## December 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PALO ALTO COMMONS  A WellQuest Living Community  ASSISTED  LIVING	LOC ACTIVI LIVIN DININ COUL	EKEY  CATIONS  ITY ROOM (AR)  IG ROOM (LR)  IG ROOM (DR)  RTYARD (CY)	1 CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) HEALTH & RELAXATION w/ Lu at 2pm (AR) RESIDENT STORE (2nd FL) From 3:00pm -3:30pm MOVIE NIGHT (LR) at 7pm	2 NATURE VIDEO: Absurd Planet at 10am (AR) EXERCISE w/ EV at 11am (LR) SPANISH FOR BEGINNERS at 2pm (AR) BALANCE CLASS at 3:30pm (LR) MOVIE NIGHT at 7pm (LR) HAPPY BIRTHDAY SHIG W.!	3 MUSIC APPRECIATION at 10am (AR) EXERCISE at 11am (AR)  TRIM the CHRISTMAS TREE From 2:00pm -3:00pm  MOVIE NIGHT at 7pm (LR)	4 MUSICAL BALL at 10am (AR) EXERCISE at 11am (LR) SIDE BY SIDE CONCERT at 2pm (LR) RELAXATION COLORING at 3pm (LR) MOVIE NIGHT at 7pm (LR)
5 HISTORY VIDEO: History 101 at 10am (AR) EXERCISE at 11am (LR) FIELD TRIP OUTING— Christmas in the Park—San Jose at 2pm (Sign Up. Limit 8) MATINEE MOVIE at 2pm (LR) MOVIE NIGHT at 7pm (LR)	BRAIN FITNESS: Trivia Challenge at 10am (AR)  EXERCISE w/EV at 11am (LR)  IAN SCARFE CONCERT at 2pm (LR)  FLOWER ARRANGING for Dining Room Tables at 3pm (AR)  HOLIDAY LIGHT DRIVE at 5:45pm (Sign Up. Limit 12 Residents)	7 CREATIVE SELF EXPRESSION w/ Jorel at 10am (AR) EXERCISE w/ Ines at 11am (LR) BIRTHDAY CONCERT w/ Lee Allen at 2pm (LR) BINGO at 3pm (AR) HAPPY BIRTHDAY BOB S.!	8 CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) HEALTH & RELAXATION w/ Lu at 2pm RESIDENT STORE (2nd FL) From 3:00pm -3:30pm MOVIE NIGHT (LR) at 7pm	9 NATURE VIDEO: Absurd Planet at 10am (AR) EXERCISE w/ EV at 11am (LR) MENU MEETING at 2:30pm (DR) SPANISH CLASS FOR BEGINNERS at 3:15pm (AR) MOVIE NIGHT at 7pm (LR) HAPPY BIRTHDAY SAMUEL H.!	10 MUSIC APPRECIATION at 10am (AR) EXERCISE at 11am (LR) JEOPARDY at 2pm (AR) SHABBAT at 3pm (AR) MOVIE NIGHT (LR) at 7pm HAPPY BIRTHDAY JUDITH L.!	11 PARACHUTE at 10am (AR) EXERCISE at 11am (LR) SING ALONG at 2pm (AR) MATINEE MOVIE at 3pm (LR) MOVIE NIGHT at 7pm (LR)
HISTORY VIDEO: History 101 at 10:00am (AR)  EXERCISE at 11am (LR)  GUITAR RECITAL w/ Arjun Parthasarathy at 2pm (LR)  SHORT WALK at 3pm (Sign Up)  MOVIE NIGHT at 7pm (LR)	BRAIN FITNESS: A-Z Game at 10am (AR) EXERCISE w/EV at 11am (LR) CLEFHANGERS CONCERT at 2pm (LR) FLOWER ARRANGING for Dining Room Tables at 3pm (AR) MOVIE NIGHT at 7:00pm (LR) TRIVIA DINNER NIGHT!	14 TRAVEL DOCUMENTARY at 10am (AR) EXERCISE w/ Ines at 11am (LR) HORTICULTURE w/ John at 2pm (AR) BINGO at 3pm (AR)	15 CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) DECORATING GINGERBREAD HOUSE at 2pm (AR) COOKING DEMO w/ Chef Colin at 3pm (LR) MOVIE NIGHT (LR) at 7pm Happy 90th Bday Clinton J.!	16 NATURE VIDEO: Absurd Planet at 10am (AR) EXERCISE w/ EV at 11am (LR) CONCERT w/ BROCELIANDE at 2pm (LR) BALANCE CLASS at 3:30pm (LR) MOVIE NIGHT at 7pm (LR)	17 HOLIDAY MUSICAL VIDEO at 10am (AR) EXERCISE at 11am (LR)  HAPPY HOUR From 3:00pm to 4:00pm  MOVIE NIGHT (LR) at 7pm	18  MUSICAL BALL at 10:15am (AR)  EXERCISE at 11am (LR)  PIANO RECITAL w/ Cheeyin Students at 2pm (LR)  MATINEE MOVIE at 3pm (LR)  MOVIE NIGHT at 7pm (LR)  HAPPY BIRTHDAY MEI H.!
