

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Outings off campus are in red. * Please sign up at least 48 hours in advance. Four or more residents needed to make a trip. Fees may apply. Check page 2 for descriptions.</p> <p>Wellness Classes are in blue. No Water Aerobics during the cold months. The pool will be heated to 86 for lap swimmers and water walkers.</p>	<p>IL East Abbreviations 1st Floor DR: North Fork Dining Room CD: Cactus Den HCR: The Hewlett Community Room MKL: Morton King Library Art Studio: Ames Art Studio Chapel: Wendland Chapel WGR: Williamson Game Room 2nd Floor MGR: Moody Game Room BFC: Bonner Fitness Center</p>	<p>IL West Abbreviations- 1st Floor DR: San Gabriel Dining BT: Balcones Theatre ML: Main Lobby FR: Festival Room 2nd Floor LOR: Live Oak Room BH: Blue Hole Cyber Café LIB: Library PT: Poker Table</p>	<p>3rd Floor CGR: Chisholm Game Room CR: Chautauqua Room FC: Fitness Center</p>		<p>8:00 & 8:30 Seated Exercise/CR 1 9:00 Aerobics/BFC 12:30 Dominoes-42/CGR and CD 1:00 Mahjong/LOR 1:00 Billiard Games/ Pool Tables 1:30 Men's Domino Group/ Den 3:00 Sweet Adeline's Concert/HCR 5:45 PIP/LOR and MK Library 7:00 Movie "Crazy Rich Asians"/BT</p> <p><i>Bean Bag Baseball is cancelled for today!</i></p>	
<p>10:00 Sunday School/Chapel 2 11:15 Catholic Mass/Chapel 1:00 Mexican Train/CGR 1:30 Rummikub/WGR 2:00 The White Queen"/BT 2:00 Mah Jongg/MGR 4:00 Devotional/Chapel 6:00 Devotional/CR</p> <p><i>Symphony TRIP today! 3:15pm</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 3 9:00 Aerobics/CR 10:00 Growing Spiritually/MGR 12:30 Canasta/LOR & CD 1:00 Mah Jongg/MGR 1:00 Drawing Class/Art Studio 1:30 Chicken Foot/WGR 1:30 Balance Class/CR 2:00 Bean Bag Baseball/HCR 4:00 Artist of the Month Reception/HCR 5:45 PIP/LOR 6:00 Bridge/CGR 7:00 Movie "My Big Fat Greek"/BT 7:00 1st Monday Bunco/MGR</p> <p><i>Hearing Aid Repairs Today!</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 4 8:15 Strength /BFC 9:00 Aerobics/BFC 9:45 Stronger for Longer/BFC 10:30 Christmas Concert/HCR 10:30 W. Fitness Center Orientation/FC 1:00 Mexican Train/CGR 1:00 RAP/BFC 1:30 Balance Class/BFC 1:30 Computer Class/East Library 1:30 Acrylic Class/Art Studio 3:30 Yoga/CR 4:00 Choir Practice/CR 3:45 Putting/PG 5:45 PIP/LOR 5:45 PIP/MGR 6:00 84/LOR 7:00 Movie "Greek Wedding"/BT <i>Estrella Christmas Party Tonight!</i></p>	<p>8:00 & 8:30 Seated Exercise/ CR 5 8:30 Putting/Putting Green 9:00 Aerobics/CR 9:45 Bean Bag Baseball /CR 1:00 Sequence/Den 1:30 Balance Class/CR 1:30 Round Rock-ette's/HVR 3:00 Men's Club/Den 3:00 Tai Chi/CR 4:15 Train the Brain/HCR 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/WGR 6:30 Poker/Cactus Den 6:45 PIP/LOR <i>TRIP! Shopping Trip JC Penney's*</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 6 8:15 Strength /BFC 9:00 Aerobics/BFC 9:00 Acrylic Class/Art Studio 9:45 Stronger for Longer/BFC 12:30 Shanghai/Den 1:00Shanghai/LOR 1:00 Mexican Train/MGR 1:00 RAP/BFC 1:30BalanceBFC 1:30 Bridge/WGR 2:00 Estrella College/BT 3:00 Needles & Things/CGR 3:00 Bible Study/EPD 3:30 Yoga/CR 3:45 Putting/Putting Green 4:00 Choir Practice/CR 5:45 PIP/LOR 6:00 Bridge/CGR & MGR 7:00 "Deck the Halls"/BT <i>Bookmobile Today!</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 7 8:15 Putting/PG 9:00 Aerobics/CR 9:00 Coffee and Donuts/CC & Bistro 10:00 -11:00 Training Zone/BFC 10:00 Art Studio Meeting/Art Studio 10:00 Scrabble Challenge/LOR &MGR 1:00 Mah Jongg /LOR 1:15 Fun Bridge/MGR 1:30 Hand & Foot/WPT & WGR 1:30 Balance Class/BFC 6:00 84/LOR 6:30 Mex Train/WGR 6:30 Poker/PT and CD 7:00 Movie "Operation Finale"/BT <i>TRIP! Nimitz Museum*</i></p>	
