



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1>DECEMBER 2009</h1>		1 8:45 Wake Up! 10:30 Fitness Group 1:30 Balloon Ball 2:30 Relax & Refresh 3:30 Reminiscing 6:00 Sunset Pastimes	2 HOLIDAY BREAKFAST 8:45 Greet the Day! 10:00 Music with Dottie 1:00 Bridge Club 1:30 Mind Jogger 2:30 Sittercise 3:00 Catholic Service 3:30 Beverage Break	3 8:45 Morning Musings 10:00 Music w/Dottie 1:30 Jewish Service 2:30 Hymn Sing 3:30 Chill & Chat 6:00 Sunset Pastimes	4 8:45 Early Birds 10:30 Music & Movement 2:00 Music with Steve G. from AFTA 315 Friday Film Fest	5 8:45 AM Group 10:45 News Currents 1:30 Bingo 2:45 Afternoon refresher 3:00 Saturday Cinema 3:15 One-to-one visits 8:00 Village Swingers Square Dancers
6 9:30 Friendship Visits 10:45 Sunday Service 1:30 Rockville Christian Church Service 2:15 Beverage Break 3:00 Test Your Knowledge	7 8:45 Rise & Shine! 10:30 Coffee Klatch 1:30 Quick Stretch 2:30 Mind Games 3:30 Georgetown Prep Students entertain 6:00 Sunset Pastimes	8 8:45 Wake Up! 10:30 Fitness Group 1:30 Manicures & More 2:30 Virtual vacation 3:30 Afternoon Refresher 6:00 Sunset Pastimes	9 8:45 Greet the Day! 10:30 Holiday Cinema (Preparation for Holly Ball) ! 6:00-8:00 Holly Ball	10 8:45 Morning Musings 10:00 Music with Dottie 1:30 Twinbrook Bingo 2:30 Hymn Sing 3:30 Chill & Chat 6:00 Sunset Pastimes	11 Hanukkah Begins At Sundown 8:45 Early Birds 10:30 Sit & Be Fit 10:45 Say the Rosary 2:00 John on Drums 3:00 Hot Cocoa Time 3:15 Fri. Film Fest	12 8:45 AM Group 10:45 Fun & Fit 1:30 Bingo 2:00 Students Build Gingerbread House With Residents 3:00 Saturday Cinema 3:15 One-to-one visits
13 9:30 Friendship Visits 10:45 Sunday Service 1:30 Christ Episcopal Church Service 2:45 Beverage Break 3:00 Gentle Stretch	14 8:45 Rise & Shine! 10:30 Coffee Klatch 1:30 Christmas Word-in-a-word 2:30 Stretch & Tone 3:00 Tea & talk 6:00 Sunset Pastimes	15 8:45 Wake Up! 10:30 Chair Dancing with Nancy Havlik 1:30 Word in a Word 2:30 Relax & Refresh 3:30 Reminiscing 6:00 Sunset Pastimes	16 8:45 Greet the Day! 10:00 Music with Dottie 10:45 Sit & be Fit 1:00 Bridge Club 2:00 Creative Cooking 3:00 Catholic Services 3:30 Sip & Socialize 6:00 Sunset Pastimes	17 8:45 Morning Musings 10:00 Music with Dottie 10:45 Mind Stretcher 1:30 Hanukkah Service 2:30 Hymn Sing & Bible Study 3:30 Chill & Chat 6:00 Sunset Pastimes	18 8:45 Early Birds 10:45 Music & Movement 2:00 December Birthday Party with Music by Mike Surratt 3:15 Friday Film Fest	19 8:45 AM Group 10:45 News Currents 1:30 Bingo 2:45 Afternoon Refresher 3:00 Saturday Cinema 3:15 One-to-one visits 8:00 Village Swingers Square Dancers
20 9:30 Friendship Visits 10:45 Sunday Service 1:30 Quick Stretch 2:30 Beverage Break 3:00 Trivia Tournament 4:15 Christ Episcopal School—Brownie Troop Christmas caroling	21 8:45 Rise & Shine! 10:30 Coffee Klatch 1:30 Crosswords 2:30 Move & Groove 3:30 Sip & Socialize 6:00 Sunset Pastimes	22 8:45 Wake Up! 10:30 Fitness Group 2:00 Healing Movement With Annetta S. 3:00 Express Yourself 3:30 December Trivia Challenge 6:00 Sunset Pastimes	23 8:45 Greet the Day! 10:00 Music with Dottie 2:00 Residents Holiday Wine & Cheese Party w/music of Steve Little 6:00 Sunset Pastimes	24 8:45 Morning Musings 10:00 Music with Dottie 10:45 Sit & Be Fit 1:30 Holiday Traditions & Symbols of Christmas 2:15 Seasonal Cinema— “It’s a Wonderful Life !”	25 MERRY CHRISTMAS 8:45 Early Birds 10:30 Macy’s Grand Holiday Parade Televised 1:30 Holiday Matinee	26 8:45 AM Group 10:45 Fun & Fit 1:30 Bingo 2:45 Tea & Talk 3:00 Saturday Cinema 3:15 One-to-one visits
27 9:30 Friendship Visits 10:45 Sunday Service 1:30 Play ball ! 2:30 Name your game 3:30 Residents Choice	28 8:45 Rise & Shine 10:45 Coffee Klatch 1:30 Musical Memories Sing-a-Long 3:00 Tea & Talk 6:00 Sunset Pastimes	29 8:45 Early Birds 10:30 Word in a word 1:30 Nails & Tales 2:30 Brain Games 3:00 Beverage Break 6:00	30 8:45 Greet the Day! 10:00 Music w. Dottie 10:45 Sit & Be Fit 1:00 Bridge Club 2:00 Resident Council 3:00 Afternoon Refresher 6:00 Sunset Pastimes	31 8:45 Morning Musings 10:00 Music w. Dottie 10:45 Mind Stretches 1:30 A Look Back-2009 2:00 New Year’s Eve Party- “A Class Act” 6:00 Sunset Pastimes	