

DECEMBER 2022



						W WHITEHOLD
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: CR-Community Room BP-Back Patio FL-Front Lobby CLR- Club Room FC-Fitness Center SPL-Sunset Pond Library AS-Art Studio HS-Health Services Office VN-Village Neighborhood	All fitness classes require an Unlimited Pass to participate. Interested in joining? Contact the Fitness Technician, Jaycee at (952) 206-6358.	December Birthdays: Bonnie Berczyk 12/4 Tami Jordahl 12/7 Kathy Peterson 12/15 Gene Illg 12/16 Karen Cole 12/24 Marilyn Behlke 12/24 Stevie Schneiderman 12/28 Tom Conklin 12/28	CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual	9:30 Morning Stretch (CR) PY 10:30 Chair Yoga (FC) SO 11:00 Men's Coffee Group (CR) 11:30 Chair Pilates (FC) SO 1:00 Ladies Coffee Group- Decorate Christmas Tree (CR) E 2:30 PBS Special: Secrets of the Tower of London (CR)	PY 10:30 Strength Training (FC) SP 11:00 Worship with Holy Communion (CR) 11:30 Sit and Stretch (FC) PY 11:30 Walking Group (FL) SE 1:30 Grab & Go Cookies (CLR) PY 2:00 Better Balance (FC) 3:00 Happy Hour (CR) CC 6:00 Chinese Checkers (CR)	3 So 10:00 Coffee & Conversation (CR) CF 11:00 Creative Coloring (AS) CC 1:00 Dominoes (CR) E 2:30 Movie Matinee: National Lampoon's Christmas Vacation (CR) CR) CR
So 10:00 Coffee & Conversation (CR) In 1:00 Creative Coloring (AS) In 1:00 Dominoes (CR) In 2:30 Movie Matinee: Something's Gotta Give (CR) In 1:00 Company (CR) In 1:00 Coffee & Conversation (CR) In 1:00 Company (CR) In 1:00 Coffee & Conversation (CR) In 1:00 Coffee & Coloring (AS) In 1:00 Coffee & Coffee & Coloring (AS) In 1:00 Coffee & Coffee	SE 10:30 Monday Pastries (CLR) PY 10:30 Strength Training (FC) SP 11:00 Praying the Rosary (CR) 11:30 Sit and Stretch (FC) PR 1:00 Community Update Meeting PY 2:00 Better Balance (FC) PR 2:30 Burnhaven Library Visit (SPL) SO 3:00 Prize Bingo (CR) CC 6:00 Rummikub (CR)	9:45 Walking Group (FL) PY 10:30 Chair Yoga (FC) SP 11:00 Donuts & Devotions (CR) 11:30 Chair Pilates (FC) F 1:00 Crafternoon: Creative Circle (AS) SO 3:00 Live Music-Pop Standards Social Club Quartet CC 6:00 Yahtzee (CR)	7 SO 10:00 Van Outing: Apple Valley Bachman's and Culver's for Lunch PY 10:30 Better Balance (FC) PR 1:30 Chair Aerobics (FC) PR 1:30 Conversations with the Chef (CR) PR 1:30 Wellness Clinic (HS) PY 2:00 Sit and Stretch (FC) SP 3:00 Risen Savior Catholic Church (CR)	9:30 Morning Stretch (CR) PY10:30 Chair Yoga (FC) SO11:00 Men's Coffee Group (CR) 11:30 Chair Pilates (FC) SO 1:00 Ladies Coffee Group- Christmas Tea (CR) E 2:30 PBS Special: When Patsy Cline was Crazy (CR) CO 6:00 Rummy (CR)	PY 10:30 Strength Training (FC) SP 11:00 Christmas Carols & Scripture (CR) 11:30 Sit and Stretch (FC) PY 11:30 Walking Group (FL) SE 1:30 Grab & Go Cookies (CLR) PY 2:00 Better Balance (FC) 3:00 Happy Hour (CR) CC 6:00 Chinese Checkers (CR)	10 SO 10:00 Coffee & Conversation (CR) CE 11:00 Creative Coloring (AS) CO 1:00 Dominoes (CR) E 2:30 Movie Matinee: I am Legend (CR) SO 6:00 Open Game Night (CR)
11 So 10:00 Coffee & Conversation (CR) Conversat	12 SE 10:30 Monday Pastries (CLR) PY 10:30 Strength Training (FC) SP 11:00 Praying the Rosary (CR) 11:30 Sit and Stretch (FC) PY 1:00 Cardio Drumming (CR) PY 2:00 Better Balance (FC)	9:45 Walking Group (FL) PY 10:30 Chair Yoga (FC) SP 11:00 Donuts & Devotions (CR) 11:30 Chair Pilates (FC) 1:00 Crafternoon: Planned Craft will be provided (AS) 3:00 Hot Chocolate Social (CLR) CC 6:00 Yahtzee (CR)	PY 10:30 Better Balance (FC) PY 11:30 Chair Aerobics (FC) PR 1:30 Wellness Clinic (HS) PY 2:00 Strength Training (FC) SO 4:00 Holiday Party with Live Music and Appetizers- First Floor CC 6:00 Uno (CR)	9:30 Morning Stretch (CR) PY 10:30 Chair Yoga (FC) SO 11:00 Men's Coffee Group (CR) PY 11:30 Chair Pilates (FC) SO 1:00 Ladies Coffee Group (CR) E 2:30 PBS Special: Christmas at Belmont (CR) CC 6:00 Rummy (CR)	PY 10:30 Strength Training (FC) SP 11:00 Christmas Carols & Scripture (CR) 11:30 Sit and Stretch (FC) PY 11:30 Walking Group (FL) PR 1:00 Community Ambassador Meeting (CR) SE 1:30 Grab & Go Cookies (CLR) PY 2:00 Better Balance (FC) 3:00 Happy Hour (CR) CC 6:00 Chinese Checkers	SO 10:00 Coffee & Conversation (CR) SI 11:00 Creative Coloring (AS) CO 1:00 Dominoes (CR) SI 2:30 Movie Matinee: Irving Berlin's White Christmas (CR) SI 6:00 Open Game Night (CR)

