

Read *Headlines for the Hills -* Seven Hills Newsletter for more in-depth descriptions of the upcoming events for the month!

**Activities Calendar December 2021**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| *Please continue to monitor your internal mailboxes for updates on schedules and other events! All activities are subject to change***Color Key: Spiritual, Fitness/Physical, Music, Movies, Intellectual Discussion/Lecture, Outing, Variety!** **Locations:** **4C** – 4th Floor Craft Room, **LB** – Library, **CR** – Community Room, **PB** – Pub/Bistro, **F –** Fitness Center, **2L –** 2nd Floor Lounge, **DR –** Dining Room  | **1****9:30 am – CR**Live 2B Healthy**11:00am - CR:** Previews of upcoming December Movies **1:30pm – CR:** Life Stories of Heart & Humor: Listen, Write or Tell with Julie Goldstein **3pm & 7pm – CR:** Movie: *Big* (Starring Tom Hanks, 1988)  | **2****10:30am – L:****Kowalski’s Run****2:00pm – CR:** Hygge Event! Join us for fresh breads and a taste of Swedish coziness**6:00pm – PB:** Cribbage Club**3pm & 7pm – CR:** Movie: Lee Daniel’s *The Butler* | **3****9:30 am – CR:**Live 2B Healthy**10:30am – CR:**Catholic Communion **11:00am – PB**Coffee & Community**2pm – CR:** All Resident Meeting with Executive Director Alees **3:00pm – CR**BINGO | **4****10:30am-CR:** Chair Yoga **3pm – CR**Newly Released Movie: *Tick, Tick… Boom* | **5****9:30am - CR:** Mass Livestream**12:00pm – PB:**Vikings vs. the Detroit Lions**3pm – CR**DOUBLE FEATURE: *Home Alone* & *Home Alone 2: Lost in New York* |
| **6***Caring Hair Salon Day***9:30 am – CR:**Live 2B Healthy**10:15 am – PB:** Coffee Time**11:15am – CR:** Humphrey School of Public Affairs Presents: *Norm Ornstein and Keith Ellison on Mental Health and the Criminal Justice System***2pm - CR:** Walt Disney Day: **Trivia** Original Mickey Mouse Cartoons**3:30pm – 2L:** Women’s Happy Hour  | **7****10:00am – CR:** Meditation**10:30am – LB:**Deep Questions: Current Events**3:00pm - L:** Volunteer in Memory Care: Singalong with Sulia on Ukulele! **4pm & 7pm – CR:** Movie: *The Shop Around the Corner* (1940) | **8****9:30 am – CR**Live 2B Healthy**10:30am – L:****Target Run\*****1:30pm – CR:** Life Stories of Heart & Humor: Listen, Write or Tell with Julie Goldstein**4:15pm – L:** **Volunteer in Memory Care: Tour the Holiday Lights in Downtown St. Paul and York Avenue Lights** **3pm & 7pm – CR:** Movie: *Passing* | **9****10:30am — 4C:** Holiday card writing and making! **1:45pm – L:** **Seven Hills Bus to… the American Swedish Institute****3:30pm – CR:**Movie: *Love, Actually* **6:00pm – PB:** Cribbage Club**7-8:30pm – CR:**Ramsey County Master Gardeners Present: Houseplant Success | **10****9:30 am – CR**Live 2B Healthy**10:30am – CR**Catholic Communion **11:00am – PB**Coffee & Community**3:00pm – CR**BINGO**7pm – CR:**Movie: *Love, Actually*  | **11****10:30am-CR:** Chair Yoga**11:00am - L:** **Bus to the Union Depot’s European Christmas Market** **1:30pm - CR:** Gingerbread House Making! **3pm – CR:**Movie: *Little Women (2019)* **8pm – CR:**SPCO Presents: *Bach’s Brandenburg Concertos 1, 2, and 3* | **12****9:30am - CR:** Mass Livestream**2:00pm – Throughout the Building:** Holiday Decorations Crawl – Open your door to your neighbors to show off your holiday decorations! Sign up with Sulia to participate! **3:30pm – CR:**Movie: *The Real Charlie Chaplin* |
