

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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DECEMBER

Monthly Committee Meetings
 Please See the W.A.A.G for Meeting Days & Times

Residents Birthdays

Kunzler, Lydia	12/05	Gustafson, Harold	12/17
Van Wyk, Sharron	12/06	Rempe, Dorothy	12/18
Noji, Kiyomi	12/10	Kobata, Glenn	12/19
Luchtel, Jeanne	12/11	Scattergood II, Darrell	12/24
Bauer, John	12/12	Altabef, Gladys	12/27
Bernstein, David	12/14	Stafford, Cynthia	12/28

- Trips
- Music, Lectures
- Monthly Events
- Marketing
- New Events

1	<p>9:30 Enhance Fitness</p> <p>10:45 Bookmobile</p> <p>11:00 Aspiring Writers</p> <p>1:00 Rummy Tiles & Board Games</p> <p>1:30 Sit & Get Fit</p> <p>2:00 Aljoia Holiday Decorating Session</p> <p>7:30 Movie: Lovebirds</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Yoga</p> <p>10:00 Walk Exercise</p> <p>12:00 Matinee Movie</p>	2	<p>10:50 Rosary</p> <p>11:00 (Virtual) Dance for PD</p> <p>1:00 Mahjong/Bridge</p> <p>1:00 Watercolor Workshop</p> <p>1:15 Water Aerobics</p> <p>4:00 An Afternoon of Music Ensemble</p> <p>7:30 Movie: Out of Towners</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Cardio</p> <p>10:00 2in1 Workout</p> <p>12:00 Matinee Movie</p>	3	<p>9:30 Enhanced Fitness</p> <p>11:00 Shopping Outing: Crossroads Mall</p> <p>11:00 Open Swim</p> <p>1:00 Bridge</p> <p>1:30 Tai Ji Quan</p> <p>3:00 Weekend Movie: My Policeman</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Stretching</p> <p>10:00 Sit & Dance</p> <p>12:00 Dean Martin Show</p>
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4	<p>8:30 Church Transport</p> <p>10:00 Holiday Ornaments with Erin</p> <p>1:15 Sammamish Symphony Orchestra</p> <p>1:30 Sit & Get Fit (Video)</p> <p>3:00 Weekend Movie: Christmas in Connecticut</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Shoulder Stretching</p> <p>10:00 2 in 1 Workout</p> <p>12:00 Dean Martin</p>	5	<p>9:45 Shopping Outing: Bellevue Square Mall</p> <p>10:00 Knitting in Bistro</p> <p>11:15 Water Aerobics</p> <p>1:00 Bridge/Mahjong</p> <p>1:30 Tai Ji Quan</p> <p>2:00 Schmooze with Rabbi Nissan</p> <p>3:00 Live Entertainment: Miguel Rode</p> <p>7:30 Movie: The Polar Express</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Total Body</p>	6	<p>9:30 Enhance Fitness</p> <p>11:00 QFC Shopping</p> <p>11:00 French with Chloe</p> <p>1:00 Mahjong/Rummy Tiles</p> <p>1:30 Sit & Get Fit</p> <p>2:00 Shakespeare Class</p> <p>3:00 Men's Group</p> <p>7:30 Movie: Seven Years in Tibet</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Sit and Dance</p> <p>10:00 Total Body Exercise</p> <p>12:00 Matinee Movie</p>	7	<p>11:00 Town Hall</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Mindful Relaxation</p> <p>3:00 Ugly Sweater Cocktail Party</p> <p>4:00 Lance Rhoades</p> <p>7:30 Movie: Mayerling</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Gentle Yoga</p> <p>10:00 2 in1 Workout</p> <p>12:00 Matinee Movie</p>	8	<p>9:30 Enhance Fitness</p> <p>11:00 Wellness 360</p> <p>1:00 Rummy Tiles & Board Games</p> <p>1:30 Sit & Get Fit</p> <p>3:15 Holiday Open House</p> <p>7:30 Movie: My Father's Violin</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Yoga</p> <p>10:00 Walk Exercise</p> <p>12:00 Matinee Movie</p>	9	<p>10:50 Rosary</p> <p>11:00 (Virtual) Dance for PD</p> <p>1:00 Mahjong/Bridge</p> <p>1:00 Watercolor Workshop w/ Victoria</p> <p>1:15 Water Aerobics</p> <p>2:30 The Royal Ballet: The Nutcracker</p> <p>7:30 Movie: Where the Crawdads Speak</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Cardio</p> <p>10:00 2in1 Workout</p> <p>12:00 Matinee Movie</p>	10	<p>9:15 Opera HD: The Hours</p> <p>9:30 Enhance Fitness</p> <p>11:00 Open Swim</p> <p>1:00 Bridge</p> <p>1:30 Tai Ji Quan</p> <p>3:00 Resident Music Fund: Seattle Children's Choir</p> <p>3:00 Weekend Movie: Elf</p> <p>6:30 Mercer Island Presbyterian Church Concert Series</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Stretching</p> <p>10:00 Sit & Dance</p> <p>12:00 Dean Martin Show</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">11</p> <p>8:30 Church Transport 10:00 Holiday Cookie Decorating 1:15 Seattle Symphony: Holiday Pops 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: See How They Run</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 1:00 Dean Martin Show</p>	<p align="right">12</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 11:30 Lunch Outing: Coho Café 1:00 Bridge/Mahjong 1:30 Tai Ji Quan 2:00 Gift Wrapping Session 3:00 Lance Rhoades 7:30 Movie: Mr. Mom</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise</p>	<p align="right">13</p> <p>9:30 Enhance Fitness 11:00 French with Chloe 11:00 QFC Shopping 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 2:00 Shakespeare Class 