

DECEMBER EVENTS & ACTIVITIES



INDEPENDENT LIVING

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|--|
| LEGEND | | 1 | 2 | 3 | 4 | 5 |
| M: Multipurpose Room B: Crazy Waters Bistro DR: Las Boquillas Dining Room P: Dining Room Patio C: Inner Courtyard P: San Solomon Pool FC: Balmorhea Fitness Center F: Front Entrance | | 8:00 Transport for Doctor Appts. 10:00 (P) Advanced Yoga: Virtual Edition 10:30 (P) Low-Intensity Yoga: Virtual Edition 12:30 (S) Springs Bucks Bingo: Virtual Edition | 9:30 (P) Theraband Resistance: Virtual Edition 10:30 (P) Chair Yoga: Virtual Edition-FC 12:00 (S) Virtual Trivia Challenge: <i>Holiday Edition</i> | 11:00 (P) Balance & Strength: Virtual Edition 11:30 (I) Virtual Origami 7:20 (S) Cowboys at Ravens- M | 9:45 (P) Water Relaxation- P 10:00 (P) Aqua Zumba- P 10:30 (P) Water Relaxation- P 12:00 (I) Pub Trivia Challenge- M 3:00 (S) 1 st Annual Christmas Tree Lighting: <i>Live Music by Riley Wilson: "Christmas on Guitar"</i> - M 6:30 (S) B.Y.O.B. Poker Night- M | 10:00 (P) Walk for Wellness- FC 6:30 (E) Night at the Movies: <i>Out of Africa</i> - M |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 11:00 (SP) Sunday Worship: Holy Eucharist with offering 2 nd Sunday of Advent Rev. Paulette Magnuson, Officiant- M | 9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes, Soda Floats and 50's Tunes- B 3:30 (I) Documentary Series: <i>Greatest Events of WWII: Pearl Harbor</i> - M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i> - M | 8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: <i>Fabulous 50's</i> - FC 10:30 (P) Water Balance- P 11:30 (S) Mahjongg: <i>Learn or Play</i> - Apt 1032 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B | 10:00 (SP) Wednesday Worship: -M 11:00 (P) Theraband Resistance- FC 11:30 (P) Standing Chair Yoga-FC 12:00 (P) Low Intensity Chair Yoga- M 2:30 (S) Wine Down Wednesday: <i>Family Feud Christmas Edition</i> - M 3:30 (E) Grief Support Group- Apt 1004 | 9:45 (P) Walk for Wellness- FC 10:30 (P) Balance & Strength- FC 12:00 (S) Creative Crafters: <i>Jewelry Making: Earrings</i> - B 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>How The Universe Works: End of the Universe</i> - M 6:30 (V) Resident Council Meeting-M | 9:45 (P) Water Relaxation- P 10:00 (P) Aqua Zumba- P 10:30 (P) Water Relaxation- P 12:00 (I) Pub Trivia Challenge- M 3:00 (S) Happy Hour: <i>Live Music by Norris Perry: "Great American Songbook"</i> - M 6:30 (S) B.Y.O.B. Poker Night- M | 10:00 (P) Walk for Wellness- FC 6:30 (E) Night at the Movies: <i>Mamma Mia</i> - M |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 11:00 (SP) Sunday Worship: Liturgy of the Word - no Eucharist or offering 3 rd Sunday of Advent Rev. Paulette Magnuson, Officiant -M | 9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes, Soda Floats and 50's Tunes- B 3:30 (I) Documentary Series: <i>Greatest Events of WWII: Battle of Midway</i> - M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i> - M | 8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: <i>Beach Boys</i> - FC 10:30 (P) Aqua Stretch- P 11:30 (S) Mahjongg: <i>Learn or Play</i> - Apt 1032 2:00 (E) A Hidden Springs Family Christmas Celebration- M 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B | 10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance- FC 11:30 (P) Standing Chair Yoga-FC 12:00 (P) Low Intensity Chair Yoga- M 1:00 (I) "Wellness for Life" with Reliant: <i>Balance Assessments</i> - M 3:00 (S) Wine Down Wednesday: <i>Name That Tune at the Piano Lounge</i> - The 