| **13****9:30 am – CR**Live 2B Healthy**10:15 am – PB:** Coffee Time**3:30pm – CR:** Holiday Party Happy Hour with Musical Guest *Joey Clark* with American Classics on piano & Tom & Jerry cocktails!  | **14****10:00am – CR:** Meditation**10:30am – LB:**Deep Questions: Current Events **3:00pm – L:** Volunteer in Memory Care: Create Shadow Boxes!  | **15****9:30 am – CR**Live 2B Healthy**10:30am – L:****Kowalskis Run\*** **1:30pm – CR:** Life Stories of Heart & Humor: Listen, Write or Tell with Julie Goldstein**3pm & 7pm – CR:** Movie: *The Electrical Life of Louis Wain* | **16***10:30am-1:30pm: Office Hours w. Dietician Arelis\****10:00am – L:** **Brunch On Selby: *The French Hen*** **2:00pm – CR:** Eating Healthy for the Holidays with Unidine’s Dietician Arelis **3pm & 7pm – CR:**Movie: *It’s a Wonderful Life* **6:00pm – PB:** Cribbage Club | **17****9:30 am – CR**Live 2B Healthy**10:30am – CR**Catholic Communion **11:00am – PB**Coffee & Community**11:15am – PB****Blood Pressure Clinic****3:00pm – CR**BINGO | **18****10:30am-CR:** Chair Yoga**3pm – CR**Newly Released Movie: *Home Sweet Home Alone***8pm – CR:**SPCO Presents: *Bach’s Brandenburg Concertos 4, 5 and 6* | **19****9:30am - CR:** Mass Livestream**3pm – CR:**Movie: *The Princess Bride* |
| **20****9:30 am – CR**Live 2B Healthy**10:30 am – PB:***Coffee Time!* **11:45am – L:****Visit Rosedale Mall\*****7:15pm – PB:**Vikings vs. the Chicago Bears  | **21****10:00am – CR:** Meditation**10:30am – LB:**Deep Questions: Current Events **3:00pm – CR:** Resident Craft: Make your own gift tags with Jeanne!**3pm & 7pm – CR:** Movie: *Secondhand Lions* | **22****9:30 am – CR**Live 2B Healthy**10:30am – L:****Target Run\*****1:30pm – CR:** Life Stories of Heart & Humor: Listen, Write or Tell with Julie Goldstein**2:30pm – DR:** **Afternoon Holiday Tea\*****3pm & 7pm – CR**: Movie: *Being the Ricardo’s* | **23****10:30am – LB:** Sitcoms with Sulia: Discuss the infamous *I Love Lucy* **3pm & 7pm – CR:**Movie: *White Christmas* **3:15pm - L:**Volunteer in Memory Care: Frost Holiday cookies! **4:00pm – 2L:** Men’s Happy Hour**6:00pm – PB:** Cribbage Club | **24***Christmas Eve***10:30am – CR**Catholic Communion **11:00am – PB**Coffee & Community**3:00pm – CR**BINGO | **25***Christmas Day* **3pm – CR**Movie: Shirley Temple’s *Heidi* | **26****9:30am - CR:** Mass Livestream**3:25pm – PB:**Vikings vs Los Angeles Rams **3pm – CR**Movie: *Don’t Look Up*  |
| **27***Caring Hair Salon Day***9:30 am – CR**Live 2B Healthy**10:30 am – PB:***Coffee Time!* **11:00am – L:****Kowalski’s Run\*** **2pm – PB:**Pub Trivia! **3pm & 7pm – CR**: Movie: *Sound of Music SINGALONG at 3PM!* | **28****10:00am – CR:** Meditation**10:30am – LB:**Book Club: *A Man Called Ove***2:00pm - CR:** Tech Time with Sulia **3pm & 7pm – CR:** Movie:  *A Man Called Ove* | **29****9:30 am – CR**Live 2B Healthy**10:30am – CR:** This, That, and the Other Thing! **1:30pm – CR:** Life Stories of Heart & Humor: Listen, Write or Tell with Julie Goldstein**3:30pm – CR:****December Birthday Party!**  |  **30****11:00am – L:** New Year’s Resolutions and Winter Poetry with Sulia and Memory Care**5:00pm - L:** **Wabasha Street Caves (bagged dinner from our kitchen) & Big Band music\*** | **31***New Year’s Eve***10:30am – CR**Catholic Communion **11:00am – PB**Coffee & Community**3:00pm – CR**New Years Eve Happy Hour! **7pm – CR:**SPCO Presents: New Year’s Eve  | **January 1, 2022****10:30am-CR:** Chair Yoga**3pm – CR:** Movie: *Titanic* | *Sign ups located on the pub countertop under the TV.****Programming by Sulia Altenberg*** ***Phone:*** ***651-207-1886******Email: saltenberg@gentletouchhealth.com*** |