

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DECEMBER 31

- 10:00 **AR** Sunday Service
- 10:30 **AR** Morning Meditation
- 11:00 **AR** Fun Trivia
- 12:00 **AR** Independent Activity
- 1:00 **AR** Music and Relaxation
- 2:00 **LR** Afternoon Stretch
- 2:30 **AR** Shake Loose a Memory
- 3:30 **AR** Comedy Hour
- 5:00 **FR** Nails, Massages, and Music

Allegro in Richmond Heights

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- 10:00 **AR** Sunday Service
- 10:30 **AR** Morning Meditation
- 11:00 **AR** Fun Trivia
- 12:00 **AR** Independent Activity
- 1:00 **AR** Music and Relaxation
- 2:00 **LR** Afternoon Stretch
- 2:30 **AR** Shake Loose a Memory
- 3:30 **AR** Comedy Hour
- 5:00 **FR** Nails, Massages, and Music

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- 9:30 **LR** Simply Stretch & Brain Games
- 10:00 **CR** Hand Massage
- 11:00 **AR** Religious Studies
- 12:00 **AR** Independent Activity
- 1:00 **LR** Top Stories
- 1:30 **AR** International Cheetah Day
- 2:30 **CR** Cinema: White Christmas
- 5:30 **LR** Personalized Music

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- 9:30 **CR** Simply Stretch
- 10:00 **FR** Author of the Day
- 11:00 **AR** Love Trivia
- 12:00 **AR** Independent Activity
- 1:00 **FR** Christmas Book Club
- 1:30 **AR** Music Bingo
- 2:30 **LR** Seated Tai Chi
- 3:00 **AR** Walt Disney Day
- 5:30 **AR** Massages with Jackie

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- 9:30 **CR** Simply Stretch & Brain Games
- 10:30 **AR** Create a Story
- 12:00 **AR** Independent Activity
- 1:00 **CR** Light Stretches & Meditation
- 1:30 **CR** Devotional and Music
- 2:30 **AR** History of St. Nick's Day
- 3:00 **CR** Happy Hour
- 5:30 **CR** Trivia

7

- 9:30 **CR** Exercise
- 10:30 **P4** Travelogue: New York
- 12:00 **AR** Independent Activity
- 1:00 **AR** Light Stretches
- 1:30 **AR** Good News Stories
- 2:00 **AR** Hanukkah Begins
- 2:15 **CR** Cinema: Christmas with the Kranks
- 5:30 **AR** Massages with Jackie

8

- 9:30 **P4** Exercise and Mediation
- 10:30 **CR** Nails & Aromatherapy
- 10:30 **LR** Brain Games
- 12:00 **AR** Independent Activity
- 1:00 **FR** What's New in the News
- 1:30 **AR** Bean Bag Toss
- 3:00 **AR** Concert
- 6:00 **LR** Relaxation & TV Show

9

- 10:00 **AR** Religious Service
- 10:30 **AR** Passport To Wellness
- 12:00 **AR** Independent Activity
- 1:00 **AR** Coloring Pages and Relaxation
- 2:00 **AR** Musician of the Day: Little Richard
- 3:00 **AR** Noodle Ball
- 3:30 **AR** Comedy Show
- 5:00 **LR** Nails and Massages

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- 10:00 **AR** Sunday Service
- 10:30 **AR** Morning Meditation
- 11:00 **AR** Fun Trivia
- 12:00 **AR** Independent Activity
- 2:00 **LR** Afternoon Stretch
- 2:30 **AR** Shake Loose a Memory
- 3:30 **AR** Comedy Hour
- 5:00 **FR** Nails, Massages, and Music

11

- 9:30 **LR** Simply Stretch & Brain Games
- 10:00 **CR** Hand Massage
- 11:00 **AR** Religious Studies
- 12:00 **AR** Independent Activity
- 1:00 **LR** Top Stories
- 1:30 **AR** Afternoon Stretch
- 2:30 **CR** Cinema: Miracle on 34th Street
- 5:30 **LR** Personalized Music