60's Edition- M | 10:00 (V) Town Hall- M 11:15 (P) Walk for Wellness- FC 12:00 (S) Cooking Demonstration: <i>Caribbean Carne Frita</i> - Apt 1032 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>How The Universe Works: Milky Way</i> - M 6:30 (E) Night at the Movies: <i>Sense & Sensibility</i> -M | 9:45 (P) Water Relaxation- P 10:00 (P) Aqua Zumba- P 10:30 (P) Water Relaxation- P 12:00 (I) Pub Trivia Challenge- M 3:00 (S) Happy Hour: <i>Live Music by Byron Haynie: "Country Hits on Guitar"</i> - M 6:30 (S) B.Y.O.B. Poker Night- M | 10:00 (P) Walk for Wellness- FC 6:30 (E) Night at the Movies: <i>4 Weddings and A Funeral</i> - M |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 11:00 (SP) Sunday Worship: Liturgy of the Word - no Eucharist or offering 4 th Sunday of Advent Rev. Paulette Magnuson, Officiant -M | 9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes, Soda Floats and 50's Tunes- B 3:30 (I) Documentary Series: <i>Greatest Events of WWII: D-Day</i> - M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i> - M | 8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: -FC 10:30 (P) Water Strengthening- P 11:30 (S) Mahjongg: <i>Learn or Play</i> - Apt 1032 12:00 (S) Springs Bucks Bingo- M 2:30 (E) Christmas Movie Matinee: <i>Home Alone</i> - M 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B | 10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance- FC 11:30 (P) Standing Chair Yoga-FC 12:00 (P) Low Intensity Chair Yoga- M 1:00 (I) Mary Roberson You Tube Presentation: <i>Eleanor Roosevelt First Lady of the World</i> - M 2:30 (S) Wine Down Wednesday: <i>Christmas Carol Karaoke Challenge</i> - M 3:30 (E) Grief Support Group- Apt 1004 | 9:45 (P) Walk for Wellness- FC 11:00 (SP) CHRISTMAS EVE SERVICE OFFICIATED BY REVEREND PAULETTE MAGNUSON- DR 12:30 (S) Hot Chocolate, Egg Nog and Christmas Cookie Share in the Bistro- B 6:30 (E) Night at the Movies: <i>Miracle on 34th Street</i> -M | 11:30 HIDDEN SPRINGS CHRISTMAS DAY LUNCHEON WITH LIVE PIANO | 10:00 (P) Walk for Wellness- FC 6:30 (E) Night at the Movies: <i>A Fish Named Wanda</i> - M |
| 27 | 28 | 29 | 30 | 31 | <p>Here at Hidden Springs, our Lifestyle 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 parentheses 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> | |
| 11:00 (SP) Sunday Worship: Liturgy of the Word - no Eucharist or offering Rev. Paulette Magnuson, Officiant -M | 9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes, Soda Floats and 50's Tunes- B 3:30 (I) Documentary Series: <i>Greatest Events of WWII: Hiroshima</i> - M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i> - M | 8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: <i>Country Dance</i> -FC 10:30 (P) Aqua Ball Workout- P 11:30 (S) Mahjongg: <i>Learn or Play</i> - Apt 1032 12:00 (S) Springs Bucks Bingo- M 2:30 (E) Movie Matinee: <i>When Harry Met Sally</i> - M 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B | 10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance- FC 11:30 (P) Standing Chair Yoga-FC 12:00 (P) Low Intensity Chair Yoga- M 1:00 (I) <i>Understanding Alzheimer's and Dementia</i> with Doris Lea- M 3:00 (S) Wine Down Wednesday: Head to Head Trivia Challenge: Looking Back at 2020- M | 9:45 (P) Walk for Wellness- FC 3:30 (E) Caregiver Support Group- Apt 1004 8:00 (S) ROCKIN' NEW YEARS EVE CELEBRATION AT HIDDEN SPRINGS with champagne toast and live music by the <i>House Special Band</i> playing classic rock, blues and country- DR | | |

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