





# December 2024

## Assisted Living- Hillside, Vista 3 & 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 † Church Service-Christ Chapel-Vista 2nd Floor <b>1</b> 12:15 🎵 Piano Music w/ Martha & Brian [DR-H] 2:00 Movie Matinee [9th FI]	9:00 ↔ Balance Class with Heidi- [9th FI] <b>2</b> 9:30 ↔ Morning Fitness [MP] 10:00 ★ Sound Meditation [MP] 10:30 🎵 Current Events w/ Randy Mayuex [9th FI] 2:00 🎮 Bingo w/ Ed [HSA] 2:00 🎵 Bridge w/Sharon & Friends-All Levels [MP]	9:30 🎵 CCY Campus News-Ch. 81 <b>3</b> 9:30 ↔ Morning Fitness [MP] 10:00 📺 Facebook Shares w/ Janet [MP] 11:30 Lunch @ Maggiano's 1:00 🎵 CC Young'uns Choir Practice [PA] 2:00 🎵 Men's Social w/ Aaron [9th FI] 3:00 📺 Bridge Group [9th FI] 3:15 ↔ Drumba Class w/ Nena [MP]	9:00 ↔ Balance Class with Heidi- [9th FI] <b>4</b> 9:30 Morning Fitness [MP] 10:00 🎵 Hymn Sing w/ Shane Read [MP] 10:45 🎵 Table Talk w/ John Hill [9th FI] 1:00 ↔ Rocksteady Boxing [9th FI] 2:00 📺 Theater Hour w/ Regina [MP] 3:00 ★ Smart Knit Wits Group-All Welcome [9th FI] 3:00 🎵 State of the Campus Update w/ Russell Crews [CH81]	9:30 ↔ Morning Fitness [MP] <b>5</b> 10:00 ★ Express Your Voice Class [9th FI] 10:00 📺 Parish Episcopal School Making Christmas Angels [HSA] 2:30 🎵 Drumba Class w/ Aaron [MP] 3:00 📺 Making Christmas Cards w/ Regina [HSA]	9:30 ↔ Morning Fitness [MP] <b>6</b> 9:50 ↔ Seated Video Tai Chi [MP] 10:30 ★ Calendar Planning [MP] 11:00 🎵 Tech Talk w/ Daphne Lee- Taking Photos [MP] 2:00 🎵 Bridge Group [MP] 2:00 🎮 Rummikub [HSA]	11:00 ↔ 9th Floor Exercise <b>7</b> 1:30 ★ Holiday Party with YMSL 2:00 🎮 Mexican Train Game [DR-H]
	9:30 † Church Service-Christ Chapel-Vista 2nd Floor <b>8</b> 2:00 Movie Matinee [9th FI]	9:00 ↔ Balance Class with Heidi- [9th FI] <b>9</b> 9:30 ↔ Morning Fitness [MP] 10:00 ★ Sound Meditation [MP] 1:30 Holiday Shopping @ Walmart 2:00 🎵 Bridge w/Sharon & Friends-All Levels [MP]	9:30 🎵 CCY Campus News-Ch. 81 <b>10</b> 9:30 ↔ Morning Fitness [MP] 10:00 📺 Facebook Shares w/ Janet [MP] 11:00 📺 For Love & Art w/ Wolford [9th FI] 1:00 🎵 CC Young'uns Choir Practice [PA] 2:00 🎵 Men's Social w/ Aaron [9th FI] 3:00 📺 Bridge Group [9th FI] 3:15 ↔ Drumba Class w/ Nena [MP] 4:00 🎵 Christmas Carols w/ Hunt Oil-Hillside/Vista 9	9:00 ↔ Balance Class with Heidi- [9th FI] <b>11</b> 9:30 Morning Fitness [MP] 10:00 ★ Chef Connection w/ Tyron [DR-H] 10:45 🎵 Table Talk w/ John Hill [9th FI] 1:00 ↔ Rocksteady Boxing [9th FI] 2:00 📺 Theater Hour w/ Regina [MP] 3:00 ★ Smart Knit Wits Group-All Welcome [9th FI]	9:30 ↔ Morning Fitness [MP] <b>12</b> 10:00 ★ Express Your Voice Class [9th FI] 10:00 ★ Holiday Nails [HSA] 2:00 🎵 Conversations w/ Nena & Department Heads [DR-H] 3:00 📺 Refreshments after Conversations [DR-H]	9:30 ↔ Morning Fitness [MP] <b>13</b> 9:50 ↔ Seated Video Tai Chi [MP] 10:30 🎵 Hymn Sing w/ Nancy [MP] 1:30 Victorian Christmas with Lakewood Presbyterian School [9th FI] 2:00 🎮 Rummikub [HSA] 3:00 📺 Making Christmas Trees w/ Janet [HSA] 4:00 🎵 Hymn Sing w/ Shane & Friends [DR-H]	11:00 ↔ 9th Floor Exercise <b>14</b> 2:00 🎮 Mexican Train Game [DR-H]
