

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR - Activity Room CR – Club Room L – Lobby SP - Smith & Porter T – Terraces Common Area Z – Zoom link			Life Enrichment Team: Mubarik Ibrahim Aesch Lengstorf Brandyn Liebe events@abiitan.org *all activities are subject to change		1 9:00 AM - Z Refresh/Reset w/ Amanda 11:00 AM - AR History with Ethan: Latin America & Israel 2:00 PM - T Bridge Club 3:30/7:00 PM - AR Foreign Film: Rules of the Game (France) 4:00 PM - T Resident Happy Hour	2 1:00 PM - L Nordic Walking 3:30/7:00 PM - AR Box Office: Reality (2023)
3 4:00 PM - AR Sunday at the Met: La Cenerentola	4 9:30 AM - T Above & Beyond Exercise 10:30 AM - AR Big Questions with Jon P 1:00 PM - CR Caregiver Support Group w/ Chaplain Michael 3:00 PM - T Heart of Dance 3:30/7 PM - AR Series: Lessons in Chemistry (Ep. 3-4) 4:00 PM - T Resident Happy Hour	5 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 12:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 3:30/7 PM - AR Documentary: Brian Wilson: Long Promised Road 4:00 PM - T Men's Social Hour	6 9:15 AM - Z G-Werx Vitality Session 10:30 AM - L Grocery Run 11:30 AM - T Tech Time 1:30 PM - AR What's Your Story? 4:00 PM - T Women's Happy Hour	Happy Hanukkah! 7 9:00 AM - AR Yoga – FULL 2:30 PM - AR Marvelous Musicians w/ Andrea Leap 3:00 PM - T Heart of Dance 3:30/7 PM - AR Classic Film: The Shop Around the Corner 4:00 PM - T Resident Happy Hour 6:30 PM - CR Resident Game Night	8 9:00 AM - Z Refresh/Reset w/ Amanda 2:00 PM - T Bridge Club 3:30/7:00 PM - AR Foreign Film: Scrapper (United Kingdom) 4:00 PM - T Resident Happy Hour	9 1:00 PM - L Nordic Walking 3:30/7:00 PM - AR Box Office: A Thousand and One (2023)
10 4:00 PM - AR Sunday at the Met: Champion	11 9:30 AM - T Above & Beyond Exercise 10:30 AM - AR Big Questions with Jon P 1:00 PM - CR Caregiver Support Group 3:00 PM - T Heart of Dance 3:30/7 PM - AR Series: Lessons in Chemistry (Ep. 5-6) 4:00 PM - T Resident Happy Hour	12 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 12:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 2:00 PM - T Singalong with Andrea Leap 3:30/7 PM - AR Documentary: Changing the Game 4:00 PM - T Men's Social Hour	13 9:15 AM - Z G-Werx Vitality Session 10:30 AM - L Grocery Run 11:30 AM - T Tech Time 2:00 PM - AR Tannenbaum Textures Paint & Sip w/Aesch 4:00 PM - T Women's Happy Hour	14 9:00 AM - AR Yoga – FULL 1:15 PM - L High Tea at Lowell Inn 3:00 PM - T Heart of Dance 3:30/7 PM - AR Classic Film: Die Hard (1988) 4:00 PM - T Resident Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	15 9:00 AM - Z Refresh/Reset w/ Amanda 11:00 AM - AR History w/ Ethan: Latin America & Israel Pt. 2 2:00 PM - T Bridge Club 3:30/7:00 PM - AR Foreign Film: 7 Women and a Murder (Italy) 4:00 PM - T Resident Happy Hour	16 1:00 PM - L Nordic Walking 3:30/7:00 PM - AR Box Office: May December (2023)
17 4:00 PM - AR Sunday at the Met: Werther	18 9:30 AM - T Above & Beyond 10:30 AM - AR Big Questions with Jon P 1:00 PM - CR Caregiver Support Group w/ Chaplain Michael 2:30 PM - AR Nutrition with Sharon: "Deciphering and Using Food Labels" 3:30/7 PM - AR Series: Lessons in Chemistry (Ep. 7-8) 4:00 PM - T Holiday Swing and Sing!	19 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 12:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 2:00 PM - AR History of the Theater with Guthrie's Carla Steen 3:30/7 PM - AR Documentary: Maxine's Baby: The Tyler Perry Story 4:00 PM - T Men's Social Hour	20 9:15 AM - Z G-Werx Vitality Session 10:30 AM - L Grocery Run 11:30 AM - T Tech Time 1:30 PM - AR What's Your Story? 4:00 PM - T Women's Happy Hour	21 9:00 AM - AR Yoga – FULL 2:30 PM - AR Marvelous Musicians w/ Andrea Leap 3:30/7 PM - AR Classic Film: It's a Wonderful Life (1946) 4:00 PM - T Resident Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	22 9:00 AM - Z Refresh/Reset w/ Amanda 2:00 PM - T Bridge Club 3:30/7:00 PM - AR Foreign Film: Quo Vadis, Aida? (Bosnia) 4:00 PM - T Resident Happy Hour	23 1:00 PM - L Nordic Walking 3:30/7:00 PM - AR Box Office: The Holdovers (2023)
24 4:00 PM - AR Sunday at the Met: Hansel and Gretel	Merry Christmas! 25 3:30/7 PM - AR Series: (NEW!) New Tricks (S1 ep. 1)	26 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 12:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 3:00 PM - CR Resident Council Meeting 3:30/7 PM - AR Documentary: Silver Dollar Road 4:00 PM - T Men's Social Hour	27 9:15 AM - Z G-Werx Vitality Session 10:30 AM - L Grocery Run 4:00 PM - CR Book Club: Classic book of your choice. 4:00 PM - T Women's Happy Hour	28 9:00 AM - AR Yoga – FULL 3:30/7 PM - AR Classic Film: Holiday Inn (1942) 4:00 PM - T Resident Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	29 9:00 AM - Z Refresh/Reset w/ Amanda 2:00 PM - T Bridge Club 3:30/7:00 PM - AR Foreign Film: Runs in the Family (South Africa) 4:00 PM - T Resident Happy Hour	30 1:00 PM - L Nordic Walking 3:30/7:00 PM - AR Box Office: BlackBerry (2023)
31 4:00 PM - AR Sunday at the Met: New Year's Eve Gala 6:00 PM - CR New Years Eve Party!						