HISTORY VIDEO: History 101 at 10:00am (AR)  EXERCISE at 11am (LR)  SCENIC DRIVE— Saratoga at 2pm (Sign Up)  MATINEE MOVIE at 2pm (LR)  MOVIE NIGHT at 7pm (LR)  HAPPY BIRTHDAY HASIE C.!	BRAIN FITNESS: Merry Christmas Word Mining at 10am (AR) EXERCISE w/EV at 11am (LR) IAN SCARFE CONCERT at 2pm (LR) FLOWER ARRANGING for Dining Room Tables at 3pm (AR) CHRISTMAS MOVIE WEEK at 7pm (LR)	21 TRAVEL DOCUMENTARY at 10am EXERCISE w/ Ines at 11am (LR)  HOLIDAY APPRECIATION PARTY from 2:00pm to 3:00pm  Holiday Concert Performance by Joseph Wilkes at 2:30pm in the Living Room!  CHRISTMAS MOVIE WEEK at 7pm	CURRENT EVENTS w/ KEN at 10:15am (AR)  EXERCISE w/ Ines at 11am (LR)  HAND BELLS MUSICAL at 2pm (AR)  RESIDENT STORE (2nd FL)  From 3:00pm -3:30pm  CHRISTMAS MOVIE WEEK at 7pm	23  NATURE VIDEO: Absurd Planet at 10am (AR)  EXERCISE w/ EV at 11am (LR)  RESIDENT'S MEETING at 2:30pm (DR)  CHRISTMAS ARTS & CRAFTS at 3:30pm (AR)  CHRISTMAS MOVIE WEEK at 7pm	24 Christmas Eve WHITE CHRISTMAS MUSICAL at 10am (AR) EXERCISE at 11am (LR)  HOT COCOA SOCIAL from 2pm to 3pm in the Living Room CHRISTMAS MOVIE WEEK at 7pm (LR)	25 Christmas Day MUSICAL BALL at 10am (AR) EXERCISE at 11am (LR) CHRISTMAS SING ALONG at 2pm (LR) MATINEE MOVIE at 3pm (LR) CHRISTMAS MOVIE NIGHT at 7pm (LR)
26 HISTORY VIDEO: History 101 at 10:00am (AR) EXERCISE at 11am (LR) MATINEE MOVIE at 2pm (LR) SHORT WALK at 2pm (Sign Up) MOVIE NIGHT at 7pm (LR)	BRAIN FITNESS: Crossword Puzzles at 10am (AR)  EXERCISE w/EV at 11am (LR)  ART APPRECIATION at 2pm (AR)  FLOWER ARRANGING for Dining Room Tables at 3pm (AR)  MOVIE NIGHT at 7:00pm (LR)  TRIVIA DINNER NIGHT!	TRAVEL DOCUMENTARY at 10am (AR)  EXERCISE w/ Ines at 11am (LR)  LUNCH OUTING: Hobee's at 12pm (Sign Up. Limit 8 Residents)  BINGO at 3pm (AR)	CURRENT EVENTS w/ KEN at 10:15am (AR)  EXERCISE w/ Ines at 11am (LR)  HOLIDAY ARTS & CRAFTS at 2pm (AR)  RESIDENT STORE (2nd FL)  From 3:00pm -3:30pm  MOVIE NIGHT at 7pm (LR)	30  NATURE VIDEO: Absurd Planet at 10am (AR)  EXERCISE w/ EV at 11am (LR)  CRAZY GIANT 8s at 2pm (LR)  BAKING GROUP: Holiday Fruit Cake at 3pm (AR)  MOVIE NIGHT at 7pm (LR)	31 New Year's Eve HOLIDAY MUSICAL VIDEO at 10am (AR)  EXERCISE at 11am (LR)  N.Y.E HAPPY HOUR!  From 3:00pm to 4:00pm  MOVIE NIGHT at 7pm (LR) HAPPY BIRTHDAY KANDIS S.!	