

# Weekly Schedule November 30 – December 6

Welcome December...a time for celebrations, traditions, and memories!!  
 Introducing for 2020: *Christmas and Holiday Traditions* from around the world!!



This week... **GERMANY**



## Monday ... November 30

- 9:30 Move w/Nancy (chair group 1) – C
- 10:05 Move w/Nancy (chair group 2) – C
- 10:40 Groove w/Nancy (aerobics) – C
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC

## Tuesday... December 1

- 10:45 Chair Yoga w/Carla – C
- 11:00 Balance in Motion – Fitness Center  
*focus on lower body range of motion and strengthening exercises.*
- 11:00 Chicken Foot – AC
- 1:00 Trivia Pursuit w/Gary – AC
- 1:00 Caregiver Support Group - Library
- 1:30 Games in the Card Room
- 3:00 Candy Canes, Christmas Trees & L-R-C - Chapel (LRC is a game)  
Sign up (Group 1)
- 3:30 CHESS Club - NR
- 7:00 Card Game '99' – CR



## Wednesday... December 2

- 9:00 Mahjong – CR
- 9:30 Strength & Balance w/Nancy – C
- 10:05 Stretch & Balance w/Nancy - C
- 10:30 Dominoes – AC
- 1:00 Grief Support Group – Card Room
- 1:00 Craft: German Christmas Stars  
*Traditional German ornament. Group 1*  
Sign up required. Neighborhood Room
- 3:00 Candy Canes & L-R-C (Group 2)-C
- 7:00 Corn Hole - C



## Happy Birthday!

- |       |                |           |
|-------|----------------|-----------|
| Dec 1 | Liz Lowe       | Apt # 307 |
| Dec 5 | James Smith    | Apt # 12  |
| Dec 5 | Nita Thornton  | Apt # 316 |
| Dec 6 | Beverly Kunkel | Apt # 314 |



## Thursday ... December 3

- 9:30 Ladies Bible Study w/Louise- Conf
- 10:45 Chair Yoga w/Carla – C
- 11:00 Balance in Motion – Fitness Center  
*focus on lower body range of motion and strengthening exercises.*
- 1:00 Community Bible Study – Conf
- 1:00 Learn Mahjong w/Margie – AC
- 1:00 Party Bridge
- 2:00 Craft: German Christmas Star  
*Traditional German ornaments*  
Sign up. Group 2. Neighborhood Room
- 7:00 Evening Bridge – CR



## Friday... December 4

- 9:30 Move w/Nancy (group 1) - C
- 10:05 Move w/Nancy (group 2) – C
- 10:40 Groove w/Nancy (aerobics) – C
- 1:00 Chicken Foot – AC
- 2:00 Hand & Foot Game – CR
- 3:00 A German Christmas & HOWDY HOUR – Bistro & Chapel  
*No sign up required.*

## Saturday... November 28

- 2:00 Bridge Basics w/Jack - CR
- 2:00 Movie & Popcorn
- TBA Texas A&M Football! - NR  
Aggies VS Auburn
- 7:00 Movie & Popcorn



## Sunday... November 29

- 9:00 Bible Study – C
- 2:00 Mahjong – AC
- 2:00 Church Service – Chapel  
*First United Methodist, Bryan*
- Beverly Kunkel 95<sup>th</sup> Birthday Party – Bistro  
3:00 – 3:45 Group 1  
4:00 – 4:45 Group 2
- Please sign up (front desk)  
for the time you plan to attend.

