December 2023 Your Celebration						Month	ly Activities
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beinspired  WWW.SENIORLIFESTYLE.COM  Activities are subject to change	New Year's Eve  10:00 • Live Stream Sunday Mass from St Hugo of the Hills [TR]  10:30 • Exercise with Australia [TR]  11:00 • Riddle of the Day: Can you solve it? [CS]  2:00 • Classical Music Virtual Concert [TR]  2:30 • New Year, New Us Social! [BS]  4:00 • 1 on 1 Apartment Visits	HAPPY HANUKKAH		HAVE * gourself * CHRISTMAS ************************************	*Activities are subject to change. Check TV's and activity whiteboard for calendar updates*	10:30 Strength Training [CS]  11:00 Catholic Communion with Christine from Holy Name Church [TR]  11:00 Cookies, Coffee, and Current Events [BS]  1:00 Scrabble Club [BS]  3:00 Happy Hour! [BS]  4:00 1 on 1 Apartment Visits	10:30 • Exercise with Australia [CS]  11:00 • Riddle of the Day: Can you solve it? [CS]  1:30 • Rootbeer Float Social [BS]  2:30 • Movie: Spencer [TR]  4:00 • 1 on 1 Apartment Visits
THE SHERIDAN AT BIRMINGHAM a Senior Lifestyle community	10:00 Live Stream Sunday Mass from St Hugo of the Hills [TR]  10:30 Exercise with Australia [TR]  11:00 Riddle of the Day: Can you solve it? [CS]  2:00 Classical Music Virtual Concert [TR]  2:30 Sunday Scrabble! [BS] 4:00 1 on 1 Apartment Visits	Training [CS]	10:30 Flexibility & Stretching [CS]  11:00 Riddle of the Day: Can you solve it? [CS]  11:30 Bus Trip: Target [FD]  2:00 Finish The Lyrics: Holiday Song Addition! [BS]  2:45 Menu Chats [DA]  4:00 1 on 1 Apartment Visits	10:30 Sit & Fit [CS] 6  11:00 Cookies, Coffee, and Current Events [BS] 2:00 Bingo [CS] 3:30 Classical Music Virtual Concert [TR] 4:00 1 on 1 Apartment Visits	First Night of Hanukkah  10:30 Balance Class [CS]  11:00 Riddle of the Day: Can you solve it? [CS]  1:00 The Story of Hannukah [TR]  2:00 Live Piano and Violin Performance By Kelly and Darrell  4:00 1 on 1 Apartment Visits	10:30 Strength Training [CS] 11:00 Catholic Communion with Christine from Holy Name Church [TR] 11:00 Cookies, Coffee, and Current Events [BS] 1:00 Scrabble Club [BS] 2:00 The Lighter Side of Life with Sue [BS] 3:00 Happy Hour/ Warm Your Heart Beverage Social [BS] 3:00 Warm Your Heart Hot Beverage Social [BS] 4:00 1 on 1 Apartment Visits 5:30 Bus Trip: Birmingham Christmas Lights [FD]	10:30 • Exercise with Australia [CS]  11:00 • Riddle of the Day: Can you solve it? [CS]  1:30 • Name that Tune: Holiday Addition! [BS]  2:30 • Movie: Meet Me in St. Louis [TR]  4:00 • 1 on 1 Apartment Visits
<ul><li>CONNECT</li><li>CONTRIBUTE</li><li>FEEL</li><li>GROW</li><li>MOVE</li><li>REFLECT</li></ul>	10:00 Live Stream Sunday Mass from St Hugo of the Hills [TR]  10:30 Exercise with Australia [TR]  11:00 Riddle of the Day: Can you solve it? [CS]  2:00 Classical Music Virtual Concert [TR]  2:30 Sunday Scrabble! [BS] 4:00 1 on 1 Apartment Visits	10:30 • Strength Training [CS] 11:00 • Cookies, Coffee, and Current Events [BS] 1:00 • Rummikub Club! [BS] 1:30 • Holiday Hunt: Can you find all the hidden items? [BS] 2:30 • Minute To Win It Games: Holiday Addition! [BS] 4:00 • 1 on 1 Apartment Visits	Stretching [CS]  11:00 Riddle of the Day: Can you solve it? [CS]	10:30 Sit & Fit [CS] 11:00 Cookies,	Holiday Party Tonight!  