Events are Subject to Change.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hanukkah Begins 10:00 Coffee & Conversation (CR) 11:00 Creative Coloring (AS) 1:00 Dominoes (CR) 2:30 Movie Matinee: Rain Man (CR) 6:00 Uno (CR)	SE 10:30 Monday Pastries (CLR) PY 10:30 Strength Training (FC) SP 11:00 Praying the Rosary (CR) PY 11:30 Sit and Stretch (FC) PY 1:00 Cardio Drumming (CR) PY 2:00 Better Balance (FC) SO 3:00 Prize Bingo (CR) CC 6:00 Rummikub (CR)	PY 9:45 Walking Group (FL) SP 10:00 Risen Savior Catholic Mass (CR) PY 10:30 Chair Yoga (FC) SP 11:00 Donuts & Devotions (CR) PY 11:30 Chair Pilates (FC) Crafternoon: Creative Circle (AS) SO 3:00 Hot Chocolate Social (CLR) CC 6:00 Yahtzee (CR)	10:00 Van Outing: TBD PY 10:30 Better Balance (FC) PY 11:30 Chair Aerobics (FC) SE 1:30 Gideon the Comfort Dog (CR) PR 1:30 Wellness Clinic (HS) PY 2:00 Sit and Stretch (FC) CC 6:00 Uno (CR)	PY 9:30 Morning Stretch (CR) PY10:30 Chair Yoga (FC) SO11:00 Men's Coffee Group (CR) PY11:30 Chair Pilates (FC) SO 1:00 Ladies Coffee Group (CR) E 2:30 PBS Special: Lives Well Lived- PBS Special (CR) CC 6:00 Rummy (CR)	SP 11:00 Christmas Worship (CR) PY 11:30 Walking Group (FL) SE 1:30 Grab & Go Cookies (CLR) 3:00 Happy Hour (CR) CC 6:00 Chinese Checkers (CR)	Christmas Eve Conversation (CR) Conversation (C
Christmas Day SO 10:00 Coffee & Conversation (CR) CR 11:00 Creative Coloring (AS) CC 1:00 Dominoes (CR) E 2:30 Movie Matinee: Nights in Rodanthe (CR) CC 6:00 Uno (CR)	Kwanzaa Begins F 7:49 Movie Matinee: Catch Me if You Can 10:30 Monday Pastries (CLR) F 11:00 Praying the Rosary (CR) 6:00 Rummikub (CR)	PY 9:45 Walking Group (FL) PY 10:30 Chair Yoga (FC) SP 11:00 Donuts & Devotions (CR) PY 11:30 Chair Pilates (FC) FI 1:00 Crafternoon: Planned Craft will be provided (AS) SO 3:00 Hot Chocolate Social (CLR) CC 6:00 Yahtzee (CR)	PY 10:30 Sit and Stretch (FC) PY 11:30 Chair Aerobics (FC) PR 1:30 Wellness Clinic (HS) PY 2:00 Strength Training (FC) CC 6:00 Uno (CR)	PY 9:30 Morning Stretch (CR) PY 10:30 Chair Yoga (FC) SO 11:00 Men's Coffee Group (CR) PY 11:30 Chair Pilates (FC) SO 1:00 Ladies Coffee Group (CR) E 2:30 PBS Special: Prehistoric Road Trip (CR) CC 6:00 Rummy (CR)	PY 10:30 Strength Training (FC) SP 11:00 Hymn Sing & Scripture for the New Year (CR) PY 11:30 Sit and Stretch (FC) PY 11:30 Walking Group (FL) SE 1:30 Grab & Go Cookies (CLR) PY 2:00 Better Balance (FC) 3:00 Happy Hour (CR) CC 6:00 Chinese Checkers (CR)	New Year's Eve 10:00 Coffee & Conversation (CR) Call 11:00 Creative Coloring (AS) Call 1:00 Dominoes (CR) Call 2:30 Movie Matinee: Ocean's Eleven (CR) Call 6:00 Open Game Night (CR)

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