

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Happy Birthday! Doug Forzani: 12/4 Gerald Meek: 12/14 Catherine Bell: 12/31		Julie May Estrellado: Executive Director Gina DiMaria: Sales Director Analyn Dolor: Business/HR Director	Kathy Duran-Odom: Community Life/Transportation Director Jose Ramirez: Maintenance/Housekeeping Director Heather Spears: Director of Residential Care Services	Abel Guzman: Dining Services Director	11:00 Fitness with Nima/CR 2:00 Card Game/CR 3:00 One Day University: CR 6:30 Movie Night/CR	11:00 Yoga/CR 2:30 Johnny Fabulous Christmas Program/BL 3:30 Saturday Movie Matinee with Popcorn/CR	
10:30 Stretch Lab/CR 2:00 Bingo/CR 3:00 Let's Travel: Yosemite America's Most Spectacular National Park/CR/BR	10:00 Watermark University: All About Acupuncture with Dr. Cho/CR 11:00 Fitness with Nima/CR 2:30 Non-Denominational Service Pastor Josh/CR 3:10 Documentary: Michael Apted's "UP"/CR 6:30 Movie Night/CR	11:00 Thrive w/Exercise & Bands/CR 1:15 AL Scenic Drive/FD 2:30 Dance Center Holiday Program/BL 3:30 Let's Travel/The Boroughs of New York/CR 3:30 /BR 6:30 After Dinner Conversation	11:00 Fitness with Nima/CR 2:00 This Is Your Life with Mary Pettit /CR 3:00 Activity Meeting/CR 4:00 Happy Hour/CR 6:30 Movie Night/CR	11:00 Movement to Music/CR 2:00 Holiday Cookie Decorating with Peggy's Home Care/BR 3:00 Movie Star of the Month/CR 5:00 Hanankah Dinner/MD 6:00 After Dinner Board Game Night	11:00 Fitness with Nima/CR 2:00 Table Game/CR 3:00 One Day University: How World War II Changed America/CR 6:30 Movie Night/CR	11:00 Yoga/CR 2:00 Hot Chocolate & Brownie/BB/BR 3:00 Saturday Movie Matinee with Popcorn/CR	
10:30 Stretch Lab/CR 2:00 Flutist Ron Friedman will be performing a Holiday Program/CR 3:10 Sunday Afternoon Movie Matinee/Adventure Movie with Popcorn:CR/BR	11:00 Fitness with Nima/CR 1:15 Shopping at Kohl's /FD 2:30 Non-Denominational Service Pastor Josh/CR 3:10 Documentary: In Search of History: Saints & Sinners of the California Missions.CR 6:30 Movie Night/CR	11:00 Thrive w/Exercise & Bands/CR 2:30 Wildlife Trivia/CR 3:10 Let's Travel: New England/CR/BR 6:00 Watermark University: Holiday Light Tour/ Historic Homes of Monterey in Holiday Flare/BL	11:00 Fitness with Nima/CR 2:30 What Am I?/CR 3:00 Virtual Reality : Rockefeller Center/CR 4:00 Happy Hour/CR 6:00 Watermark University: Holiday Light Tour/ Historic Homes of Monterey in Holiday Flare/BL	11:00 Movement to Music/CR 2:00 Tap Banana's Holiday Program/CR 3:10 Top Ten Auction Items/CR 6:00 After Dinner Board Game Night	11:00 Fitness with Nima/CR 2:00 Card Game/CR 3:00 One Day University: Jackie Kennedy / Her Life, Image & Legacy/CR 6:30 Movie Night/CR	11:00 Yoga/CR 2:00 J. Mike Noonan will be performing in the Bixby Lounge 3:10 Saturday Movie Matinee with Popcorn/CR	
10:30 Stretch Lab/CR 2:00 Bingo/CR 3:00 Sunday Afternoon Matinee Movie/CR/BR	11:00 Fitness with Nima/CR 1:15 Shopping at /FD 2:00 Debbie Davis Holiday Performance/CR 3:10 Documentary: Petrified National Forest/CR 6:30 Movie Night/CR	11:00 Thrive w/Exercise & Bands/CR 1:15 AL Scenic Drive/FD 2:00 Watermark University: Holiday Craft with Peggy's Home Care/BR 3:10 Let's Travel: Best of the Alps/CR 6:30 After Dinner Conversation	11:00 Fitness with Nima/CR 2:30 Who Am I?: Documentary/CR 3:00 Virtual Reality; Christmas Tour: Beautifully Decorated Virginia Home/CR 4:00 Happy Hour/CR 6:30 Movie Night/CR	11:00 Movement to Music/CR 2:30 Gene Autry Christmas Songs/CR/BR 3:00 Categories/CR 6:00 After Dinner Board Game Night	11:00 Fitness with Nima/CR 2:00 Table Game/CR 3:00 One Day University: Christmas At the Movies/ The Classics, The Best & Few of the Worst/CR 6:30 Movie Night/CR	11:00 Yoga/CR 2:00 Hey Baby It's Cold Outside Social/BB/BR 3:00 Saturday Movie Matinee with Popcorn/CR	
10:30 Stretch Lab/CR 2:00 Bingo/CR 3:00 Let's Travel:CR/BR 4:00 Christmas Eve Happy Hour/BL	11:00 Holiday Trivia/CR 12:00 Christmas Buffet 2:30 Documentary: Full History of Christmas 6:30 Holiday Movie Night/CR	11:00 Thrive w/Exercise & Bands/CR 1:15 AL Scenic Drive/FD 2:30 Where Am I?/CR 3:10 Let's Travel:Tuscany's Dolce Vita/CR 6:30 After Dinner Conversation/BL	11:00 Fitness with Nima/CR 2:00 Name That Disney Tune/CR 3:00 Virtual Reality: Madam Tussaud's London Tour/CR 4:00 Happy Hour/CR 6:30 Movie Night/CR	11:00 Movement to Music/CR 2:30 Jeopardy Trivia /CR 3:00 14 Jaw Dropping Wildlife Videos/CR 6:00 After Dinner Board Game Night	11:00 Fitness with Nima/CR 2:00 Card Game/CR 3:00 One Day University: Norman Rockwell Painting America's Story/CR 6:30 Movie Night/CR	11:00 Yoga/CR 2:30 Who Am I? BB/BR 3:00 Saturday Movie Matinee with Popcorn/CR	
10:30 Stretch Lab/CR 2:30 New Years Eve Party with Debbie Davis/CR 3:30 Sunday Movie Matinee with Popcorn/CR/BR	<h1>DECEMBER 2023</h1> <h2>Assisted Living & Bridge</h2>  <p>THE COTTAGES OF CARMEL A WATERMARK RETIREMENT COMMUNITYSM</p>		ACTIVITY LOCATOR KEY BL: Bixby Lounge BB: Bixby Bistro		MD: Main Dining Room KC: Kitchen Courtyard FD: Front Desk BP: Bixby Patio	BF-Bixby Fireside GAZ: Gazebo Area WUC: Watermark University Course	Doug Forzani: 12/4 Gerald Meek: 12/14 Catherine Bell: 12/31