

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Art Around the World: Dali Museum (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Artful Creations: Winter Snowflakes (AR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: The Highwaymen (LR)	10:00 Word Play Tuesdays (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Paper Petal Workshop: Dahlias (AR) 3:00 Tech Class: Passwords, Passkeys, and More (BT) 6:00 Movie: The Irishman (LR)	10:00 Search Party: Seasons' Greetings (LR) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Family Feud (LR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: Wicked (L)	10:00 Guess That Zoom! (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:00 Resident Outing: Wicked For Good 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Trivia: Everything December (BT) 6:00 Movie: Nyad (LR)	10:00 The Morning Roast: Bulldogging Day (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:15 Outing: Weekly Shopping Trip (Trader Joe's Bellevue) 1:30 Chair Yoga: Virtual Fitness (BT) 2:30 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment: Kevin Jones (LR) 6:00 Movie: Alive Inside (LR)	11:00 Heart in Motion: Fitness Class (AR) 11:00 Outing: Scenic Drive to Kirkland Waterfront Loop (LO) 11:30 Stretch and Restore: Fitness Class (AR) 1:00 Curiosity Cinema: My Octopus Teacher (BT) 3:00 Bingo (AR) 6:00 Movie: Our Souls at Night (LR)
10:00 Sunday Football: Seattle Seahawks vs Atlanta Falcons (LR&BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Polish and Pamper (AR) 4:00 Cranium Crunches (LR) 6:00 Movie: The Kominsky Method (LR)	10:30 Art Around the World: London National Gallery (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Artful Creations: Holiday Ornaments (AR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: The Intern (LR)	10:00 Word Play Tuesdays (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:00 Tech Class: Reddit at a Glance (BT) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Holiday Tea Party (DR) 2:00 Paper Petal Workshop: Dahlias (AR) 3:30 Activities & Outings Council Meeting (B) 6:00 Movie: Julie & Julia (LR)	10:00 Search Party: Deck the Halls (LR) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Artful Creations: Cozy Yarn Holiday Trees (PDR) 2:00 Family Feud (LR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: A Very Jonas Christmas Movie (LR)	10:00 Guess That Zoom! (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 12:00 Resident Outing: The Lion King at Paramount Theatre (PTS) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Trivia: Reminisce Childhood Memories (BT) 3:00 Frost & Fun Cooking Decorating (AR) 6:00 Movie: The Golden Girls (LR)	10:00 The Morning Roast: International Mountain Day (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:15 Outing: Weekly Shopping Trip (Bellevue Square) 1:30 Chair Yoga: Virtual Fitness (BT) 2:30 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment: Michael Good (LR) 6:00 Movie: The Hundred-Foot Journey (LR)	11:00 Heart in Motion: Fitness Class (AR) 11:00 Outing: Scenic Drive to Redmond & Carnation Valley (LO) 11:30 Stretch and Restore: Fitness Class (AR) 1:00 Curiosity Cinema: Our Great National Parks (BT) 3:00 Bingo (AR) 6:00 Movie: The Queen of Katwe (LR)
11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:25 Sunday Night Football: Seattle Seahawks vs Indianapolis Colts (LR&BT) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Polish and Pamper (AR) 4:00 Cranium Crunches (LR) 4:30 Hanukkah Menorah Lighting (LR) 6:00 Movie: The Santa clause (LR)	10:00 Art Around the World: Musee d'Orsay (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Artful Creations: Buttoned-Up Greetings (AR) 4:00 New York Times Group Crossword (BT) 4:30 Hanukkah Menorah Lighting (LR) 6:00 Movie: Home Alone (LR)	10:00 Word Play Tuesdays (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:00 Tech Class: Intro to Translation Tools (BT) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Paper Petal Workshop: Dahlias (AR) 4:00 WU: Ellis Island (BT) 4:30 Hanukkah Menorah Lighting (LR) 6:00 Movie: Noelle (LR)	10:00 Search Party: Snow Day (LR) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:00 Resident Council Meeting (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Family Feud (LR) 4:00 Holiday Campus Celebration 4:30 Hanukkah Menorah Lighting (LR) 6:00 Movie: Nutcrackers (LR)	10:00 Guess That Zoom! (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Trivia: Guess the Actor (BT) 4:00 Resident Outing: Bellevue Botanical Holiday Lights 4:30 Hanukkah Menorah Lighting (LR) 5:15 Thursday Night Football: Seattle Seahawks vs LA Rams (BT) 6:00 Movie: An Almost Christmas Story (LR)	10:00 The Morning Roast: Happy Birthday, New Jersey! (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:15 Outing: Weekly Shopping Trip (H Mart – Bellevue) 1:30 Chair Yoga: Virtual Fitness (BT) 2:30 New York Times Group Crossword (BT) 4:00 Hanukkah Menorah Lighting: Shabbat Eve (LR) 4:00 Holiday Dinner (DR)	11:00 Heart in Motion: Fitness Class (AR) 11:00 Outing: Scenic Drive to Mercer Island & Seattle Skyline (LO) 11:30 Stretch and Restore: Fitness Class (AR) 1:00 Curiosity Cinema: American Factory (BT) 3:00 Bingo (AR) 5:15 Hanukkah Menorah Lighting: After Shabbat (LR) 6:00 Movie: One Magic Christmas (LR)
11:00 Vital Moves 11:30 Breathe & Be Meditation 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Polish and Pamper (AR) 2:00 Youth Ensemble Spotlight (DR) 4:00 Cranium Crunches (LR) 4:30 Hanukkah Menorah Lighting (LR) 6:00 Movie: A Christmas Carol (LR)	10:00 Art Around the World: The Met (BT) 11:00 Vital Moves 11:30 Breathe & Be Meditation 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Artful Creations: Snowbirds Painting (AR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: I'll Be Home for Christmas (LR)	10:00 Word Play Tuesdays (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Paper Petal Workshop: Dahlias (AR) 3:00 Tech Class: Intro to AI (BT) 6:00 Movie: 12 Dates of Christmas (LR)	10:00 Search Party: Winter Wonderland (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Family Feud (LR) 2:00 Rick Steves' European Christmas Screening (LR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: Miracle on 34th Street (LR)	10:00 Guess That Zoom! (BT) 10:00 The Morning Roast: Reindeer Reconnaissance 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:00 Bingo (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 6:00 Movie: It's A Wonderful Life (LR)	10:00 The Morning Roast: FM Radio Day (BT) 11:00 Vital Moves 11:30 Breathe & Be Meditation 1:15 Outing: Weekly Shopping Trip (Whole Foods Market – Bellevue) 1:30 Chair Yoga: Virtual Fitness (BT) 2:30 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment: (LR) 6:00 Movie: Christmas Vacation (LR)	11:00 Heart in Motion: Fitness Class (AR) 11:00 Outing: Scenic Drive to Woodinville Wine Country (LO) 11:30 Stretch and Restore: Fitness Class (AR) 1:00 Curiosity Cinema: 13TH (BT) 3:00 Bingo (AR) 6:00 Movie: The Holiday Calendar (LR)
11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Polish and Pamper (AR) 4:00 Cranium Crunches (LR) 6:00 Movie: The Polar Express (LR)	10:30 Art Around the World: Uffizi Gallery (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Artful Creations: Colorful Lights Aglow (AR) 4:00 New York Times Group Crossword (BT) 6:00 Movie: Ice Princess (LR)	10:00 Word Play Tuesdays (BT) 11:00 Heart in Motion: Fitness Class (AR) 11:30 Stretch and Restore: Fitness Class (AR) 12:00 Monthly Resident Birthday Luncheon Celebration (DR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Chef's Table (DR) 3:30 Paper Petal Workshop: Dahlias (AR) 6:00 Movie: The Princess Bride (LR)	10:00 How Many? Holiday Search (BT) 11:00 Vital Moves (AR) 11:30 Breathe & Be Meditation (AR) 1:30 Chair Yoga: Virtual Fitness (BT) 2:00 Family Feud (LR) 4:00 New York Times Group Crossword (BT) 5:00 Dick Clark's New Year's Rockin' Eve (LR) 6:00 Movie: Sleepless in Seattle (LR) 11:30 Seattle New Year's Eve Watch Party: New Year's at the Needle (LR)		LR= Living Room B= Bistro NOM= North of Main DR= Dining Room AR= Activity Room C= Courtyard L= Lobby	Body Community Entertainment Mind Outing Spirit