CC YOUNG SENIOR LIVING

Questions And Concerns:
Please Contact
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Assisted Living PATHWAYS Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30 Breakfast (HDR) 9:30 Worship Service (CC) 11:00 Lunch (HDR) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 12:00 Dallas Cowboys vs Arizona Cardinals - FOX (CH. 56, 400 or 401) (TV) 2:00 Movie Matinee-Out of Africa (9FL)	**2** 7:30 Breakfast (HDR) 9:30 Bible Study w/ Rev. Allison (HAR) 10:30 Brain Games (HILL) 11:00 Lunch (HDR) 2:00 Movement & Music with Tammy (9FL) 3:00 Book Worms Book Club Honor Reads "Harry Potter" (HAR)	**3** 7:30 Breakfast (HDR) 9:30 Move & Groove W/ Janet (HMP) 10:00 OLLI- From Names to Narratives Ch.81 (PON) 11:00 Lunch (HDR) 1:30 Mail Marchers (HSL) 2:00 Drumba with Tammy (HMP) 2:30 Walk & Roll with Tammy (HMP)	**4** 7:30 Breakfast (HDR) 9:30 Tammy's Fun/Fitness Class (HMP) 10:45 Table Talk with John Hill (9FL) 11:00 Lunch (HDR) 2:00 Lights, Camera, SHOWTIME! "Frozen!" The Hit Broadway Musical (HMP)	**5** 7:30 Breakfast (HDR) 10:00 Tina's Fitness Challenge (HMP) 10:00 OLLI- Writing Your Own Songs Ch.81 (CH81) 10:30 Today's Trivia (HMP) 11:00 Lunch (HDR) 1:30 Music Therapy with Carey (HAR) 2:00 Men's Social with John Hill (9FL) 2:30 Sit And Be Fit With Martha (HMP) 3:00 Brain Games with Honor (HAR)	**6** 7:30 Breakfast (HDR) 10:00 Art Therapy with Andrea (HAR) 11:00 Lunch (HDR) 2:00 Happy 100 Birthday Marzelle (HAR)	**7** 7:30 Breakfast (HDR) 11:00 Lunch (HDR)
8 7:30 Breakfast (HDR) 9:30 Worship Service (CC) 11:00 Lunch (HDR) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 12:00 Dallas Cowboys at Indianapolis Colts - FOX (CH. 56,400 or401) (TV) 2:00 Movie Matinee-Casablanca (9FL)	**9** 7:30 Breakfast (HDR) 7:30 Veterans Breakfast (COVR) 9:30 Bible Study w/ Rev. Allison (HAR) 10:30 "Because of you" Thank you letters (HAR) 11:00 Lunch (HDR) 2:00 Movement & Music with Tammy (9FL) 3:00 Book Worms Book Club (HMP)	**10** 7:30 Breakfast (HDR) 9:30 Move & Groove W/ Janet (HMP) 10:00 OLLI- Inside the Band Ch.81 (PON) 11:00 Lunch (HDR) 1:30 Mail Marchers (HSL) 2:00 Drumba with Tammy (HMP) 2:30 Walk & Roll with Tammy (HMP) 3:00 Words That Inspire: Poetry Appreciation (HMP)	**11** 7:30 Breakfast (HDR) 9:30 Tammy's Fun/Fitness Class (HMP) 10:45 Table Talk with John Hill (9FL) 11:00 Lunch (HDR) 2:00 Lights, Camera, SHOWTIME! (HMP) 2:30 One on One Visits "Dunkirk" *Adult Theme (R2R) 4:00 Piano with Mark Harris (HDR)	**12** 7:30 Breakfast (HDR) 10:00 Tina's Fitness Challenge (HMP) 10:00 OLLI-U.S. Navy Submarine Operations Ch.81 (CH81) 10:30 Today's Trivia (HMP) 11:00 Lunch (HDR) 1:30 Music Therapy with Carey (HAR) 2:00 Men's Social w/ John Hill (9FL) 2:00 Artful Moments with David (9FL) 2:30 Sit And Be Fit With Martha (HMP) 3:00 Brain Games with Honor (HAR)	**13** 7:30 Breakfast (HDR) 10:00 Art Therapy with Andrea (HAR) 11:00 Lunch (HDR) 2:00 Kings of the Road (HDR) 3:00 Spouces Veterans Tea (PON)	**14** 7:30 Breakfast (HDR) 11:00 Lunch (HDR)
