crossword Puzzles</div> <div>6:00 ● Conversations</div> <div>6:30 ● Movie With Friends [LR]</div> <div>19</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Communion, L [AL]</div> <div>9:15 ● Walking Group [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Brain Health Trivia</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Smoothies [CK]</div> <div>1:00 ● Learning About Hanukka [MCL]</div> <div>2:00 ● Music and Sign Language with Jilissa [AL]</div> <div>2:15 ● Country Ride with Sareta and Lisa</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Volunteer Clean Up [CK]</div> <div>6:00 ● Word Search Game</div> <div>6:30 ● Christmas Movie</div> <div>20</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Kelly and Jax [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:00 ● Folding Laundry</div> <div>12:30 ● Individual Games</div> <div>1:15 ● Neck Massages [MCL]</div> <div>2:00 ● Remember When On IN2L</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Residents Choice Of Activity</div> <div>6:30 ● Hand Massage [MCL]</div> <div>21</div>	
			<div>SENIOR LIFESTYLE</div> <div>Come grow with us!</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Move To Music</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Our Daily Bread [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Painting Christmas Trees</div> <div>1:15 ● Men's Spa Day</div> <div>2:00 ● Simple Scrabble</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Walking Group [AL]</div> <div>6:00 ● Folding Laundry [MCL]</div> <div>6:30 ● Movie and Popcorn [LR]</div> <div>22</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Reach and Stretch [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Yes! Virginia, There is a Santa Claus</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Bookmarks</div> <div>1:15 ● Lovely Nails</div> <div>1:30 ● Reading with Donna [AL]</div> <div>2:15 ● Holiday Humor [MCL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Roll Yarn Into Balls</div> <div>6:00 ● Ball Toss</div> <div>6:30 ● Evening At The Spa</div> <div>23</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Chair Stretches [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Prize Bingo</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Christmas Card Craft</div> <div>2:00 ● Bookmarks</div> <div>3:00 ● Fun With Grad Students</div> <div>3:15 ● Tai-Chi [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Where is Santa? (Online Tracker) [MCL]</div> <div>6:00 ● Hand Massages</div> <div>6:30 ● Reading Together - T'was the Night Before Christmas</div> <div>24</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Chair Zumba [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Suny Student Games</div> <div>10:45 ● Delivering Christmas Cards [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Hot Chocolate Happy Hour [MCL]</div> <div>2:30 ● Christmas Carols [MCL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Tea Time Happy Hour [CK]</div> <div>6:00 ● Reading Together</div> <div>6:30 ● My Favorite Game Show</div> <div>25</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Baking [CK]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Discussion Group</div> <div>1:00 ● Reading Together</div> <div>2:15 ● Table Ping Pong</div> <div>3:00 ● Fun with Grad Students</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Crossword Puzzles</div> <div>6:00 ● Puzzles</div> <div>6:30 ● Movie With Friends [LR]</div> <div>26</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Communion, L [AL]</div> <div>9:15 ● Walking Group [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Brain Health Trivia</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Reminisce Old-Fashioned Toys</div> <div>1:30 ● Music Fitness</div> <div>2:15 ● Country Ride with Sareta and Lisa</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Volunteer Clean Up [CK]</div> <div>6:00 ● Word Search Game</div> <div>27</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Exercise [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Remember When On IN2L</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Individual Games</div> <div>1:15 ● Neck Massages [MCL]</div> <div>2:00 ● Fill in the Blank</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Residents Choice Of Activity</div> <div>6:00 ● Relaxation</div> <div>6:30 ● Hand Massage [MCL]</div> <div>28</div>
				<div>SENIOR LIFESTYLE</div> <div>Unlimited options, Unparalleled services</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Move To Music</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Our Daily Bread [MCL]</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Painting</div> <div>1:15 ● Men's Spa Day</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Walking Group [AL]</div> <div>6:00 ● Folding Laundry [MCL]</div> <div>6:30 ● Movie and Popcorn [LR]</div> <div>29</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:15 ● Reach and Stretch [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Facials</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Bookmarks</div> <div>1:15 ● Lovely Nails</div> <div>1:30 ● Reading with Donna [AL]</div> <div>2:00 ● Penny Ante</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:30 ● Roll Yarn Into Balls</div> <div>6:00 ● Reading Together</div> <div>6:30 ● Lawrence Welk [LR]</div> <div>30</div>	<div>8:45 ● Makeovers [MCL]</div> <div>9:30 ● Chair Stretches [MCL]</div> <div>10:00 ● Thymeless [MCL]</div> <div>10:30 ● Prize Bingo</div> <div>11:00 ● Setting Up For Lunch [CK]</div> <div>12:30 ● Knit and Crochet with Betty H.</div> <div>3:00 ● Fun With Grad Students</div> <div>3:15 ● Tai-Chi [AL]</div> <div>3:30 ● Good News Stories [MCL]</div> <div>4:00 ● Thymeless [MCL]</div> <div>5:00 ● Spiritual Thoughts and Music [MCL]</div> <div>6:00 ● Cognitive Games</div> <div>6:30 ● Reading Together</div> <div>31</div>	<div><div>embrace</div><div>BY SENIOR LIFESTYLE</div></div>		<div>“December is a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true.”</div> <div>— Unknown</div>
<div>WWW.SENIORLIFESTYLE.COM</div> <div>Activities are subject to change</div>										