

Sunday

DECEMBER

- 31** New Year's Eve
 9:30 **P** Morning Muffins and Music
 10:30 **CR** Virtual Catholic Mass
 11:30 **P** Gentle Stretching w/ Anne
 1:15 **DR** Betty Lee's Birthday!
 1:30 **LR** Therapeutic Arts
 2:30 **LR** Champagne Social
 3:00 **CR** Move to the Music
 3:30 **LR** New Year Traditions
 4:00 **LR** Bingo
 6:00 **LR** Concert Series

3 Happy Birthday, Bob!

- 9:30 **P** Morning Muffins and Music
 10:30 **CR** Virtual Catholic Mass
 11:30 **P** Gentle Stretching w/ Anne
 1:15 **CR** Wellness Melodies
 1:30 **LR** Yarn-Wrapped Craft
 2:30 **LR** "Rocky" Movie Showing
 3:00 **CR** Move to the Music
 3:30 **LR** Today in History Trivia
 4:00 **LR** Bingo
 6:00 **LR** Concert Series

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- 9:30 **P** Morning Muffins and Music
 10:30 **CR** Virtual Catholic Mass
 11:30 **P** Gentle Stretching w/ Anne
 1:15 **CR** Wellness Melodies
 1:30 **LR** Therapeutic Arts
 2:30 **P** Snack N' Chat
 3:00 **CR** Move to the Music
 3:00 **LR** Bingo
 3:30 **LR** Today in History Trivia
 6:00 **LR** Concert Series

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- 9:30 **P** Morning Muffins and Music
 10:30 **CR** Virtual Catholic Mass
 11:30 **P** Gentle Stretching w/ Anne
 1:15 **CR** Wellness Melodies
 1:30 **LR** Live Musical Performance
 2:30 **P** Snack N' Chat
 3:00 **CR** Move to the Music
 3:30 **LR** Today in History Trivia
 4:00 **LR** Bingo
 6:00 **LR** Concert Series

24 Christmas Eve

- 9:30 **P** Morning Muffins and Music
 10:30 **CR** Virtual Catholic Mass
 11:30 **P** Gentle Stretching w/ Anne
 1:15 **CR** Wellness Melodies
 1:30 **LR** Therapeutic Arts
 2:30 **DR** No-Bake Sugar Plum Social
 3:00 **CR** Move to the Music
 3:30 **LR** Today in History Trivia
 4:00 **LR** Bingo
 6:00 **LR** Concert Series

Monday

Allegro in Harrington Park

200 Old Hook Road
 Harrington Park, NJ 07640
 (201) 899-4440

<https://www.allegroliving.com/senior-living-harrington-park.html>

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- 9:00 **CR** Tour Around the World
 10:15 **LR** Wheel of Fortune
 11:30 **LR** Gentle Yoga w/ Anne
 12:45 **CR** Wellness Melodies
 1:00 **O** Walking Club
 1:30 **LR** Good Advice
 2:00 **LR** Chapter's Inc.
 3:00 **LR** Zumba Gold
 4:00 **CR** Classic Movie Clips
 6:00 **LR** Coffee and Conversations

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- 9:00 **CR** Rita Moreno Trivia
 10:15 **LR** Wheel of Fortune
 11:30 **LR** Gentle Yoga w/ Anne
 12:45 **CR** Wellness Melodies
 1:00 **O** Walking Club
 1:30 **LR** Good Advice
 2:00 **LR** Chapter's Inc.
 3:00 **LR** Sports Galore
 4:00 **CR** Classic Movie Clips
 6:00 **LR** Coffee and Conversations

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- 9:00 **CR** Tour Around the World
 10:15 **LR** Wheel of Fortune
 11:30 **LR** Gentle Yoga w/ Anne
 12:45 **CR** Wellness Melodies
 1:00 **O** Walking Club
 1:30 **LR** Good Advice
 2:00 **LR** Chapter's Inc.
 3:00 **LR** Zumba Gold
 4:00 **CR** Steven Spielberg Movies
 6:00 **LR** Coffee and Conversations

25 Christmas Day

- 9:00 **CR** Christmas Breakfast
 10:15 **LR** Wheel of Fortune
 11:30 **LR** Gentle Yoga w/ Treysi
 12:45 **CR** Wellness Melodies
 1:00 **O** Walking Club
 1:30 **LR** Miracle of 34th St. Movie
 2:00 **LR** Chapter's Inc.
 3:00 **LR** Sports Galore
 4:00 **CR** Classic Movie Clips
 6:00 **LR** Coffee and Conversations

Tuesday

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- 9:15 **LR** Let's Talk: Walt Disney
 10:00 **LR** Paper Crafting
 11:30 **LR** Total Body Movement
 12:45 **CR** Wellness Melodies
 1:30 **LR** Afternoon Stretch
 2:00 **Bus** Ensemble Shopping Trip
 3:00 **LR** Pass the Popcorn!
 3:30 **PTH** Wine and Unwind
 4:00 **P** Bingo
 6:00 **CR** Ensemble Singing Society