<p>10:00 Sunday School/Chapel 9 11:15 Catholic Mass/Chapel 1:00 Mexican Train/CGR 1:30 Rummikub/WGR 2:00 The White Queen"/BT 2:00 Mah Jongg/MGR 4:00 Devotional with First United Methodist Church/ HCR 6:00 Devotional/CR</p> <p><i>TRIP! The Palace Theatre*</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 10 9:00 Aerobics/CR 10:00 Growing Spiritually/MGR 12:30 Canasta/LOR & CD 1:00 Mah Jongg/MGR 1:00 Drawing Class/Art Studio 1:30 Chicken Foot/WGR 1:30 Balance Class/CR 2:00 Bean Bag Baseball/HCR 3:15 Nurses Group/MGR 5:45 PIP/LOR 6:00 Bridge/CGR 6:00 Tech Time/Cyber 7:00 Movie "Dog Days"/BT</p>	<p>8:00 & 8:30 Seated Exercise/CR 11 8:15 Strength /BFC 9:00 Aerobics/BFC 9:45 Stronger for Longer/BFC 1:00 Mexican Train/CGR 1:00 RAP/BFC 1:30 Balance Class/BFC 1:30 Acrylic Class/Art Studio 2:00 Dining Connections/BT 3:30 Yoga/CR 3:45 Putting/Putting Green 4:00 Choir Practice/CR 5:45 PIP/LOR 5:45 PIP/MGR 6:00 84/LOR 7:00 Movie "Dog Days"/BT</p>	<p>8:00 & 8:30 Seated Exercise/ CR 12 8:30 Putting/Putting Green 9:00 Aerobics/CR 9:45 Bean Bag Baseball /CR 1:00 Sequence/Den 1:30 Balance Class/CR 2:00 Birthday & Newcomers Party/HCR 3:00 Men's Club/Den 3:00 Tai Chi/CR 4:15 Train the Brain/HCR 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/WGR 6:30 Poker/Cactus Den 6:45 PIP/LOR</p> <p><i>Blood Pressure Checks! WEST</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 13 8:15 Strength /BFC 9:00 Aerobics/BFC 9:00 Acrylic Class/Art Studio 9:45 Stronger for Longer/BFC 12:30 Shanghai/Den 1:00Shanghai/LOR 1:00 Mexican Train/MGR 1:00 RAP/BFC 1:30 Balance Barre/BFC 1:30 Bridge/WGR 2:00 Sassy Ladies Show/HCR 2:00 Estrella College/BT 3:00 Bible Study/EPD 3:30 Yoga/CR 3:45 Putting/Putting Green 5:45 PIP/LOR 6:00 Bridge/CGR / MGR 7:00 "Love the Coopers"/BT <i>TRIP! Assisted Living*</i> <i>Blood Pressure Checks Today! EAST</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 14 8:30 Putting /PG 9:00 Aerobics/CR 10:00 Training Zone/BFC 10:00 Scrabble Challenge/LOR &MGR 1:00 Mah Jongg/LOR 1:00 Partners Bridge/MGR 1:30 McCoy Elementary Concert/HCR 1:30 Balance Class/BFC 1:30 Hand and Foot/WPT & WGR 4:00 Happiness Hour/HCR 5:45 PIP/LOR 6:00 84/LOR 6:30 Poker/PT and CD 6:30 Mex Train/WGR 6:30 Left/Right/Center/HCR 7:00 Movie "God Bless the Broken Road"/BT</p> <p><i>Aerobics & Bean Bag are cancelled for today!</i></p>	
<p>10:00 Sunday School/Chapel 16 11:15 Catholic Mass/Chapel 1:00 Mexican Train/CGR 1:30 Rummikub/WGR 2:00 The White Queen"/BT 2:00 Mah Jongg/MGR 4:00 Devotional/Chapel 6:00 Devotional/CR</p>	<p>8:00 & 8:30 Seated Exercise/CR 17 9:00 Aerobics/CR 10:00 Growing Spiritually/MGR 12:30 Canasta/LOR &CD 1:00 Mah Jongg/MGR 1:00 Drawing Class/Art Studio 1:30 Balance Class/CR 1:30 Chicken Foot/WGR 2:00 Bean Bag Baseball/HCR 4:00 Ladies Group/MGR 5:45 PIP/LOR 6:00 Bridge/CGR 7:00 Movie "Mission Impossible"/BT</p> <p><i>TRIP! Christmas Lights*</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 18 8:15 Strength /BFC 9:00 Aerobics/BFC 