

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30/12:00 Mindful Mornings 9:45 St. Martins De Pores Catholic Service (Bus) 9:45, SB 10:00 Worship w/ "Michael", MC 1:30/3:30 Fitness & Fun 2:30 Church Of Jesus Christ "Talent Of Singing", SB 3:00 Sunday Stretch, WC 3:30 Happy Hour, SB</p>	<p>2</p> <p>10:00/12:00 Fitness & Fun 10:00 Monday Morning Fitness, WC 11:00 Manicure Mondays, AC 1:30/3:30 Active Living 1:30 Tai-Chi, WC 1:30 Afternoon Movie, MC 2:00 Open Swim & Swim Class, OG 3:30 Happy Hour & Word Of The Day (In Portuguese), SB 6:30 Movie Night, MC</p>	<p>3</p> <p>10:00/12:00 Mindful Mornings 10:00 St. Martins De Pores Catholic Service, MC 11:00 Uno Card Game, SB 1:30/3:30 Active Learning 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night, MC</p>	<p>4</p> <p>10:00/12:00 Fitness & Fun 10:00 Bus For Errands, SB 10:00 Fitness Class w/ P.T, WC 1:30/3:30 Community Connection 1:30 Afternoon Movie, MC 1:30 Bus For Errands, SB 2:00 Open Swim, OG 3:30 Happy Hour Fun Facts from Aruba" "", SB 6:00 "Poker Night", SB</p>	<p>5</p> <p>10:00/12:00 Moving & Grooving 10:00 Thursday Fitness Class, WC 11:00 Holiday Baking from "Uruguay", SB 1:30/3:30 Connecting w/ Friends 1:30 Tai Chi, WC 2:30 Trinity United Methodist Church Carolers, SB 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night, MC</p>	<p>6</p> <p>10:00/12:00 Community Connect 10:00 Friday Fitness Class w/ P.T, WC 10:30 Lunch Bunch, Olive Garden SB 1:30/3:30 Active Living 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour, SB 6:30 Movie Night, MC</p>	<p>7</p> <p>10:00/12:00 Sit & Be Fit 10:00 Saturday Stretch, WC 11:00 Bingo, MC 1:30/3:30 Active living 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour w/ "Michael", SB 6:30 Movie Night, MC</p>
<p>8</p> <p>9:30/12:00 Mindful Mornings 9:45 St. Martins De Pores Catholic Service (Bus) SB 10:00 Worship w/ "Michael", MC 1:30/3:30 Fitness & Fun 1:30 Bingo, MC 3:00 Sunday Stretch, WC 3:30 Happy Hour " Random Play", SB</p>	<p>9</p> <p>10:00/12:00 Fitness & Fun 10:00 Monday Morning Fitness, WC 11:00 Manicure Mondays, AC 1:30/3:30 Active Living 1:30 Tai-Chi, WC 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour & Word Of The Day (In Spanish), SB 6:30 Movie Night, MC</p>	<p>10</p> <p>10:00/12:00 Mindful Mornings 10:00 St. Martins De Pores Catholic Service, MC 11:00Mystery Bus Ride SB 1:30/3:30 Active Learning 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night, MC</p>	<p>11</p> <p>10:00/12:00 Fitness & Fun 10:00 Bus For Errands 10:00 Fitness Class w/ P.T, WC 1:30/3:30 Community Connection 1:30 Afternoon Movie, MC 1:30 Bus For Errands, SB 2:00 Open Swim, OG 3:30 "John's Monthly Birthday Celebration", SB 6:00 "Poker Night", SB 6:30 Movie Night, MC</p>	<p>12</p> <p>10:00/12:00 Moving & Grooving 10:00 Thursday Fitness Class, WC 11:00 Bus Trip \$ Tree SB 1:30/3:30 Connecting w/ Friends 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 4:30 Holiday Celebration, SB</p>	<p>13</p> <p>10:00/12:00 Community Connect 10:00 Friday Fitness Class w/ P.T, WC 10:30 Lunch Bunch "Pig & Cattle", SB 1:30/3:00 Active Living 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour "Taylor Creek Band", SB 6:30 Movie Night, MC</p>	<p>14</p> <p>10:00/12:00 Sit & Be Fit 10:00 Saturday Stretch, WC 11:00 Bingo, MC 1:30/3:30 Active living 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour w/ "Michael", SB 6:30 Movie Night, MC</p>
