

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 & 10 Balance & Mobility – E 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	2 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch-RR – Chinese Dancers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	3 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 – MemorialCare -Jose Juarez Medicare info 10-12 Medicare assistance with Humana's Ken Samantha (lobby) 10 Parkinson's coffee chat with PEP4U 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	4 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental health support 2 Dance Vision RR	5 9 & 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch-RR-with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 12:30 - 1:30 Carmen Medicare 1 Game time 1:30 Crafting with Carmen & Optum – Holiday Mason Jars
8 9 & 10 Balance & Mobility – E 9 Legal Assistance-RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch Sunshine Band VETERANS DAY CELEBRATION 1 Game time 1 Dance Vision RR 1:30 Doc Talk RR 2:30 Tai Chi	9 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11-12:30 Blood pressure checks by MemorialCare 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	10 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 Tech Help by appt. 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	11 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR-Silver Singers 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 2 Last Laughter Yoga for 2025 2 Dance Vision RR	12 9 & 10 Balance & Mobility – E 10 TOPS Meeting 10 – MemorialCare Speaker 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
15 9 HICAP – RR 9 & 10 Balance & Mobility – E 10 PEP4U Tremble Clef Practice 10:00 – 12:00 Gift Wrapping - Humana 11:30 Lunch-RR—Tremble Clef singers 1 Dance Vision RR 2:30 Tai Chi	16 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch Tony Rogers-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	17 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 Tech Help by appt 11:30 Lunch-RR-Harmonaires 12:30 Ar4Healing RR 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	18 10 Medication Consultations-RR 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR- 12:30 Mental health support group 2 Dance Vision RR	19 10 TOPS Meeting 11:30 Holiday Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

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22	23	24	25	26
9 HICAP – RR 10 PEP4U Tremble Clef Practice <i>10 CA Driver's License Renewal Prep – RR</i> 11:30 Lunch-RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	11-12:30 Blood pressure checks by MemorialCare 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	10 Parkinson's coffee chat with PEP4U 10 Tech Help by appt 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 2 Grief Share	CLOSED	10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
29	30	31		
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Happy Holidays!