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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*** |