

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL UNDERLINED COURSES MUST BE SIGNED UP FOR IN ADVANCE AT THE ACTIVITIES TABLE IN THE LOBBY	Health Pro - Physical and Occupational Therapy call for evaluations. (585) 386-3710	Book your hair appointments with our hairdresser, she is in the community every Friday. (585) 406-3904	The Podiatrist will be here in the afternoon on Thursday, December 21st in the Fitness Room. Call (585) 352-5211	We are holding a door decorating contest for the Holiday season winners will be announced on December 29th	10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Wii Bowling Practice MR 11:00am <u>Decorating The LR Tree</u> 12:00pm <u>Brain Cafe MPR</u> 2:30pm Happy Hour C 3:30pm UNO C	10:30am Board Games CK 11:30am Wii Bowling MR 1:00pm Movie Matinee: "The Polar Express" MR
12:00pm Cycling Exercise MR	10:00am Catholic Mass CH 11:00am Total Body Workout MR 11:00am Bus Trip To: Orbakers Market 12:30pm Engage VR MR 2:00pm <u>Trio: Classic Christmas DR</u> 2:30pm Motivational Monday MR 6:30pm Penfield Symphony Orchestra Concert at the High School (\$15) 6:30pm Resident Card Games C	10:00am Blood Pressures LR 10:30a Adv. Cardio Drumming FR 11:15a Beg. Cardio Drumming FR 1:00pm Lutheran Service CH 2:00pm Balance and Strength FR 2:30pm (WU) <u>Rosemary: Charles Schulz & the Good Grief</u> he Brought With "Peanuts" 3:30pm UNO C 6:45pm Bingo MPR	10:30am Moving Through the Mountains Cycling Exercise MR 11:00am Total Body Workout MR 11:00am Wegmans and Banking 1:00pm <u>Decorating the Big Tree in the Dining Room</u> 1:00pm <u>Cookies & Cocoa DR</u> 3:00pm Bus Trip to the George Eastman Gingerbread Exhibit \$18 3:30pm Wii Bowling MR	10:30a Adv. Cardio Drumming FR 11:15a Beg. Cardio Drumming FR 12:00pm Indoor Walking Club 1:00pm Movie Matinee: "National Lampoons Christmas Vacation" MR 1:00pm <u>Menu Committee Meeting With Daniel LR</u> 1:30pm <u>DIY Pom Pom Trees MPR</u> 2:30pm Trivia LR 3:30pm Guided Meditation MR	10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Wii Bowling Practice MR 12:00pm <u>Brain Cafe MPR</u> 1:30pm Bus Trip to Its a Wonderful Life Musical Matinee 2:30pm Happy Hour C 3:30pm UNO C	10:30am Board Games CK 11:30am Wii Bowling MR 1:00pm Movie Matinee: "National Lampoons Christmas Vacation" MR
11:00am Hot Cocoa C 12:00pm Cycling Exercise MR	10:00am Catholic Mass CH 11:00am Total Body Workout MR 11:00am Bus Trip To: Faircraft Brauhaus For Brewery Tour 12:30pm Engage VR MR 1:30pm (WU) <u>Beth: Holidays Around the World MR</u> 2:30pm Motivational Monday MR 3:30pm <u>Crafting Christmas Gnomes MPR</u> 6:30p Resident Led Card Games C	10:30a Adv. Cardio Drumming FR 11:15a Beg. Cardio Drumming FR 2:00pm Balance and Strength FR 2:00pm <u>Christmas Music By The Trio: Justice DR</u> 2:30pm Guided Bible Study MPR 3:30pm UNO C 6:45pm Bingo MPR	9:00am Wegmans and Banking 11:00am Total Body Workout MR 11:30am Bus Trip to EastView For Holley School Chorus Concert (Jeffs Daughter!) 1:00pm <u>Frosting Cookies C</u> 3:00pm <u>Ornament Making With United Healthcare MPR</u> 3:30pm Wii Bowling MR 6:20pm Bus Trip to see Christmas Lights (hot cocoa after)	10:00am Town Hall and Food Council Meeting DR 12:00pm Indoor Walking Club 1:00pm Movie Matinee: "ELF" MR 1:00pm <u>Crafting: Candy Cane Wreaths MPR</u> 3:00 "Wrapping" up the Year MPR 3:30pm Guided Meditation MR 7:00pm <u>Entertainment By Joe Mitsch DR</u>	10:00am Mens Morning Break C 10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Wii Bowling Practice MR 1:00pm <u>Brewing & Fermentation Demonstration With Steve From Faircraft Brauhaus CK</u> 2:30pm Happy Hour C 3:30pm UNO C	10:30am Board Games CK 11:30am Wii Bowling MR 1:00pm Movie Matinee: "ELF" MR 6:00pm Bus Trip to: Wayne County's Festival of Lights Horse Wagon Ride