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- 9:30 **CR** Simply Stretch
- 11:00 **AR** Love Trivia
- 11:30 **FR** Author of the Day
- 12:00 **AR** Independent Activity
- 1:00 **FR** Christmas Book Club
- 1:30 **AR** Family Feud Game
- 2:30 **AR** Noodle and Balloon Game
- 3:00 **AR** Gingerbread Decorating
- 5:30 **AR** Massages with Jackie

13

- 9:30 **CR** Simply Stretch & Brain Games
- 10:30 **DR** Horse Racing Game
- 12:00 **AR** Independent Activity
- 1:00 **CR** Light Stretches & Meditation
- 1:30 **CR** Devotional & Cocoa Day
- 2:30 **AR** Fun Facts about the National Guard
- 3:00 **CR** Happy Hour

14

- 9:30 **CR** Exercise
- 10:30 **P4** Travelogue: Michigan
- 12:00 **AR** Independent Activity
- 1:00 **AR** Light Stretches
- 1:30 **AR** Good News Stories
- 2:00 **AR** All About Monkeys
- 2:15 **CR** Cinema: How the Grinch Stole Christmas
- 5:30 **AR** Massages with Jackie

15

- 9:30 **P4** Exercise and Mediation
- 10:30 **CR** Nails & Aromatherapy
- 10:30 **LR** Brain Games
- 12:00 **AR** Independent Activity
- 1:00 **FR** What's New in the News
- 1:30 **AR** Bean Bag Toss
- 2:00 **AR** Ugly Christmas Sweater Day
- 3:00 **AR** Dean Martin & Frank Sinatra Concert
- 6:00 **LR** Winter Wonderland

16

- 10:00 **AR** Religious Service
- 10:30 **AR** Passport To Wellness
- 12:00 **AR** Independent Activity
- 1:00 **AR** Coloring Pages and Relaxation
- 2:00 **AR** Musician of the Day: Bing Crosby
- 3:00 **AR** Bowling
- 3:30 **AR** Comedy Show
- 5:00 **LR** Nails and Massages

17

- 10:00 **AR** Sunday Service
- 10:30 **AR** Morning Meditation
- 11:00 **AR** Fun Trivia
- 12:00 **AR** Independent Activity
- 1:00 **AR** Music and Relaxation
- 2:00 **LR** Afternoon Stretch
- 2:30 **AR** Shake Loose a Memory
- 3:30 **AR** Comedy Hour
- 5:00 **FR** Nails, Massages, and Music

18

- 9:30 **LR** Simply Stretch & Brain Games
- 10:00 **CR** History of the Snowman
- 11:00 **AR** Religious Studies
- 12:00 **AR** Independent Activity
- 1:00 **LR** Top Stories
- 1:30 **AR** Afternoon Stretch
- 2:30 **CR** Cinema: The Santa Clause
- 5:30 **LR** Personalized Music

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- 9:30 **CR** Simply Stretch
- 11:00 **AR** Love Trivia
- 11:30 **FR** Andrea Bocelli Christmas Special
- 12:00 **AR** Independent Activity
- 1:00 **FR** Christmas Book Club
- 1:30 **AR** Christmas Music Bingo
- 2:30 **LR** Bowling
- 3:00 **AR** Spa Day
- 5:30 **AR** Massages with Jackie

20

- 9:30 **CR** Simply Stretch & Brain Games
- 10:30 **AR** Caroling Day
- 12:00 **AR** Independent Activity
- 1:00 **CR** Light Stretches & Meditation
- 1:30 **CR** Devotional and Music
- 2:00 **AR** Hot Cocoa & Trivia
- 3:00 **CR** Happy Hour
- 5:30 **CR** Trivia

21

- 9:30 **CR** Exercise
- 10:30 **P4** Travelogue: Wisconsin
- 12:00 **AR** Humbug Day
- 1:00 **AR** Light Stretches
- 1:30 **AR** Good News Stories
- 2:00 **AR** Winter Crossword Puzzles
- 2:15 **CR** Cinema: A Christmas Carol
- 5:30 **AR** Massages with Jackie

