







PLEASE NOTE:

Events are subject to change. Please check the weekly calendar for updated information.

An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>1:45 PM TRANSPORTATION*: Sounds of the Season <i>WAY</i></p> <p>3:30 PM SPECIAL PERFORMANCE: Yasrah Studio Student Recital <i>PAC</i></p>	<p>2</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>3</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics & Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>3:30 PM Resident Tree Trimming Party <i>PAC</i></p>	<p>4</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: Grieving through the Holidays <i>CH</i></p> <p>4:00 PM SPECIAL PRESENTATION: Showcase & Beale St. Note for Berl Olswanger <i>PAC</i></p> <p>6:00 PM Birthday Night at Trezevant <i>SDR</i></p>	<p>5</p> <p>9:00 AM-4:00 PM Dottie's Digs' <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>3:00 PM Sewing Circle <i>CR 310</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM Christmas Classics with Paul Morphis <i>PAC</i></p> 	<p>6</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>1:30 PM VOLUNTEER*: Church Health to address Christmas cards <i>ECR</i></p> <p>2:00 PM MOVIE: Christmas in Connecticut (G, 1945, 4.5*, 1h41m) <i>PAC</i></p> <p>5:30 PM TGIFT! with Candace Mache <i>PAC</i></p>	<p>7</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Prancer (G, 1989, 5*, 1h43m) <i>PAC</i></p> 
<p>8</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Arthur's Whiskey (PG-13, 2024, 4*, 1h35m) <i>PAC</i></p> 	<p>9</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>10</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics & Balance <i>PAC</i></p> <p>10:00 AM Sewing Circle <i>CR 310</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> 	<p>11</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>3:00 PM Choir Rehearsal for Christmas Carol Party <i>CH</i></p> <p>5:30 PM Independent Living & Assisted Living Christmas Party <i>PAC/SDR/Bistro/Lobby/Main Street</i></p>	<p>12</p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>13</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>1:00 PM Hourly Emp Christmas Party <i>SDR</i></p> <p>2:00 PM MOVIE: The Shop Around the Corner (PG-13, 1940, 4.5*, 1h38m) <i>PAC</i></p> <p>5:30 PM Dinner with music by Daryl Jones (Instrumental Soul) <i>SDR</i></p> 	<p>14</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Bridget Jones's Diary (R, 2001, 4.5*, 1h32m) <i>PAC</i></p> <p>5:00 PM SATURDAY MUSIC HOUR: Joyce Cobb & Friends Christmas Show <i>PAC</i></p>
<p>15</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: The Boy in the Woods (PG-13, 2024, 4.5*, 1h40m) <i>PAC</i></p> <p>4:00 PM SPECIAL PRESENTATION: The Dubois Duo <i>MR</i></p> 	<p>16</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM TAPESTRY EVENT: The Great Decision, Iceland <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM SPECIAL PERFORMANCE: Artists-in-Residence Holiday Concert <i>PAC</i></p>	<p>17</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics & Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:30 AM IFF Club Holiday Luncheon <i>Bistro</i></p> <p>4:00 PM Idlewild Communion Service <i>CH</i></p>	<p>18</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Mass <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>3:00 PM Christmas Carols Community Hymn Sing Celebration <i>PAC</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p>	<p>19</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>3:30 PM Tour of Trezevant Christmas Decorations <i>ManorLobby</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>20</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM FILM FEST: Bringing Up Baby with Steve Ross <i>PAC</i></p> <p>5:30 PM Dinner with music by Henry Booker <i>SDR</i></p> <p>7:15 PM SPECIAL PERFORMANCE: The Boomers with Mr. & Mrs. Claus <i>PAC</i></p>	<p>21</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Trading Places (R, 1983, 5*, 1h51m) <i>PAC</i></p> <p>6:45 PM TRANSPORTATION: MSO Magic of Memphis (for ticketholders) <i>WAY</i></p>
<p>22</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>4:00 PM SPECIAL PRESENTATION: Cornfoot & Easterly <i>PAC</i></p>	<p>23</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>CH</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>4:00 PM Lessons & Carols <i>CH</i></p> <p>5:00 PM Happy Hour <i>BISTRO</i></p> 	<p>24 CHRISTMAS EVE</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> 	<p>25 CHRISTMAS DAY</p> <p>HOLIDAY LUNCHEON SEATINGS</p> <p>11:00 AM - 12:30 PM OR</p> <p>12:30 - 2:00 PM</p> <p>Call 251-9212 for reservations.</p> 	<p>26</p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>27</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM MOVIE: Ocean's 11 (PG-13, 1961, 4.5*, 2h7m) <i>PAC</i></p> <p>5:00 PM TGIFT! with Bobby Lawson (Oldies) <i>MR</i></p> 	<p>28</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: The Age of Adaline (PG-13, 2015, 4.5*, 1h48m) <i>PAC</i></p> <p>5:30 PM Dinner with music by Tim Stanek (Oldies) <i>SDR</i></p>
<p>29</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: An Affair to Remember (PG, 1957, 5*, 1h54m) <i>PAC</i></p> 	<p>30</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>31 NEW YEAR'S EVE</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics & Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>7:00-9:00 PM NEW YEAR'S EVE CHAMPAGNE, DESSERTS & DANCING WITH JOYCE COBB & FRIENDS <i>SDR</i></p>	<p>Dr. Warren's Clinic Hours</p> <p>Wed., December 4</p> <p>Tue, December 10</p> <p>Wed, December 18</p> <p>Tue, December 31</p> <p>12:30 p.m. - 3:30 p.m.</p>		<p>LOCATION KEY</p> <p>G1-Garage 1st Floor</p> <p>201-Fitness Room</p> <p>310-Club Room 310</p> <p>AC-Aquatic Center</p> <p>CH-St. Edward Chapel</p> <p>GAL-Gallery Dining Room</p> <p>HPL-Highland Parking Entrance</p> <p>MR-Music Room</p> <p>MWW-Manor Walkway</p> <p>PAC-Performing Arts Center</p> <p>SDR-Snowden Dining Room</p> <p>TT-Terrace Tearoom</p> <p>TWW-Terrace Walkway</p> <p>WAY-Waynoka Entrance</p>	