12:00pm Cycling Exercise MR 3:00pm <u>Piano Students Holiday Performance DR</u>	10:00am Catholic Mass CH 11:00am Total Body Workout MR 11:00am Bus Trip To: Evolve- The Christmas Store of New York 12:30pm Engage VR MR 1:00pm <u>GingerBread Houses C</u> 2:15pm Bus Trip to Clover Blossom For Wii Bowling 2:30pm Motivational Monday MR 6:30p Resident Led Card Games C	10:30a Adv. Cardio Drumming FR 11:00am <u>Caroling & Cocoa With The Boces Students LR</u> 1:00pm (WU) <u>Snow Safety MR</u> 1:00pm Lutheran Service CH 2:00pm Balance and Strength FR 3:30pm UNO C 6:45pm Bingo MPR	10:30am Moving Through the Mountains Cycling Exercise MR 11:00am Total Body Workout MR 11:00am Wegmans and Banking 2:30pm <u>Painting With Diana MPR</u> 3:30pm Wii Bowling MR 6:00pm <u>Carolers After Dinner DR</u> 6:20pm Bus Trip to see Christmas Lights (hot cocoa after)	Holiday Party 12:00pm Indoor Walking Club 1:00pm Movie Matinee: "Miracle on 34th Street" MR 4:00pm <u>Cocktail Hour & Live Music By Comfort Freddie and the Recliners C/LR</u> 5:00pm Holiday Party Dinner DR	10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Wii Bowling Practice MR 12:00pm <u>Brain Cafe MPR</u> 2:30pm Happy Hour C 3:30pm UNO C	10:30am Board Games CK 11:30am Wii Bowling MR 1:00pm Movie Matinee: "Miracle on 34th Street" MR
Christmas Eve 12:00pm Cycling Exercise MR	Christmas Day 10:00am Catholic Mass CH 11:00am Total Body Workout MR 1:00pm Christmas Dinner DR 2:30pm Hot Cocoa Bar C 3:00pm Movie: MR 6:30p Resident Led Card Games C	10:30a Adv. Cardio Drumming FR 11:15a Beg. Cardio Drumming FR 12:00pm <u>Mens Lunch DR</u> 1:00pm <u>This Month in History MR</u> 2:00pm Balance and Strength FR 2:30pm Guided Bible Study MPR 3:30pm UNO C 6:45pm Bingo MPR	10:30am Moving Through the Mountains Cycling Exercise MR 11:00am Total Body Workout MR 11:00am Wegmans and Banking 1:00pm <u>A Year In Review MR</u> 2:00pm <u>Crafting: Frosted Mason Jar Luminaries MPR</u> 3:30pm Wii Bowling MR	10:30a Adv. Cardio Drumming FR 11:15a Beg. Cardio Drumming FR 12:00pm Indoor Walking Club 1:00pm Movie Matinee: "The Santa Clause" MR 1:30pm (WU) <u>Wine 101</u> 2:30pm Trivia LR 3:30pm Guided Meditation MR	10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Wii Bowling Practice MR 12:00pm <u>Brain Cafe MPR</u> 2:30pm Happy Hour C 3:30pm UNO C	10:30am Board Games CK 11:30am Wii Bowling MR 1:00pm Movie Matinee: "The Santa Clause" MR
New Years Eve 11:00am Hot Cocoa C 12:00pm Cycling Exercise MR 6:00pm <u>Hors Devours and New Years Celebration in the Cafe</u>	<div> <div>  <div> <div>LEGACY</div> <div>AT WILLOW POND</div> <div>A WATERMARK RETIREMENT COMMUNITYSM</div> </div> </div> </div>		ACTIVITY LOCATOR KEY	C- Cafe CK- Country Kitchen CR- Conference Room DR- Dining Room FR- Fitness Room	LR- Living Room L- Library MR- Media Room MPR- Multi-Purpose Room P- Patio	SL- Sports Lounge WU- Watermark University