22

- 9:30 **P4** Exercise and Mediation
- 10:30 **CR** Nails & Aromatherapy
- 10:30 **LR** Christmas Trivia
- 12:00 **AR** Independent Activity
- 1:00 **FR** What's New in the News
- 1:30 **AR** Cookie Decorating
- 2:30 **AR** Gift Exchange
- 3:00 **AR** Nutcracker Concert
- 6:00 **LR** Relaxation & TV Show

23

- 10:00 **AR** Religious Service
- 10:30 **AR** Passport To Wellness
- 12:00 **AR** Independent Activity
- 1:00 **AR** Coloring Pages and Relaxation
- 2:00 **AR** Music of the Day: Christmas Music
- 3:00 **AR** Christmas Movies Trivia
- 3:30 **AR** Comedy Show
- 5:00 **LR** Nails and Massages

24

- 10:00 **AR** Sunday Service
- 10:30 **AR** Morning Meditation
- 11:00 **AR** Fun Trivia
- 12:00 **AR** Independent Activity
- 2:00 **LR** Afternoon Stretch
- 2:30 **AR** Shake Loose a Memory
- 3:30 **AR** Comedy Hour
- 5:00 **FR** Nails, Massages, and Music

25

- 9:30 **LR** Simply Stretch & Brain Games
- 10:00 **CR** Hand Massage
- 11:00 **AR** Religious Studies
- 12:00 **AR** Independent Activity
- 1:00 **LR** Top Stories
- 1:30 **AR** Afternoon Stretch
- 2:30 **CR** Cinema: It's a Wonderful Life
- 5:30 **LR** Personalized Music

26

- 9:30 **CR** Simply Stretch
- 11:00 **AR** Love Trivia
- 11:30 **FR** Author of the Day
- 12:00 **AR** Independent Activity
- 1:00 **FR** Christmas Book Club
- 1:30 **AR** Balloon Burst Word Game
- 2:30 **AR** Noodle and Balloon Game
- 3:00 **AR** Who Am I Trivia
- 5:30 **AR** Massages with Jackie

27

- 9:30 **CR** Simply Stretch & Brain Games
- 10:30 **DR** Bingo
- 12:00 **AR** Independent Activity
- 1:00 **CR** Light Stretches & Meditation
- 1:30 **CR** Devotional and Music
- 2:30 **AR** Visit the Zoo Day
- 3:00 **CR** Happy Hour
- 5:30 **CR** Trivia

28

- 9:30 **CR** Exercise
- 10:30 **P4** Travelogue: Minnesota
- 12:00 **AR** Falls Festival History
- 1:00 **AR** Light Stretches
- 1:30 **AR** Good News Stories
- 2:00 **AR** Card Playing Day
- 2:15 **CR** Classic Cinema
- 5:30 **AR** Massages with Jackie

29

- 9:30 **P4** Exercise and Mediation
- 10:30 **CR** Nails & Aromatherapy
- 10:30 **LR** New Years Trivia
- 12:00 **AR** Independent Activity
- 1:00 **FR** New Years Fun Facts
- 1:30 **AR** Countdown to New Years & Wine
- 3:00 **AR** Concert
- 6:00 **LR** Relaxation & TV Show

30

- 10:00 **AR** Religious Service
- 10:30 **AR** Passport To Wellness
- 12:00 **AR** Independent Activity
- 1:00 **AR** Coloring Pages and Relaxation
- 2:00 **AR** Musician of the Day: Guy Lombardo
- 3:00 **AR** Bowling
- 3:30 **AR** Comedy Show
- 5:00 **LR** Nails and Massages

Activities

Every Mon & Thur
 Classic Cinema

Every Friday
 Christmas Concerts

13 & 15
 Christmas Lights

Mon 25
 Christmas

Sun 31
 New Years Eve



LOCATION KEY

- P4** 4th Floor Patio
- CR** Community Room
- LR** Living Room
- AR** Activity Room
- FR** Family Room
- DR** Dining Room