

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2017

## Allenwood & Harborview

						
<p>9:30 Cup of Conversation 11:00 Local Televised Mass (Channel 15) <b>3</b></p>	<p>9:30 Yoga <b>4</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:30 Crafty Knitters 2:00 Musical Duet &amp; Cheer With Coonie &amp; Sergio 3:30 Create: Friendship Bracelets 6:15 Book Club</p>	<p>10:00 News Group <b>5</b> 10:30 Seated Exercise &amp; Stretch 10:30 AW Wellness Clinic 11:15 Trivia 1:00 December Wall Art 3:00 Birds of Vermont 3:30 Guided Meditation 6:00 Movie: "Edward VIII: The Nazi King" (2009)</p>	<p>9:30 Yoga <b>6</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour: HV YANKEE SWAP 1:00 Bingo 2:30 Catholic Mass 4:00 Netflix Series: "The Royal House of Windsor," Ep. 6 5:00 Individual Visits</p>	<p>9:30 AW Coffee Hour <b>1</b> 10:30 Get Fit Exercise 1:00 EEE 1:00 Christmas Tree &amp; Other Decorations 2:00 Stretch Class on Mats 3:30 HV Wine &amp; Cheese Social 6:00 Movie: "The Reader" (2008)</p>	<p>9:00 Cup of Conversation <b>2</b> 10:00 Burlington Farmers Market 2:00 Bingo  Cards, Puzzles, &amp; Games Are Available</p>	
<p>9:30 Cup of Conversation <b>10</b> 11:00 Local Televised Mass (Channel 15)</p>	<p>9:30 Yoga <b>11</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:30 Crafty Knitters 2:00 Pet Therapy: "Cabot" 3:00 Barnes &amp; Noble 6:15 Memoirs Group 6:30 Guest Lecturer: Kevin Dorn at AW</p>	<p>10:00 News Group <b>12</b> 10:30 Seated Exercise &amp; Stretch 10:30 AW Wellness Clinic 11:00 Communion &amp; Rosary 1:00 Guest Lecturer: Elise Guyette 3:00 Learn About Hanukkah 6:00 Movie: "Maya Angelou: And Still I Rise" (2016) <small>First Day of Hanukkah</small></p>	<p>9:30 Yoga <b>13</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 2:30 Bingo 4:00 Netflix Series: "Cosmos: Standing up in the Milky Way" 5:00 Individual Visits 6:30 AW Holiday Carol Sing</p>	<p>9:00 Indoor Walking Group <b>7</b> 10:00 AgeWell: Dutch Mill 10:00 Seated Exercise &amp; Stretch 10:30 HV Read to Preschoolers 12:30 AW Wellness Clinic 1:00 Adult Group Coloring 2:00 Calendar Review with Ellen, Activities Director 6:30 Musical Performance: UVM "Top Cats"</p>	<p>9:30 AW Coffee Hour <b>8</b> <b>DINING ROOM BUFFET 10:00-1:00</b> 1:00 EEE <b>AW DESSERT BUFFET 4:00-6:00</b></p>	<p>9:00 Cup of Conversation <b>9</b> 10:00 Burlington Farmers Market 2:00 Bingo  SOUTH DESSERT BUFFET 2:00-4:00 Cards, Puzzles, &amp; Games Are Available</p>
<p>9:30 Cup of Conversation <b>17</b> 11:00 Local Televised Mass (Channel 15)</p>	<p>9:30 Yoga <b>18</b> 10:30 Get Fit Exercise 10:30 Bible Study Group 1:30 Crafty Knitters 2:00 Pet Therapy: "Cabot" 2:30 December Birthdays Dinner 3:00 Walmart 4:30 Guided Meditation</p>	<p>10:00 News Group <b>19</b> 10:30 Seated Exercise &amp; Stretch 10:30 AW Wellness Clinic 11:00 Communion &amp; Rosary (Conference Room) 11:00 Dementia Support Group 2:00 Musical Performance: Full Circle 6:00 Movie: "The Queen of Versailles" (2012)</p>	<p>9:30 Yoga <b>20</b> 10:00 Standing Exercise 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 2:30 Bingo 4:00 Netflix Series: "Cosmos: Some Things Molecules Do" 5:00 Individual Visits</p>	<p>9:00 Indoor Walking Group <b>14</b> 10:00 AgeWell: Holiday Inn 10:00 Seated Exercise &amp; Stretch 10:30 HV Read to Preschoolers 12:30 AW Wellness Clinic 1:00 Outing: VT Commons HS 2:30 Show &amp; Tell: Your Favorite Ornament 3:00 Create: Straw Snowflakes 4:30 Individual Visits</p>	<p>9:30 AW Coffee Hour <b>15</b> 10:30 Get Fit Exercise 11:00 Outing: Gardner's Supply 1:00 Holiday Ornament Painting 2:00 Q &amp; A with Liza 2:00 Stretch Class on Mats 3:30 HV Wine &amp; Cheese Social 6:00 Movie: "Field of Dreams" (1989)</p>	<p>9:00 Cup of Conversation <b>16</b> 10:00 Burlington Farmers Market 2:00 Bingo 2:00 Pet Therapy with "Taz"  Cards, Puzzles, &amp; Games Are Available</p>
<p>9:30 Cup of Conversation <b>24</b> 11:00 Local Televised Mass (Channel 15) <b>Communion &amp; Carols: All Religions Are Welcome 7:00</b></p>	<p><b>MERRY CHRISTMAS</b>  <small>Christmas Day</small></p>	<p>10:00 News Group <b>26</b> 10:30 Seated Exercise &amp; Stretch 10:30 AW Wellness Clinic 11:00 Communion &amp; Rosary 2:00 Coloring: Partridge in a Pear Tree 6:00 Movie: "She's Beautiful When She's Angry" (2014) <small>Kwanzaa Begins</small></p>	<p>9:30 Yoga <b>27</b> 10:00 Seated Exercise &amp; Stretch 10:30 HV Wellness Clinic 11:00 HV Coffee Hour 2:30 Bingo 4:00 Netflix Series: "Cosmos: When Knowledge Conquered" 5:00 Individual Visits</p>	<p>9:00 Indoor Walking Group <b>21</b> 10:00 Seated Exercise &amp; Stretch 10:30 HV Read to Preschoolers 11:00 Food Meeting 12:30 AW Wellness Clinic 1:00 VT Commons School: Final Presentation 2:00 Create: Holiday Cards 3:30 Eggnog Social <small>Winter Begins</small></p>	<p>9:30 AW Coffee Hour <b>22</b> 10:30 Get Fit Exercise 11:00 Nail Painting 12:00 New Resident Lunch 2:00 Stretch Class on Mats 2:00 Learn About Kwanzaa 3:00 Jewelry Making 6:00 Movie: "How the Grinch Stole Christmas" (2000)</p>	<p>9:00 Cup of Conversation <b>23</b> 10:00 Burlington Farmers Market 2:00 Bingo  Cards, Puzzles, &amp; Games Are Available</p>
<p>9:30 Cup of Conversation <b>31</b> 11:00 Local Televised Mass (Channel 15)  <small>New Year's Eve</small></p>	 <p style="text-align: center;"><b>"Remember this December, that love weighs more than gold!"</b> <i>Josephine Dodge Daskam Bacon</i></p>					