



SEVEN HILLS

SENIOR LIVING

St. Paul

Activities Calendar

December 2021

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

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