

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
11:00 Westminster Presbyterian Livestream -MCR 1:00 Drop in Rummikub-M 2:00 Movie Miracle on 34 th St. 2FL 3:30 Hymn Sing – MCR 6:15 – Christmas Carols w/ Westminster Presbyterian - P	10:30- Exercise w/Tatiyann-F 1:00- Relaxation and Reflection w/ Heidi- MCR 1:30-Dance Fitness Club w/ Katie-F 2:00- BINGO- B 3:15-Trivia Club-MCR 6:00-Devotion Group- MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 1:00-Seated Volleyball - B 2:00-Art Club-M 3:15- Israeli Dance- B 5:00- Holiday Card Writing w/ Val -M	10:30- Exercise w/ Ashley- F 1:15- Scenic Drive** 1:30 Rhymes & Riddles- MCR 2:00-Interactive Video-MCR 3:15- Travel Club- MCR 5:30 Fireside Happy Hour-P	10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 11:45- Flower Arranging Committee- M 1:00- Wii Bowling Club- 2FI 1:00-Culinary Committee-MCR 2:00- Music Therapy - B 3:00 Tree Trimming and Egnog Social	10:00- Zoom Exercise w/ Bruce 1:00- Holiday Traditions around the World - MCR 2:00- BINGO- B 3:15- Current Events -MCR 6:00- Movie: “Miracle on 34 th St.” -2FL	10:00-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles-M 3:00-Drop in Rummikub– M 3:00 Holiday Music w/ Vanderbilt Harmonies Group - P 6:00-Movie Miracle on 34 th
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:30 Music with Dena - P 3:30 Hymn Sing – MCR 6:00 Movie: It’s a Wonderful Life 2FL	10:30- Exercise w/ -F 1:00- Relaxation and Reflection w/ Heidi- MCR 1:30-Dance Fitness Club with Katie-F 2:00- BINGO- B 3:15-Trivia Club-MCR 6:00-Devotion Group- MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 1:00- Seated Volleyball - B 2:00- Cocktails w/ RJ- M 3:15- Israeli Dance- B 6:30 Barber Shop Quartet - P	10:30- Exercise w/ Ashley- F 1:15- Scenic Drive** 1:30 Art Appreciation-MCR 2:00-Interactive Video-MCR 3:15- Travel Club- MCR 5:30 Fireside Happy Hour-P 6:00- Holiday Tunes with Bill Sleeter Trio- B	10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 11:45- Flower Arranging- M 1:00- Wii Bowling Club- 2FI 1:00 Afternoon Gathering-MCR 2:00- Music Therapy - B 3:15- Christmas Caroling w/ 1st Baptist Nashville - B 4:00-Wine & Cheese- P	10:00- Zoom Exercise w/ Bruce 1:00- Holiday Traditions around the World - MCR 2:00- BINGO- B 3:00 Resident Christmas Party with Holiday Bluegrass by Rachel Baiman - B 6:00- Movie: “Christmas Vacation” -2FL	10:30-Drum Aerobics-B 1:15-Drop in Rummikub-M 2:00-Hot Chocolate Bar-M 3:15-Christmas Crafts-MCR 6:00-Movie: “Christmas Vacation”- 2FL
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Movie Christmas Vacation 2FL 3:30 Hymn Sing- MCR 5:00 Hanukkah Music - P	10:30- Exercise w/ -F 1:00- Relaxation and Reflection w/ Heidi- MCR 1:30-Dance Fitness Club with Katie-F 2:00- BINGO- B 3:15- Trivia Club-MCR 6:00-Devotion Group- MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan-F 10:30 2FL Room Visits 1:00- Seated Volleyball - B 2:00-Art Club-M 3:15- Israeli Dance- M 5:00- Birthday Dinner- B	10:30- Exercise w/ Ashley- F 1:15- Scenic Drive** 1:30 “It Happened in December Trivia”-MCR 2:00-Wine Tasting w/ Courtney- B 3:15- December Jam Session 5:30-Fireside Happy Hour-P	10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 11:45- Flower Arranging- M 1:00- Holiday Door Decorating Contest voting - M 1:00 Afternoon Gathering-MCR 2:00- Music Therapy- B 3:00 Town Hall- B 4:00- Wine & Cheese- P	10:00- Zoom Exercise w/ Bruce 10:30- Communion w/ Episcopal Church- MCR 1:00- Daily Chronicle-MCR 2:00- BINGO- B 3:15- Current Events - MCR 6:00- Movie: “A Christmas Carol” -2FL	10:00-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles-M 3:00 Drop in Rummikub– M 6:00 Movie: “A Christmas Carol”- 2FL
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Movie A Christmas Carol 2FL 3:30 Hymn Sing - MCR	10:30- Exercise w/ -F 1:00- Virtual Meditation-MCR 1:30-Dance Fitness Club w/ Katie-F 2:00- BINGO- B 3:15- Trivia Club-MCR 6:00-Devotion Group- MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 1:00- Seated Volleyball - B 2:00- Cocktails w/ RJ 3:15- Israeli Dance- B	10:30- Exercise w/ Ashley- F 1:15- Scenic Drive** 1:30 “Old Wives Tales”-MCR 2:00-Interactive Video-MCR 3:15- Travel Club- MCR 5:30-Fireside Happy Hour-P	10:30- Exercise w/ Joan- F 10:30 2FL Room Visits 11:45- Flower Arranging Committee- M 1:00- Wii Bowling Club- 2FI 1:00 Afternoon Gathering-MCR 2:00- Music Therapy- B 3:15-Jeopardy-MCR 4:00- Wine & Cheese- P	10:00- Zoom Exercise w/ Bruce- B 1:00-Daily Chronicle-MCR 2:00- BINGO- B 3:15- Current Events - MCR 6:00- Movie: “Where the Crawdads Sing”-2FL	10:00 Hot Cocoa Bar & Conversations – M 1:00 Word Puzzles- M 3:00 Drop in Rummikub-M 4:00-5:00- NYE Countdown to 5:00 Party- P 6:00 Movie Where the Crawdads Sing 2FL

Christmas
Boxing Day (Canada) Kwanzaa Begins
New Year's Eve

Please check the daily schedules located on each floor and on the elevators for the most up to date info. **Must Sign Up by Mail Room Pet and Music Therapy Offered Weekly