

DECEMBER EVENTS & ACTIVITIES

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND		1	2	3	Ugly Christmas Wear 4	5
CR: Card Room LR: Living Room DR: Dining Room TH: Movie Theater AR: Art Room B: Lobby Bistro C: Courtyard FC: IL Fitness Center P: Pool		Trim-A-Tree Christmas Decorating 	Trim-A-Tree Christmas Decorating 	Trim-A-Tree Christmas Decorating 	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) "Remembering When: <i>The 50's</i> - CR 2:00 (S) Christmas Carol Karaoke and Tree Lighting Celebration- B 6:00 (I) Friday Night Yahtzee- TH	9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (S) Saturday Travelling Cart- All Rooms 2:00 (I) Jackpot Bingo- CR 3:30 (S) Saturday Travelling Cart- All Rooms 6:00 (E) Saturday Night at the Movies: <i>It's A Wonderful Life</i> - TH
6	Pearl Harbor Remembrance Day 7	National Brownie Day 8	9	First Day of Hanukah 10	Ugly Christmas Wear 11	12
9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR Afternoon (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	9:30 (P) Walk For Wellness- Meet in Lobby 2:30 (SP) Bible Study- CR 3:30 (I) Pearl Harbor Remembrance Day Presentation with Jennifer- CR 6:30 (E) Monday Movie Western Night: Navajo Joe- TH	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Glimpse Into History: <i>History of Christmas Symbols</i> - LR 2:00 (S) National Brownie Day Social- AR 2:30 (E) Creative Crafters: Pine Cone Ornaments - AR 6:00 (I) Dominoes- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (E) MiniEncounters Therapy Horses- P 2:00 (V) Resident Council- CR 3:00 (V) Town Hall-CR 6:00 (S) Residents Choice Game-CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Brainbusters Challenge- AL 2:00 (S) Cooking Class: <i>Potato Latkes</i> - B 3:30 (E) Docuseries: <i>Frank Sinatra</i> - CR 6:00 (I) Dominoes- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) "Remembering When: <i>The 40's</i> - CR 2:30 (S) Mocktails, Cocktails & Country Music- B 3:00 (I) Pub Trivia Challenge- CR 6:00 (I) Friday Night Yahtzee- TH	9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (S) Saturday Travelling Cart- All Rooms 2:00 (I) Jackpot Bingo- CR 3:30 (S) Saturday Travelling Cart- All Rooms 6:00 (E) Saturday Night at the Movies: <i>Miracle on 34th Street</i> -TH
13	14	National Cupcake Day 15	16	National Maple Syrup Day 17	Ugly Christmas Wear 18	19
9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR Afternoon (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	9:30 (P) Walk For Wellness- Meet in Lobby 2:30 (SP) Bible Study- CR 6:30 (E) Monday Movie Western Night: El Dorado- TH	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Glimpse Into History: <i>History of The Bill of Rights</i> - LR 2:00 (S) <i>Tea and Cupcake Social</i> - AR 2:30 (E) Creative Crafters: Christmas Card Wreath- AR 6:00 (I) Dominoes- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (V) Activity Planning Meeting-B 2:00 (I) Jackpot Bingo- TH 3:30 (I) Floats & Facts-CR 6:00 (S) Residents Choice Game- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Brainbusters Challenge- AL 2:00 (S) Cooking Class: <i>Maple Cinnamon Star Cookies</i> - B 3:30 (E) Docuseries: <i>Dean Martin</i> - CR 6:00 (I) Dominoes- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) "Remembering When: <i>The 20's</i> - CR 2:30 (S) Mocktails, Cocktails & Country Music- B 3:00 (I) Pub Trivia Challenge- CR 6:00 (I) Friday Night Yahtzee- TH	9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (S) Saturday Travelling Cart- All Rooms 2:00 (I) Jackpot Bingo- CR 3:30 (S) Saturday Travelling Cart- All Rooms 6:00 (E) Saturday Night at the Movies: <i>Scrooged</i> - TH
20	21	22	23	Christmas Eve 24	Ugly Christmas Wear 25	26
9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR Afternoon (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	9:30 (P) Walk For Wellness- Meet in Lobby 2:30 (SP) Bible Study- CR 6:30 (E) Monday Movie Western Night: The Sons of Katie Elder- TH	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Glimpse Into History: <i>History of Texas Towns</i> - LR 2:00 (S) Date Nut Bread Social- AR 2:30 (E) Creative Crafters: Arm Knit Scarves- AR 6:00 (I) Dominoes- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 2:00 (I) Jackpot Bingo- TH 3:30 (I) Floats & Facts-CR 6:00 (S) Residents Choice Game- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Brainbusters Challenge- AL 2:00 (S) Cooking Class: <i>Christmas Cookies, Caroling & Gift Exchange</i> - B 6:00 (S) Christmas Eve Candlelight Service- TH 6:00 (I) Dominoes- CR	10:30 (S) Christmas Carols and Hot Chocolate- CR 12:00 (S) Christmas Luncheon and Live Music- B 2:00 (E) Christmas Matinee: A Christmas Story- TH 6:00 (S) Friday Night Yahtzee- TH	9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (S) Saturday Travelling Cart- All Rooms 2:00 (I) Jackpot Bingo- CR 3:30 (S) Saturday Travelling Cart- All Rooms 6:00 (E) Saturday Night at the Movies: <i>Die Hard</i> -TH
27	28	29	30	New Years Eve 31	 <p>Here at Hidden Springs, our Wellness Program is designed around the 7 Dimensions of Wellness. Each activity addresses one of the 7 dimensions as its primary benefit, with secondary and tertiary benefits also in mind. Participation in our Lifestyle Program means an opportunity to have a well-rounded leisure lifestyle that focuses on the highest quality of life and well-being. Look for the letters in parenthesis that indicate the wellness dimension for each activity</p> <p>Physical (P) Social (S) Spiritual (SP) Vocational (V) Emotional (E) Environmental (EN) Intellectual (I)</p>	
9:30 (P) Walk For Wellness- Meet in Lobby 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR Afternoon (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	9:30 (P) Walk For Wellness- Meet in Lobby 2:30 (SP) Bible Study- CR 6:30 (E) Monday Movie Western Night: Cowboy - TH	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Glimpse Into History: <i>History of McKinney</i> - LR 2:30 (E) Creative Crafters: Resolutions Scrapbook- CR 6:00 (I) Dominoes- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 2:00 (I) Jackpot Bingo- TH 3:30 (I) Floats & Facts-CR 6:00 (S) Residents Choice Game- CR	9:30 (P) Walk For Wellness- Meet in Lobby 10:00 (S) "Rise & Shine" Cart- Rooms 11:00 (I) Brainbusters Challenge- AL 6:00 (S) New Year's Eve Celebration and Champagne Toast with Live Music- DR		

Note: Scheduled activities and events are subject to change without prior notice. Please see Lifestyle staff for any possible changes and/or updates