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- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Poinsettia Paper Crafting
 11:30 **LR** Total Body Movement
 12:45 **CR** Ol' Blue Eyes Sountrack
 1:30 **LR** Afternoon Stretch
 2:00 **LR** Cooking Class
 3:00 **LR** Pass the Popcorn!
 3:30 **PTH** Wine and Unwind
 4:00 **P** Bingo
 6:00 **CR** Ensemble Singing Society

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- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Paper Crafting
 11:30 **LR** Total Body Movement
 12:45 **CR** Wellness Melodies
 1:30 **LR** Afternoon Stretch
 2:00 **Bus** Scenic Ride in Bergen
 3:00 **LR** Pass the Popcorn!
 3:30 **PTH** Wine and Unwind
 4:00 **P** Bingo
 6:00 **CR** Ensemble Singing Society

26 Kwanzaa Begins

- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Paper Crafting
 11:30 **LR** Total Body Movement
 12:45 **CR** Wellness Melodies
 1:30 **LR** Afternoon Stretch
 2:00 **Bus** Bus Bingo!
 3:00 **LR** Pass the Popcorn!
 3:30 **PTH** Wine and Unwind
 4:00 **P** Bingo
 6:00 **CR** Ensemble Singing Society

Wednesday



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- 9:15 **CR** Today in History
 10:15 **LR** Price is Right
 11:15 **LR** Balance & Strength Fitness
 12:00 **B** Action Packed Lunch
 1:00 **LR** Walking Club
 2:15 **LR** The Artists Series
 2:45 **P** Snack N' Chat
 3:00 **CR** Karaoke
 4:15 **LR** Bingo
 6:00 **DR** Posi-ti-vi Tea

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- 9:15 **CR** Today in History: Popcorn
 10:15 **LR** Price is Right
 11:15 **LR** Balance & Strength Fitness
 12:00 **B** Action Packed Lunch
 1:00 **LR** Walking Club
 2:15 **LR** The Artists Series
 2:45 **P** Snack N' Chat
 3:00 **CR** Karaoke
 4:15 **LR** Bingo
 6:00 **DR** Posi-ti-vi Tea

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- 9:15 **CR** Movie Trivia
 10:15 **LR** Price is Right
 11:15 **LR** Balance & Strength Fitness
 12:00 **B** Action Packed Lunch
 1:00 **LR** Walking Club
 2:15 **LR** The Artists Series
 2:45 **P** Snack N' Chat
 3:00 **CR** Karaoke
 4:15 **LR** Bingo
 6:00 **DR** Posi-ti-vi Tea

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- 9:15 **CR** Today in History
 10:15 **LR** Price is Right
 11:15 **LR** Balance & Strength Fitness
 12:00 **B** Action Packed Lunch
 1:00 **LR** Walking Club
 2:15 **LR** Snowflake Craft
 2:45 **P** Snack N' Chat
 3:00 **CR** Karaoke
 4:15 **LR** Bingo
 6:00 **DR** Posi-ti-vi Tea

Thursday



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- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Shark Tank
 11:30 **LR** Ensemble Swim Society
 1:15 **CR** Wellness Melodies
 1:30 **LR** Making Hanukkah Latkes
 2:00 **P** Chapter's Inc.
 2:30 **LR** Total Body Fitness
 3:30 **AS** Art Factory at Art Studio
 4:15 **CR** Karaoke
 6:00 **CR** Life Long Learning

14 Happy Birthday, Lucille!

- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Shark Tank
 11:30 **LR** Ensemble Swim Society
 1:00 **LR** Bingo
 1:15 **CR** Wellness Melodies
 2:30 **LR** Weight Workout w/ Treysi
 3:00 **DR** Cooking Class
 3:30 **AS** Art Factory at Art Studio
 4:15 **CR** Karaoke
 6:00 **CR** Life Long Learning

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- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Shark Tank
 11:30 **LR** Ensemble Swim Society
 1:15 **CR** Wellness Melodies
 1:30 **P** Mocktail Social
 2:00 **P** Chapter's Inc.
 2:30 **LR** Total Body Fitness
 3:30 **AS** Art Factory at Art Studio
 4:15 **CR** Karaoke
 6:00 **CR** Life Long Learning

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- 9:15 **LR** Feel Good Story of the Day
 10:00 **LR** Shark Tank
 11:30 **LR** Ensemble Swim Society
 1:00 **LR** Bingo
 1:15 **CR** Wellness Melodies
 2:00 **LR** Girl Scout Social
 2:30 **LR** Weight Workout w/ Treysi
 3:00 **DR** Cooking Class
 4:15 **CR** Karaoke
 6:00 **CR** Life Long Learning

Friday

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- Hello December
 9:15 **CR** Virtual Tour: Wax Museum
 10:30 **LR** Storytelling 101
 11:30 **LR** Jazzercise
 12:45 **CR** Wellness Melodies
 1:00 **LR** Music Therapy
 1:15 **LR** Ensemble Tree Lighting
 2:00 **LR** DIY Peppermint Bark
 3:15 **LR** Bingo
 4:15 **LR** You Name It! Pictionary
 6:00 **CR** Virtual Shabbat Services

