

DECEMBER 2024

calendar of events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 9:30 YouTube Fit 1:30 Meditation with Monica 2:30 Movie Matinee 3:00 Coffee with Friends 6:30 Sing Along with Monica	2 9a-12p Help Deck the Halls and Door Decorating Begins! 9:30 Stay Fit with Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health and Wellness Video Series with Josh 3:00 MacPhail Music Unwrapped: The Nutcracker	3 9:30 Weights with Michelle 11:00 Great Courses: Turning Points in American History 1:30 Pictures by the Tree 3:00 Coffee and Holiday Traditions Discussion	4 9:30 Stay Fit with Courage 10:30 Game: Scrabble 11:45 Floor Lunch: 8 & 9 1:30 Christmas Sing Along 4:00 Wet Your Whistle- Are you Naughty or Nice? 6:30 Bingo with Betty	5 9:30 Cardio with Michelle 10:30 Blood Pressure Checks 11:00 Outing: Holiday Shopping at Ridgedale 2:30 Water-Coloring Holiday Cards 3:00 Coffee with Friends	6 Podiatry Day 9:30 Stay Fit with Courage 10:30 Bingo 1:00 Craft Fair Final Meeting 1:30 Bean Bags 2:30 Afternoon Movie and Hot Cocoa 3:00 Knitting with a Coach	7 Pearl Harbor Day 10a-12p Family Holiday Party Music by: Linda Wrobel Santa Visits, Games, Cookies 2:30 Holiday Movie/Popcorn 3:00 Coffee with Friends 6:30 Holiday Movie Encore		
8 9:30 YouTube Fit 1:30 Meditation with Monica 2:30 Movie Matinee 3:00 Coffee with Friends 6:30 Sing Along with Monica	9 Is your Door Decorated? 9:30 Stay Fit with Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health and Wellness Video Series with Josh 3:00 Coffee and Conversation Starters with Friends	10 9:30 Weights with Michelle 11:00 Great Courses: Turning Points in American History 1:30 Jeopardy: Pearl Harbor and Decendant Knowledge 3:00 Coffee with Friends	11 9:30 Stay Fit with Courage 10:30 Game: Scrabble 1:30 Classical Music Stream 2:00 Kenwood Kollege: Michael Rodriguez: Ways of Providing Public Education 3:00 Coffee with Friends 4:15 Outing: Dinner and Lights Drive to Jax Café (Sign up by 12/6) 4:00 Wet Your Whistle Wednesday	12 9:30 Cardio with Michelle 10:30 Blood Pressure Checks 11a-4p The Kenwood Arts and Craft Show 11:00 Meet and Greet the Kenwood Artists and Hobbyists 3:00 Kenwood Arts and Craft Show Reception	13 9:30 Stay Fit with Courage Bingo 1:30 Friday the 13th Superstitions Discussion 2:30 Afternoon Movie 3:00 Coffee with Friend	14 9:30 YouTube Fit 10:15 Yoga with John 11:15 Current Events 2:30 Movie/Popcorn 3:00 Coffee with Friends		
15 No Shuttle This Week 9:30 YouTube Fit 1:30 Meditation with Monica 2:30 Movie Matinee 3:00 Coffee with Friends 6:30 Sing Along with Monica	16 9:30 Stay Fit with Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health and Wellness Video Series with Josh 2:30 Tech Help 3:00 Coffee with Friends	17 9:30 Weights with Michelle 10:15 Yoga with John 11:00 Great Courses: Turning Points in American History 1:30 Rummikub 3:30 MacPhail Hour	18 9:30 Stay Fit with Courage 10:30 Game: Scrabble 1:30 Christmas Sing Along All Resident Holiday Dinner Party 5:00-6:30pm	19 9:30 Cardio with Michelle 10:15 Yoga with John 10:30 Blood Pressure Checks 11:00 Group Crosswords 2:00 Happy Hour and Birthday Party 3:00 Knitting with a Coach	20 9:30 Stay Fit with Courage 10:30 Bingo 1:30 Manicures 2:30 Afternoon Movie 3:00 Coffee with Friends	21 9:30 YouTube Fit 10:15 Yoga with John 11:15 Current Events 2:30 Movie/Popcorn 3:00 Coffee with Friends		
22 No Shuttle This Week 9:30 YouTube Fit 1:30 Meditation with Monica 2:30 Movie Matinee 3:00 Coffee with Friends 6:30 Sing Along with Monica	23 9:30 Stay Fit with Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1-4p Bingo Mania	24 9:30 Weights with Michelle 10:15 Yoga with John 11:00 Great Courses: Turning Points in American History 1:30 Sandwich Making for the Homeless 3:00 Coffee with Friends	25 Christmas Day Hanukkah Begins 9:30 YouTube Fit 12-1 Christmas Lunch 2:30 Movie: It's a Wonderful Life	26 Kwanzaa Begins 9:30 Cardio with Michelle 10:15 Yoga with John 10:30 Blood Pressure Checks 10:30 Jeopardy! 2:00 Happy Hannukah Social 3:00 Knitting with a Coach	27 9:30 Stay Fit with Courage 10:30 Bingo 1:30 Travelogue: North Pole with Michelle 2:30 Afternoon Movie 3:00 Coffee with Friends	28 9:30 YouTube Fit 10:15 Yoga with John 11:15 Current Events 2:30 Movie/Popcorn 3:00 Coffee with Friends		
29 9:30 YouTube Fit 1:30 Meditation with Monica 2:30 Movie Matinee 3:00 Coffee with Friends 6:30 Sing Along with Monica	30 9:30 Stay Fit with Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health and Wellness Video Series with Josh 3:00 Hot Cocoa with Michelle and Kids	31 New Years Eve 9:30 Weights with Michelle 10:15 Yoga with John 11:00 Great Courses: Turning Points in American History 2:00 New Years Social	<h2>DECEMBER BIRTHDAYS</h2>			4th Anne C 9th Sydney R 12th Dianne P	12th Rob B 18th Jane K 20th Josh P 23rd Irene D	25th David S 27th Chris L 29th Marcia M