Rosemary M. 12/1 James M. 12/27 Ron V. 12/2 Rosanne D. 12/28 Mary S. 12/2 OT H. 12/28 Eva H. 12/6 James Mc. 12/7 Mary R. 12/9 Ben N. 12/13 Cliff F. 12/15	9:30 † Church Service-Christ Chapel-Vista 2nd Floor <b>15</b> 2:00 Movie Matinee [9th FI]	9:00 ↔ Balance Class with Heidi- [9th FI] <b>16</b> 9:30 ↔ Morning Fitness [MP] 10:00 ★ Sound Meditation [MP] 2:00 🎵 Bridge w/Sharon & Friends-All Levels [MP] 2:00 📺 Carol Burnett Sketches [PA]	9:30 🎵 CCY Campus News-Ch. 81 <b>17</b> 9:30 ↔ Morning Fitness [MP] 10:00 📺 Facebook Shares w/ Janet [MP] 11:00 🎵 Young 'Uns Christmas Concert [PA] 2:00 🎵 Christmas Men's Social w/ Aaron [9th FI] 3:00 📺 Bridge Group [9th FI] 3:15 ↔ Drumba Class w/ Nena [MP] 4:45 🎵 Piano Music w/ Russ Rieger [9th FI] 5:30 📺 Christmas Lights Tour-Meet in Hillside Lobby	9:00 ↔ Balance Class with Heidi- [9th FI] <b>18</b> 9:30 Morning Fitness [MP] 10:45 🎵 Table Talk w/ John Hill [9th FI] 12:30 📺 Birthday Honorees Celebration [9th FI] 1:00 ↔ Rocksteady Boxing [9th FI] 2:00 📺 Theater Hour w/ Regina [MP] 3:00 ★ Smart Knit Wits Group-All Welcome [9th FI] 4:45 🎵 Piano Music w/ Russ Rieger [DR-H]	9:30 ↔ Morning Fitness [MP] <b>19</b> 10:00 ★ Express Your Voice Class [9th FI] 10:00 ★ Holiday Nails [HSA] 11:00 📺 Christmas @ the Dallas Arboretum 2:30 🎵 Drumba Class w/ Aaron [MP] 4:00 ★ Welcome New Residents [9th FI]	9:30 ↔ Morning Fitness [MP] <b>20</b> 9:50 ↔ Seated Video Tai Chi [MP] 10:30 🎵 Christmas Carols w/ Nancy & friends come sing with us! [MP] 2:00 🎵 Bridge Group [MP] 2:00 🎮 Rummikub [HSA] 4:00 🎵 Music w/ BYO Musicians [DR-H]	11:00 ↔ 9th Floor Exercise <b>21</b> 2:00 🎮 Mexican Train Game [DR-H]
	9:30 † Church Service-Christ Chapel-Vista 2nd Floor <b>22</b> 2:00 Movie Matinee [9th FI]	9:00 ↔ Balance Class with Heidi- [9th FI] <b>23</b> 9:30 ↔ Morning Fitness [MP] 10:00 ★ Sound Meditation [MP] 2:00 🎵 Bridge w/Sharon & Friends-All Levels [MP] 3:00 🎵 Holiday Sing-a-Long w/ Martha & Brian [DR-H]	<b>Christmas Eve</b> <b>24</b> 9:30 🎵 CCY Campus News-Ch. 81 9:30 ↔ Morning Fitness [MP] 1:00 🎵 CC Young'uns Choir Practice [PA] 2:00 🎵 Men's Social w/ Aaron [9th FI] 3:00 📺 Bridge Group [9th FI] 3:15 ↔ Drumba Class w/ Nena [MP]	<b>Christmas Day</b> <b>25</b> <i>May the Holidays bring you all peace, joy and love. Many blessing to you all!</i>	9:30 ↔ Morning Fitness [MP] <b>26</b> 10:00 ★ Express Your Voice Class [9th FI] 2:30 🎵 Drumba Class w/ Aaron [MP]	9:30 ↔ Morning Fitness [MP] <b>27</b> 9:50 ↔ Seated Video Tai Chi [MP] 2:00 🎵 Bridge Group [MP] 2:00 🎮 Rummikub [HSA]	11:00 ↔ 9th Floor Exercise <b>28</b> 2:00 🎮 Mexican Train Game [DR-H]
	9:30 † Church Service-Christ Chapel-Vista 2nd Floor <b>29</b> 2:00 Movie Matinee [9th FI]	<b>Celebrating Noon Year's Eve Today!</b> <b>30</b> 9:00 ↔ Balance Class with Heidi- [9th FI] 9:30 ↔ Morning Fitness [MP] 11:00 🎵 Noon Year's Eve Celebration-Golden Oldies w/ David Callahan [9th FI] 11:00 🎵 Noon Year's Eve Celebration-Golden Oldies w/ Marty Ruiz [DR-H] 2:00 🎮 Bingo w/ Ed [HSA] 2:00 🎵 Bridge w/Sharon & Friends-All Levels [MP]	<b>New Year's Eve</b> <b>31</b> 9:30 🎵 CCY Campus News-Ch. 81 9:30 ↔ Morning Fitness [MP] 10:00 📺 Facebook Shares w/ Janet [MP] 1:00 🎵 CC Young'uns Choir Practice [PA] 2:00 🎵 Men's Social w/ Aaron [9th FI] 3:00 📺 Bridge Group [9th FI] 3:15 ↔ Drumba Class w/ Nena [MP]	<b>Creative</b> <b>Games</b> <b>Intellectual</b> <b>Music</b> <b>Physical</b> <b>Purposeful</b> <b>Social</b> <b>Spiritual</b>	<b>Location Key</b> HL-Hillside Lounge MP-Multi-Purpose DRH-Dining Room Hillside 9th-Vista 9 PA-Point Aud	"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered." — Nelson Mandela	