9:45 Stronger for Longer/BFC 10:00 Estrella Choral Concert/CR 1:00 Mexican Train/CGR 1:30 Men's Domino Group/Cactus Den 1:00 RAP/BFC 1:30 Balance Class/BFC 1:30 Computer Class/East Library 2:00 Estrella Choral Concert/CR 3:30 Yoga/CR 3:45 Putting/Putting Green 5:45 PIP/LOR 5:45 PIP/MGR 6:00 Tech Time/East Library 6:00 84/LOR 7:00 Movie "Mission Impossible"/BT</p>	<p>8:00 & 8:30 Seated Exercise/ CR 19 8:30 Putting/Putting Green 9:00 Aerobics/CR 9:45 Bean Bag Baseball /CR 1:00 Sequence/Den 1:30 Balance Class/CR 2:00 Gingerbread Houses with Carol/ East DR 3:00 Men's Club/Den 3:00 Tai Chi/CR 4:15 Train the Brain/HCR 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/WGR 6:30 Poker/Cactus Den 6:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 20 8:15 Strength /BFC 9:00 Aerobics/BFC 9:45 Stronger for Longer/BFC 10:30 Book Club/MGR 12:30 Shanghai/Den 1:00 Shanghai/LOR 1:00 Mexican Train/MGR 1:00 RAP/BFC 1:30 Balance Barre/BFC 1:30 Bridge/WGR 2:00 Town Hall/HCR 3:00 Bible Study/EPD 3:30 Yoga/CR 3:45 Putting/Putting Green 5:45 PIP/LOR 6:00 Bridge/CGR / MGR 7:00 "Miracle on 31st Street"/BT</p> <p><i>Bookmobile Today!</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 21 8:30 Putting /PG 9:00 Aerobics/CR 10:00 Scrabble Challenge/LOR &MGR 1:15 Fun Bridge/MGR 1:00 Mah Jongg /LOR 1:30 Hand and Foot/ WPT & WGR 2:30 Virtual Explorer Group/BT 5:30 Special Piano Music/West DR 5:45 PIP/LOR 6:00 84/LOR 6:30 Poker/PT and CD 7:00 Movie "Little Women"/BT</p>	
<p>23/30 10:00 Sunday School/Chapel 11:15 Catholic Mass/Chapel 1:00 Mexican Train/CGR 1:30 Rummikub/WGR 2:00 The White Queen"/BT 2:00 Mah Jongg/MGR 4:00 Devotional/Chapel 6:00 Devotional/CR</p>	<p>8:00 & 8:30 Seated Exercise/CR 24/31 <i>Instructor Lead Fitness Classes are cancelled for today!</i> 12:30 Canasta/LOR&CD 1:00 Mah Jongg/MGR 1:30 Chicken Foot/WGR 5:45 PIP/LOR 6:00 Bridge/CGR 7:00 Movie "White Christmas"/BT</p> <p>8:00 & 8:30 Seated Exercise/CR 31 <i>Instructor Lead Fitness Classes are cancelled for today!</i> 2:00 New Years Eve Concert/HCR 7:00 "My Big Fat Greek Wedding 2"/BT</p>	<p>5:45 PIP/LOR 5:45 PIP/MGR 6:00 84/LOR 7:00 Movie "White Christmas"/BT</p> 	<p>8:00 & 8:30 Seated Exercise/ CR 26 8:30 Putting/Putting Green 1:00 Sequence/Den 3:00 Men's Club/Den 3:00 Tai Chi/CR 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/WGR 6:30 Poker/Cactus Den 6:45 PIP/LOR</p> <p><i>Blood Pressure Checks! WEST</i></p> <p><i>Instructor Lead Fitness Classes are cancelled for today!</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 27 8:15 Strength /BFC 9:00 Aerobics/BFC 9:45 Stronger for Longer/BFC 12:30 Shanghai/Den 1:00Shanghai/LOR 1:00 Mexican Train/MGR 1:00 RAP/BFC 1:30BalanceBFC 1:30 1:30 Bridge/WGR 3:00 Needles & Things/CGR 3:00 Bible Study/EPD 3:30 Yoga/CR 3:45 Putting/PG 5:45 PIP/LOR 6:00 Bridge/CGR & MGR 7:00 "After the Thin Man"/BT</p> <p><i>Blood Pressure Checks Today! EAST</i></p>	<p>8:00 & 8:30 Seated Exercise/CR 28 8:15 Putting/PG 9:00 Aerobics/CR 10:00 -11:00 Training Zone/BFC 10:00 Scrabble Challenge/LOR &MGR 1:00 Mah Jongg /LOR 1:00 Partners Bridge/MGR 1:30 Hand & Foot/WPT & WGR 1:30 Balance Class/BFC 4:00 Happiness Hour/HCR 6:00 84/LOR 6:30 Mex Train/WGR 6:30 Left/Right/Center/HCR 6:30 Poker/PT and CD 7:00 Movie "The Guernsey Literary"</p> <p><i>Lunch Bunch Road Trip!</i></p>	