

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2021

			<p>10:00: Wellness Wednesday: Stretch &amp; Sing with Sulia!          11:00: Daily Chronicle          3:00: The Wedding Trunk Short Story read by RA's!          4:00: Puzzles          4:30: Afternoon stroll          6:00: Movie: Big</p>	<p>2          10:00: Review the December Calendar with Sulia          11:00: Daily Chronicle          3:30: Hygge - Try fresh breads!          4:00: Menorah Making!          6:00: Retro TV: The Mary Tyler Moore Show</p>	<p>3          10:00: Daily Chronicle          10:45: Catholic Communion          3:00: Puzzle          4:00: Essential Oils Relaxations          6:00: Film Friday: Home Alone</p>	<p>4          10:00: Chair Yoga          11:00: Daily Chronicle          3:00: Social Saturday: Board Games          4:00: Singalong          6:00: After Dinner Stroll</p>
<p>5          9:30: Catholic Mass          11:00: Daily Chronicles          3:00: Audiobook Club          4:00: Sunday Sun Salutations: Chair Yoga          6:00: Card Games</p>	<p>6          10:00: Tai Chi with Sulia          11:00: Daily Chronicle          2:00: Community Room: Walt Disney Day Trivia and Cartoons          3:30: A Skit for the Holidays          4:00: Manicure Monday // Men's Happy Hour          6:00: Musical Monday: Hello, Dolly! on Disney+</p>	<p>7          10:00: Modern Jeopardy: Trivia Tuesday!          11:00: Daily Chronicles          3:00: Singalong for the Holidays with Sulia and friends!          4:00: Before Dinner Dessert: Cotton Candy and it's food for thought          6:00: Movie: The Shop Around the Corner</p>	<p>8          10:00: Wellness Wednesday: Stretch &amp; Sing with Sulia!          11:00: Daily Chronicle          3:15: Bus Tour: Holiday Lights on York Avenue and Downtown St. Paul          6:00: Movie: Passing</p>	<p>9          10:30: Holiday Card Writing and Making!          11:00: Daily Chronicle          3:00: Chair Yoga          4:00: Star of the Month: Dean Martin          6:00: Sing Along to Dean Martin Songs (from YouTube)</p>	<p>10          10:00: Daily Chronicle          10:45: Catholic Communion          3:00: Puzzle          4:00: Essential Oils Relaxations          6:00: Film Friday: Movie: Love, Actually</p>	<p>11          10:00: Chair Yoga          11:00: Daily Chronicle          1:30: Gingerbread House Making in the Community Room!          3:00: Social Saturday: Board Games          4:00: Singalong          6:00: Movie: Little Women</p>
<p>12          9:30: Catholic Mass          11:00: Daily Chronicles          3:00: Audiobook Club          4:00: Sunday Sun Salutations: Chair Yoga          6:00: Card Games</p>	<p>13          10:00: Tai Chi with Sulia          11:00: Daily Chronicle          2:00: NY Times Crossword with Sulia          3:30: Holiday Happy Hour with American Classic Songs from Joey Clark!          6:00: Musical Monday: Annie on Disney+</p>	<p>14          10:00: Daily Chronicles          11:00: Holiday Jeopardy Trivia Tuesday          3:00: Shadow Box Creations and Crafts with Seven Hills Pals          4:00: Bowling          6:00: Movie: The Electrical Life of Louis Wain</p>	<p>15          10:00: Wellness Wednesday: Stretch &amp; Sing with Sulia!          11:00: Daily Chronicle          3:30: Seven Hills Bus Travel: Get Coffee and try food from Scandinavia!          6:00: Wheel of Fortune Wednesday</p>	<p>16          10:00: Chair Yoga          11:00: Daily Chronicle          3:15: European Circus Activity and Cirque Du Soleil Performance          6:00: Movie: It's A Wonderful Life</p>	<p>17          10:00: Daily Chronicle          10:45: Catholic Communion          3:00: Puzzle          4:00: Essential Oils Relaxations          6:00: Film Friday: Home Alone 2: Lost in New York</p>	<p>18          10:00: Chair Yoga          11:00: Daily Chronicle          3:00: Social Saturday: Board Games          4:00: Singalong          6:00: After Dinner Stroll</p>
<p>19          9:30: Catholic Mass          11:00: Daily Chronicles          3:00: Watch the Nutcracker!          4:00: Sunday Sun Salutations: Chair Yoga          6:00: Card Games</p>	<p>20          10:00: Tai Chi with Sulia          11:00: Daily Chronicle          2:00: Play Hangman Together!          3:00: Snack Time!          4:30: Who Am I? Game          6:00: Musical Monday: Bye Bye Birdie on Disney+</p>	<p>21          10:00: Daily Chronicles          11:00: Trivia Tuesday: The Holidays Are a Circus Jeopardy          3:00: WABASHA STREET CAVES GANGSTER TOUR!!!          6:00: Movie: Secondhand Lions</p> <p>Winter Begins</p>	<p>22          10:00: Ukulele with Sulia Singalong          11:00: Daily Chronicle          3:30: Ball Toss!          6:00: Wheel of Fortune Wednesday</p>	<p>23          10:00: Chair Yoga          11:00: Daily Chronicle          3:15: Frost Cookies!          6:00: Throwback Thursday: The Dick Van Dyke Show</p>	<p>24          10:00: Daily Chronicle          10:45: Catholic Communion          3:00: Puzzle          4:00: Essential Oils Relaxations          6:00: Film Friday: The Real Charlie Chaplin</p>	<p>25          10:00: Chair Yoga          11:00: Daily Chronicle          3:00: Social Saturday: Board Games          4:00: Singalong          6:00: Movie: White Christmas</p> <p>Christmas</p>
<p>26          9:30: Catholic Mass          11:00: Daily Chronicles          3:00: Watch the Nutcracker!          4:00: Sunday Sun Salutations: Chair Yoga          6:00: Card Games</p> <p>Kwanzaa Begins</p>	<p>27          10:00: Tai Chi with Sulia          11:00: Daily Chronicle          2:00: Play Hangman Together!          3:00: Sound of Music Singalong in the Community Room!          6:00: Manicure Monday</p>	<p>28          10:00: Musical Trivia with Sulia!          11:00: Daily Chronicles          2:30: NY Times Crossword Puzzle          3:30: Drive the Lakes: Holiday Tour!</p>	<p>29          10:30: This, That and the Other Thing!          3:30: Seven Hills December Birthday Party!          6:00: Wheel of Fortune Wednesday</p>	<p>30          10:00: Ball Toss          11:00: End of Year Poetry          3:00: Chair Yoga          3:30: Make Party Blowers for NYE!          6:00: Movie: When Harry Met Sally</p>	<p>31          10:00: Daily Chronicle          10:45: Catholic Communion          3:30: New Years Eve Happy Hour          4:00: Essential Oils Relaxations          6:00: Film Friday: The Holiday</p> <p>New Year's Eve</p>	<p><b>Color Code:</b>          Orange: Intellectual Activities          Red: Community Activity/Visits from other Seven Hills residents/Outing          Blue: Exercise          Green: Music          Mauve: Self Care/Relaxation          Pink: Spiritual          Brown: Movies/TV          Yellow: Vocational Activities</p> 

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