

Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	1 TWELVE DAYS OF CHRISTMAS 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 6:00P Christmas Lights Tour Outing (ML) 5P & 6P Mexican Train (GR)	2 TWELVE DAYS OF CHRISTMAS 10:00A Grocery Trip (ML) 3:00P The Lighting of the Christmas Tree and the Sounds of the Season Led by Ms. LaVonne Collins (ML) 6:15P Bingo (AC)	3 TWELVE DAYS OF CHRISTMAS 9A - 12P Podiatrist Visit 11:30A Faithful Paws Visit (ML) 2:00P Santa's Penny Pitcher Game (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	4 TWELVE DAYS OF CHRISTMAS 10:00A Writer's Workshop (AC) 10:30A St. John Paul II Catholic Middle School Carolers (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Sweater Together Social Hour (CC) 6:15P Bingo (AC)	5 TWELVE DAYS OF CHRISTMAS 10:00A Holiday Harmony Showdown (AU) 1:00P Catholic Service (AU) 2:15P Bible Study (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	6 TWELVE DAYS OF CHRISTMAS 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC) Find a Christmas Surprise at Your Door
7 TWELVE DAYS OF CHRISTMAS 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Christmas Sweets and Coffee (CC)	8 TWELVE DAYS OF CHRISTMAS 10:00A Art Group (AC) 11:00A Gingerbread House Decorating (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)	9 TWELVE DAYS OF CHRISTMAS 10:00A Grocery Trip (ML) 11:00A PWP Choir (AU) 2:00P Christmas Bingo w/HHR (AC) 6:15P Bingo (AC) <u>Meal of the Month</u> <u>Ballots Due</u>	10 TWELVE DAYS OF CHRISTMAS 2:00P Christmas Cookie Exchange (GR) 3:00P Learn Spanish (GR) 3:30P Gran's Sweet Delivery: Cookies for Our Firefighters (ML) 6:15P Bridge (GR)	11 TWELVE DAYS OF CHRISTMAS 11:00A Christmas Songs by CyLakes High School Choir (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	12 TWELVE DAYS OF CHRISTMAS 2:30P CVS/Walgreens (\$) 3:00P Christmas Movie & Hot Cocoa - "The Christmas Chronicles" (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	13 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC) 
14  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	15  10:00A Art Group (AC) 1:30P Bible School (GR) RESIDENT CHRISTMAS PARTY 4:30 - 6:30PM	16 10:00A Jay's Bazar (GR) 10:00A Grocery Trip (ML) 2:00P Sing-A-Long w/ Tim Holder (AU) 4:00P Phone Help Hour (GR) 6:15P Bingo (AC) <u>Meal of the Month</u>	17 11:30A Faithful Paws Visit (ML) 2:00P Meet the Author - William Dylan Powell "Lost Treasures of Houston" Book (AU) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner 6:15P Bridge (GR)	18  Pest Control Building A 10:00A St. John Paul II Catholic School 4th Grade Carolers (AU) 10:45A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Bunco with Amy (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	19  11:00A Out to Lunch: Cleburne's Cafeteria (ML) 11:30A Book Club 1:30P Bible Study with Chaplain John Bender (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	20 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 2:00P Caroling w/Natalie White 6:15P Bingo (AC) 
21 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	22 10:00A Art Group (AC) 11:00A Snowman Dress Up Contest (AC) 1:30P Bible School (GR) 5P & 6P Mexican Train (GR) 	23 10:00A Grocery Trip (ML) 2:00P Sing & Chat w/Joyce Castle (AU) 6:15P Bingo (AC)	24 3:00P Movie Matinee - "Falling for Christmas" (AU) 6:15P Bridge (GR) 	25 	26 2:30P CVS/Walgreens (\$) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	27 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
28 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	29 10:00A Art Group (AC) 1:30P Bible School (GR) 5P & 6P Mexican Train (GR)	30 10:00A Grocery Trip - HEB (ML) 3:30P Wii Bowling Tutorial (WR) 6:15P BINGO (AC)	31  11:30A Faithful Paws Visit (ML) 4:30P New Years' Dinner & Champagne Toast w/Bill Parish	MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR — Cabana Room G — Garden GR— Game Room ML— Main Lobby PG — Putting Green WR — Wii Room	Cancellations as well as changes are often unavoidable. We appreciate your cooperation and understanding. Don't see anything you love? Please let us know so we can add to our calendar.	**Events highlighted in BLUE require sign-up in the message center.



Independent Living Wellness Calendar

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED	1 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:30A Brain Boost 12:30P Nutrition Mini-Talk 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing 3:00P Quick Memory Challenge	2 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics 3:00P Floor Stretch & Relaxation	3 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:30P Nutrition Mini-Talk 1:30P Resistance Band Strength Training 3:00P Memory Workshop	4 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Line Dance Fitness 2:30P Power Walk (Indoor/Outdoor) 3:00P Guided Stretch & Relaxation	5 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 12:30P Nutrition Mini-Talk 1:30P Men's Circuit Training 2:00P Mobility vs. Flexibility Workshop 2:30P Cornhole (CC)	6 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
7 GET ACTIVE <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	8 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:30A Brain Boost 12:30P Nutrition Mini-Talk 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing 3:00P Quick Memory Challenge	9 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics 3:00P Floor Stretch & Relaxation	10 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:30P Nutrition Mini-Talk 1:30P Resistance Band Strength Training 3:00P Memory Workshop	11 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Line Dance Fitness 2:30P Power Walk (Indoor/Outdoor) 3:00P Guided Stretch & Relaxation	12 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 12:30P Nutrition Mini-Talk 1:30P Men's Circuit Training 2:00P Mobility vs. Flexibility Workshop 2:30P Cornhole (CC)	13 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
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