15 7:30 Breakfast (HDR) 9:30 Worship Service (CC) 11:00 Lunch (HDR) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 2:00 Movie Matinee-African Queen (9FL) 3:25 Dallas Cowboys vs San Francisco 49ers - FOX (CH. 56, 400 or 401) (TV)	**16** 7:30 Breakfast (HDR) 9:30 Bible Study w/ Rev. Allison (HAR) 11:00 Lunch (HDR) 2:00 Movement & Music with Tammy (9FL) 3:00 Book Worms Book Club (HMP)	**17** 7:30 Breakfast (HDR) 9:30 Move & Groove W/ Janet (HMP) 10:00 OLLI- Contemporary Trends in Antisemitism Ch. 81 (PON) 11:00 Lunch (HDR) 1:30 Mail Marchers (HSL) 2:00 Bingo Blitz! (9FL) 2:00 Drumba with Tammy (HMP) 2:30 Walk & Roll with Tammy (HMP) 4:45 Piano with Russ Rieger (HDR)	**18** 7:30 Breakfast (HDR) 9:30 Tammy's Fun/Fitness Class (HMP) 10:45 Table Talk with John Hill (9FL) 11:00 Lunch (HDR) 2:00 Discussions with John Hill and Dave Rogers (9FL) 2:00 Lights, Camera SHOWTIME! (HMP) 4:45 Piano with Russ Rieger (HDR)	**19** 7:30 Breakfast (HDR) 10:00 Tina's Fitness Challenge (HMP) 10:00 OLLI-William Cowper Brann and "The Iconoclast" Ch. 81 (CH81) 10:30 Today's Trivia (HMP) 11:00 Lunch (HDR) 1:30 Music Therapy with Carey (HAR) 2:00 Men's Social w/ John Hill (9FL) 2:00 Decorate the 9th Floor Christmas Tree (9FL) 2:30 Sit And Be Fit With Martha (HMP) 3:30 Brain Games with Honor (HAR)	**20** 7:30 Breakfast (HDR) 10:00 Art Therapy with Andrea (HAR) 11:00 Lunch (HDR) 11:30 OUTING: Sweet Paris Caperie and Cafe Sign Up Required (OC) 3:00 Holiday Memories Photo Orniment Wreath (PW)	**21** 7:30 Breakfast (HDR) 11:00 Lunch (HDR)
22 7:30 Breakfast (HDR) 9:30 Worship Service (CC) 11:00 Lunch (HDR) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 12:00 Dallas Cowboys vs Tennessee Titans- FOX (CH.56, 400 or 401) (TV) 2:00 Movie Matinee-Fried Green Tomatoes (9FL)	**23** 7:30 Breakfast (HDR) 9:30 Bible Study w/ Rev. Allison (HAR) 11:00 Lunch (HDR) 2:00 Movement & Music with Tammy (9FL) 3:00 Book Worms Book Club (HMP)	**24** Honor Out 7:30 Breakfast (HDR) 9:30 Move & Groove W/ Janet (HMP) 11:00 Lunch (HDR) 1:30 Mail Marchers (HSL) 2:00 Drumba with Tammy (HMP) 2:30 Walk & Roll with Tammy (HMP)	**25** Honor Out 7:30 Breakfast (HDR) 9:30 Tammy's Fun/Fitness Class (HMP) 10:45 Table Talk with John Hill (9FL) 11:00 Lunch (HDR) 2:00 Lights, Camera, SHOWTIME! (HMP)	**26** Happy Thanksgiving Honor Out 7:30 Breakfast (HDR) 11:00 Lunch (HDR) 3:30 Cowboys vs Philadelphia Eagles - FOX (CH.56 ,400 or 401) (TV)	**27** Honor Out 7:30 Breakfast (HDR) 10:00 Art Therapy with Andrea (HAR) 11:00 Lunch (HDR)	**28** 7:30 Breakfast (HDR) 11:00 Lunch (HDR)
29 7:30 Breakfast (HDR) 9:30 Worship Service (CC) 11:00 Lunch (HDR) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 2:00 Movie Matinee- The Replacements (9FL)	**30** Honor Out 7:30 Breakfast (HDR) 9:30 Bible Study w/ Rev. Allison (HAR) 11:00 Lunch (HDR) 2:00 Movement & Music with Tammy (9FL)					

Dimensions Of Wellness Legend

- Social
- Emotional
- Intellectual
- Physical
- Spiritual
- Environmental

Locations Legend

Hillside Dining Room (HDR)
Hillside Multi-Purpose Room (HMP)
9th Floor Activity Room (9FL)
Hillside Activity Room (HAR)
Channel 81 (CH81)
Christ Chapel (CC)
TV (TV)
The Point (PON)
Hillside Lobby (HSL)
Hillside Activity Room (HILL)
Conleys at The Overlook (COVR)
Room to Room (R2R)
Off Campus (OC)
Pathways Office - 3rd fl. (PW)