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- 9:15 **CR** 'Peace on Earth' Trivia
 10:30 **LR** Storytelling 101
 11:30 **LR** Jazzercise
 12:45 **CR** Wellness Melodies
 1:15 **T** Friday's at the Movies
 2:30 **LR** Drum Fitness
 3:15 **LR** Bingo
 4:15 **LR** You Name It! Pictionary
 6:00 **CR** Virtual Shabbat Services

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- Ugly Sweater Day
 9:15 **CR** Chronicle Review
 10:30 **LR** Storytelling 101
 11:30 **LR** Jazzercise
 12:45 **CR** Wellness Melodies
 1:00 **LR** Music Therapy
 1:45 **T** 'The Grinch' Movie
 2:00 **P** Chapters Inc.
 3:15 **LR** Bingo
 4:15 **LR** You Name It! Pictionary
 6:00 **CR** Virtual Shabbat Services

22

- 9:15 **CR** Chronicle Review
 10:30 **LR** Storytelling 101
 11:30 **LR** Jazzercise
 12:45 **CR** Wellness Melodies
 1:00 **LR** Gingerbread House Making
 1:15 **T** Friday's at the Movies
 2:30 **LR** Drum Fitness
 3:15 **LR** Bingo
 4:15 **LR** You Name It! Pictionary
 6:00 **CR** Virtual Shabbat Services

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- 9:15 **CR** Chronicle Review
 10:30 **LR** Storytelling 101
 11:30 **LR** Jazzercise
 12:45 **CR** Wellness Melodies
 1:15 **T** Friday's at the Movies
 2:00 **P** Chapters Inc.
 3:15 **LR** Bingo
 4:15 **LR** You Name It! Pictionary
 6:00 **CR** Virtual Shabbat Services

Saturday

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- 9:00 **CR** Today in History
 10:00 **P** Calm Breathing Bubble
 11:15 **LR** Spanish 101 w/ Treysi
 12:45 **CR** Wellness Melodies
 1:15 **CR** Rockefeller Tree Lighting
 2:00 **LR** Jogging your Noggin
 3:00 **LR** Balloon Volleyball
 3:15 **P** Gardening
 4:00 **CR** The Price is Right
 6:00 **LR** Concert Series

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- 9:00 **CR** Today in History
 10:00 **P** Calm Breathing Bubble
 11:15 **LR** What-A-Gem Holiday Cards
 12:45 **CR** Wellness Melodies
 1:15 **LR** Color Me Happy
 2:00 **LR** Jogging your Noggin
 3:00 **LR** Balloon Volleyball
 3:15 **P** Gardening
 4:00 **DR** Ensemble Holiday Party
 6:00 **LR** Concert Series

16

- 9:00 **CR** Today in History
 10:00 **P** Calm Breathing Bubble
 11:15 **LR** Spanish 101 w/ Treysi
 12:45 **CR** Wellness Melodies
 1:00 **LR** Music Therapy
 1:45 **T** 'The Grinch' Movie
 2:00 **P** Chapters Inc.
 3:15 **LR** Bingo
 4:15 **LR** You Name It! Pictionary
 6:00 **CR** Virtual Shabbat Services

23

- 9:00 **CR** Today in History
 10:00 **P** Calm Breathing Bubble
 11:15 **LR** Bingo
 12:45 **CR** Wellness Melodies
 1:15 **LR** 'Self-Made' Movie Showing
 2:00 **LR** Jogging your Noggin
 3:00 **LR** Balloon Volleyball
 3:15 **P** Gardening
 4:00 **CR** The Price is Right
 6:00 **LR** Concert Series

30

- 9:00 **CR** Today in History
 10:00 **P** Calm Breathing Bubble
 11:15 **LR** Spanish 101 w/ Treysi
 12:45 **CR** Wellness Melodies
 1:15 **LR** Color Me Happy
 2:00 **LR** Jogging your Noggin
 3:00 **LR** Balloon Volleyball
 3:15 **P** Gardening
 4:00 **CR** The Price is Right
 6:00 **LR** Concert Series

December Highlights

Monthly Scene

- Candy Cane Month
- Gingerbread Month
- Mistletoe and Holly Month
- Peppermint Month
- Safe Toys and Gifts Month

Festive Days & Holidays

- Hanukkah Begins 12/8
- Christmas Eve 12/24
- Christmas Day 12/25
- Kwanzaa 12/26
- New Year's Eve 12/31

"Kindness is like snow. It beautifies everything it covers".

- Kahlil Gibran

LOCATION KEY

- CR** iN2L Computer
- LR** Living Room
- P** Patio
- O** Outdoors
- Bus** Bus Trip
- PTH** Penthouse Pub
- B** Bistro
- DR** Dining Room
- AS** Art Studio
- T** Theater