10:30 Balance Class [CS]  11:00 Riddle of the Day: Can you solve it? [CS]  1:00 Thought Provoking Thursdays Virtual Videos [TR]  2:00 Live Performance by Double Play Flute and Tuba  4:00 1 on 1 Apartment Visits	[CS] 11:00 • Catholic Communion with	10:30 Exercise with Australia [CS] 16  11:00 Riddle of the Day: Can you solve it? [CS]  1:30 Yule Log and Holiday Tradition Sharing Social [BS]  2:30 Movie: Four Christmases [TR]  4:00 1 on 1 Apartment Visits
Location Keys  Bistro BS Creative Studio CS Dining Area DA Front Desk FD Theater Room TR		Holiday Headgear!  10:30 Strength Training [CS]  11:00 Cookies, Coffee, and Current Events [BS]  1:00 Rummikub Club! [BS]  2:00 Live Performance by Bob Gracin  3:00 Holiday Cookie Decorating and Eating! [BS]  3:30 Activity Council [CS]  4:00 1 on 1 Apartment Visits  Christmas Day  10:30 Exercise in the	your best Holiday Socks  10:30 Flexibility & Stretching [CS]  11:00 Riddle of the Day: Can you solve it? [CS]  11:30 Bus Trip: Kroger [FD]  2:45 Menu Chats [DA]  3:00 I'm Dreaming of a Luau Christmas (Social) [BS]  4:00 1 on 1 Apartment Visits	Dreaming of a White Christmas: Comfy Casual Day!  10:30 Sit & Fit [CS]  11:00 Cookies, Coffee, and Current Events [BS]  2:00 Bingo [CS]  3:30 Classical Music Virtual Concert [TR]  4:00 1 on 1 Apartment Visits  10:30 Sit & Fit [CS]  11:00 Cookies, Coffee, and Current Events [BS]  1:30 Live Piano with Grant  2:00 Bingo [CS]  3:30 Classical Music Virtual Concert [TR]  4:00 1 on 1 Apartment Visits	2:00 • Live Performance by Pat Cronley 3:30 • Hilarious Holiday Pets: Funniest Videos [TR] 4:00 • 1 on 1 Apartment Visits  10:30 • Balance Class [CS] 11:00 • Riddle of the Day: Can you solve it? [CS] 11:30 • Bus Trip: First Watch Restaurant 1:00 • Thought Provoking Thursdays Virtual Videos [TR] 2:30 • Play and Learn! Bunko Addition [BS] 3:30 • Ted Talk: Want to Be Happy? Be Greatful A virtual talk with Brother	your best Holiday Sweater!  10:30 Strength Training [CS]  11:00 Catholic Communion with Christine from Holy Name Church [TR]  11:00 Cookies, Coffee, and Current Events [BS]  1:00 Scrabble Club [BS]  3:00 Happy Hour! [BS]  4:00 1 on 1 Apartment Visits  10:30 Strength Training [CS]  11:00 Catholic Communion with Christine from Holy Name Church [TR]  11:00 Cookies, Coffee, and Current Events [BS]	10:30 • Exercise with Australia [CS]  11:00 • Riddle of the Day: Can you solve it? [CS]  1:30 • Holiday Letter Writing to Potential New Pen Pals! [BS]  2:30 • Movie: National Lampoon's Christmas Vacation [TR]  4:00 • 1 on 1 Apartment Visits  10:30 • Exercise with Australia [CS]  11:00 • Riddle of the Day: Can you solve it? [CS]  1:30 • Its National Bacon Day! Lets Celebrate with some bacon treats! [BS]  1:30 • New Years Resolutions and Reflection [BS]  2:30 • Movie: New Year's Eve [TR]  4:00 • 1 on 1 Apartment Visits
	4:00 • 1 on 1 Apartment Visits	4:00 • 1 on 1 Apartment Visits	4:00 ● 1 on 1 Apartment Visits		4:00 ● 1 on 1 Apartment Visits	4:00 • 1 on 1 Apartment Visits	Continued at top