3:00 Women's Group 7:30 Movie: Awakening of Motti Wolkenbruch</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Total Body Exercise 12:00 Matinee Movie</p>	<p align="right">14</p> <p>10:00 Gentle Stretching 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 3:10 White Elephant Gift Exchange Party 7:30 Movie: Mahler's Fifth</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p align="right">15</p> <p>9:30 Enhance Fitness 11:00 Aspiring Writers 1:00 Rummy Tiles & Board Games 1:30 Sit & Get Fit 2:30 Gift Wrapping Session 3:00 Ted Talk with Erin 7:30 Movie: The Blindside</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p align="right">16</p> <p>10:00 Shopping Outing: Costco 10:50 Rosary 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:15 Water Aerobics 3:00 Caroling Belles Holiday Show 7:30 Movie: It Happened on 5th Ave</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p align="right">17</p> <p>9:30 Enhance Fitness 10:00 Frostival @ Kirkland Urban Wintermarket 11:00 Open Swim 1:00 Bridge 1:30 Tai Ji Quan 1:30 Argosy Christmas Ship Cruise 3:00 Weekend Movie: A Christmas Story</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 Sit & Dance 12:00 Dean Martin Show</p>
<p align="right">18</p> <p>Sunday Brunch 11-2 PM 8:30 Church Transport 12:30 Paramount Theatre: Moulin Rouge 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: Eight Crazy Nights 4:30 Menorah Lighting <u>NO DINNER</u></p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 12:00 Lawrence Welk Show</p>	<p align="right">19</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 1:00 Bridge/Mahjong 1:30 Tai Ji Quan 2:30 Mercer Island Art Walk with Erin 3:00 Tech Session 4:30 Menorah Lighting 7:30 Movie: Fiddler on the Roof</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise</p>	<p align="right">20</p> <p>9:30 Enhance Fitness 11:00 Resident Council 11:00 French with Chloe 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 3:00 QFC Shopping 2:50 Hanukkah Celebration & Klezmer Band 4:30 Menorah Lighting 7:30 Movie: Yentl</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Total Body Exercise 12:00 Matinee Movie</p>	<p align="right">21</p> <p>10:00 Gentle Stretching 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 3:30 David Kaynor 4:30 Menorah Lighting 7:30 Movie: Revisor</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 2 in1 Workout</p>	<p align="right">22</p> <p>11:00 Wellness 360 1:00 Rummy Tiles & Board Games 1:30 Sit & Get Fit 2:30 Gift Wrapping Session 3:00 American History of Jeans 4:30 Menorah Lighting 7:30 Movie: Black Nativity</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise</p>	<p align="right">23</p> <p>10:50 Rosary 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:15 Open Swim 4:30 Menorah Lighting 7:30 Movie: Jack Frost</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout</p>	<p align="right">24</p> <p>Christmas Eve Dinner 5-7 PM 9:30 Enhance Fitness 11:00 Open Swim 1:00 Bridge 1:00 Scenic Ride 3:00 Weekend Movie: White Christmas 4:30 Menorah Lighting</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 Sit & Dance</p>
<p align="right">25</p> <p>Christmas Buffet 11-2 PM <u>NO DINNER</u> 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: A Christmas Story Christmas 4:30 Menorah Lighting</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout</p>	<p align="right">26</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 1:00 Bridge/Mahjong 7:30 Movie: Holiday Rush</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p align="right">27</p> <p>9:30 Enhance Fitness 11:00 QFC Shopping 11:00 French with Chloe 12:00 Birthday Lunch! 1:00 Mahjong/Rummy Tiles 2:00 Shakespeare Class 1:30 Sit & Get Fit 3:00 Women's Group 7:30 Movie: How to Ruin Christmas</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Total Body Exercise</p>	<p align="right">28</p> <p>10:00 Gentle Stretching 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 7:30 Movie: Happy Feet</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p align="right">29</p> <p>9:30 Enhance Fitness 11:00 Aspiring Writers 1:00 Rummy Tiles & Board Games 1:30 Sit & Get Fit 2:30 Andre Rieu Concert 7:30 Movie: Pottersville</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p align="right">30</p> <p>10:00 Chair Yoga 10:50 Rosary 1:00 Mahjong/Bridge 1:00 Watercolor Workshop w/ Victoria 1:15 Water Aerobics 7:30 Movie: New Year's Eve</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p align="right">31</p> <p>9:30 Enhance Fitness 1:00 Shopping Outing: Trader Joes & Dollar Store 11:00 Open Swim 1:00 Bridge 2:00 NYE Yappy Hour 8:00 Champagne Toast & Desserts 3:00 Weekend Movie: Operation Christmas Drop</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 Sit & Dance</p>