<p>15</p> <p>9:30/12:00 Mindful Mornings 9:45 St. Martins De Pores Catholic Service (Bus) SB 10:00 Worship w/ "Michael", MC 1:30/3:30 Fitness & Fun 1:30 Bingo, MC 2:30 Girl Scout Troop "Sea Star", AC 3:30 Happy Hour, SB</p>	<p>16</p> <p>10:00/12:00 Fitness & Fun 10:00 Monday Morning Fitness, WC 11:00 Arts & Crafts "Carnival Masks" 11:00 Manicure Mondays, AC 1:30/3:30 Active Living 1:30 Tai-Chi, WC 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 "My Brother's Band", SB 6:30 Movie Night, MC</p>	<p>17</p> <p>10:00/12:00 Mindful Mornings 10:00 St. Martins De Pores Catholic Service, MC 11:00 Rummikube, SB 1:30/3:30 Active Learning 1:30 Tai Chi, WC 3:00 Residents Council 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night, MC</p>	<p>18</p> <p>10:00/12:00 Fitness & Fun 10:00 Bus For Errands, SB 10:00 Fitness Class w/ P.T, WC 1:30/3:30 Community Connection 1:30 Afternoon Movie, MC 1:30 Bus For Errands, SB 2:00 Open Swim, OG 3:30 Happy Hour & Colombia Fun Facts, SB 6:00 "Poker Night", SB</p>	<p>19</p> <p>10:00/12:00 Moving & Grooving 10:00 Thursday Fitness Class, WC 11:00 Around the World Baking from "Brazil", SB 11:00 Music Around the World 1:30/3:30 Connecting w/ Friends 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night ,MC</p>	<p>20</p> <p>10:00/12:00 Community Connect 10:00 Friday Fitness Class w/ P.T, WC 10:30 Lunch Bunch Makitta Buffett, SB 1:30/3:30 Active Living 1:30 Calendar Planning, MC 2:00 Open Swim, OG 3:30 Happy Hour & Music from "Brazil", SB 6:30 Movie Night. MC</p>	<p>21</p> <p>10:00/12:00 Sit & Be Fit 10:00 Saturday Stretch, WC 11:00 Bingo, MC 1:30/3:30 Active living 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour w/ "Michael", SB 6:30 Movie Night, MC</p>
<p>22</p> <p>"Hanukkah Begins" 9:30/12:00 Mindful Mornings 9:45 St. Martins De Pores Catholic Service (Bus) SB 10:00 Worship w/ "Michael", MC 1:30/3:30 Fitness & Fun 1:30 Bingo, MC 3:00 Sunday Stretch, WC 3:30 Happy Hour, SB</p>	<p>23</p> <p>10:00/12:00 Fitness & Fun 10:00 Monday Morning Fitness, WC 11:00 Manicure Mondays, AC 1:30/3:30 Active Living 1:30 Tai-Chi, WC 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour & Word Of The Day (In Dutch), SB 6:30 Movie Night, MC</p>	<p>24</p> <p>10:00/12:00 Mindful Mornings 10:00 St. Martins De Pores Catholic Service, MC 11:00 Scrabble Time, SB 1:30/3:30 Active Learning 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night, MC</p>	<p>25</p> <p>10:00/12:00 Fitness & Fun 10:00 Fitness Class w/ P.T, WC 1:30/3:30 Community Connection 1:30 Afternoon Movie, MC 3:30 Happy Hour & In House Music 6:00 "Poker Night", SB 6:30 Movie Night, MC</p>	<p>26</p> <p>10:00/12:00 Moving & Grooving 10:00 Thursday Fitness Class, WC 11:00 Holiday Baking "Latkes", SB 11:00 Music Around the World 1:30/3:30 Connecting w/ Friends 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night ,MC</p>	<p>27</p> <p>10:00/12:00 Community Connect 10:00 Friday Fitness Class w/ P.T, WC 10:30 Lunch Bunch Perkins, SB 1:30/3:30 Active Living 1:30 Afternoon Movie, MC 2:00 Bus Trip "Elliott Museum" 3:30 Happy Hour, SB 6:30 Movie Night, MC</p>	<p>28</p> <p>10:00/12:00 Sit & Be Fit 10:00 Saturday Stretch, WC 11:00 Bingo, MC 1:30/3:30 Active living 1:30 Afternoon Movie, MC 2:00 Open Swim, OG 3:30 Happy Hour w/ "Michael", SB 6:30 Movie Night, MC</p>
<p>29</p> <p>9:30/12:00 Mindful Mornings 9:45 St. Martins De Pores Catholic Service (Bus) SB 10:00 Worship w/ "Michael", MC 1:30/3:30 Fitness & Fun 1:30 Bingo, MC 3:00 Sunday Stretch, WC 3:30 Happy Hour, SB</p>	<p>30</p> <p>"Hanukkah Ends at Sundown" 10:00/12:00 Fitness & Fun 10:00 Monday Morning Fitness, WC 11:00 Manicure Mondays, AC 1:30/3:30 Active Living 1:30 Tai-Chi, WC 1:30 Afternoon Movie, MC 2:00 Open Swim & Swim Class, OG 3:30 Happy Hour & Word Of The Day (In Portuguese), SB 6:30 Movie Night, MC</p>	<p>31</p> <p>10:00/12:00 Mindful Morning 10:00 St. Martins De Pores Catholic Service, MC 11:00 Uno & Rummikube, SB 1:30 Active Learning 1:30 Tai Chi, WC 2:30 Bingo, MC 3:30 Happy Hour w/ "Jennifer & Michael", SB 6:30 Movie Night, MC</p>		<p>Travel Times</p> <p>This month we will be exploring 'South America' Uruguay, Aruba, Colombia & Brazil</p>	<p>MEETING PLACES</p> <p>MC - Media Center SB - Sand Bar WC - Wellness Center AC - Arts & Craft Room OG - Oasis Grill (Pool)</p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical, Spiritual, Vocational, Intellectual, Nutritional, Emotional, Environmental, Social, Health Services, Purposeful</p>