

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>1</p> <p>11:00 Church Services (CH) 2:30 <i>Matinee Movie: Home Alone -DVD (MT)</i> 3:00 Trivia w/ Dick L. (FR) 3:45 Fireplace Movie (FR) 4:00 1 on 1 Walkabout w/ Staff (Sign up in Vitality office)</p>	<p>2</p> <p>10:00 Dominos (FR) 10:00 Chair Yoga w/ Lisa (CR) 10:30 Seated Volleyball (FR) 12:30 Craft w/ Gwyn - Poinsettia Greeting Cards (FR) 2:00 Finish the Phrase (FR) 3:00 Brain Games (FR) 3:30 Wii Bowling (FR) 4:00 Giant Jenga (FR) 5:00 Carlos's Choice FP Movie (FR)</p>	<p>3</p> <p>9:00 One on Ones 10:00 Words in Words (FR) 10:45 Seated Exercise Class (FR) 11:00 Blood Pressure Check w/ Age Right (MT) 11:15 Uno Card Game (FR) 1:00 Ladies Bible Study (CR) 2:30 Caroling w/ Gabe Labovitz 3:45 Pictionary (FR) 5:00 Fireplace Movie (FR) * NO BINGO TODAY</p>	<p>4</p> <p>10:00 Music We Love (FR) 10:45 Seated Exercise Class (FR) 11:00 Docuseries: 'My Love: Six Stories of True Love' - USA ep.1 (MT) 11:30 Icebreakers (FR) 1:30 Balloon Toss (FR) 1:30 Midweek Pick Me Up w/ C.Dennis (CH) 2:00 Painting with Brian (CR) 3:15 Beginner Wii Bowling (FR) 5:00 Fireplace Movie (FR) 7:00 Midweek Devotional Service (CH)</p>	<p>5</p> <p>9:00 One on Ones 10:00 Categories (FR) 10:45 Seated Exercise Class (FR) 11:30 Brain Games (FR) 1:00 Sight Loss Discussion Group (AS) 1:30 Women's Discussion Group (CR) 2:30 Bingo (DR) 3:45 'Shut the Box' Game (FR) 5:00 Tony's Choice FP Movie (FR) 7:00 Salvation Army Band (DR)</p>	<p>6</p> <p>10:00 Excursion: Trader Joe's (Sign up 2nd floor RA Vitality, \$ needed) 10:30 Prayer Meeting (CH) 10:45 Seated Exercise Class (FR) 11:00 Standing Balance / Stretch Class (CR) 12:00 General Store (DR) 12:45 Scenic Drive (sign up) 1:00 Collaborative Holiday Art Project (FP) 2:30 Performance w/ Ava Wynne (DR) 3:45 Wii Bowling (FR) 5:00 Fireplace Movie (FR)</p>	<p>7</p> <p>Activity Packets 11:00 Church Service (CH) 1:00 Beginners Wii Sports (FR) 2:30 Reliving Radio w/ Dick Karman (Pearl Harbor Special) (DR) 3:45 Fireplace Movie (FR) 4:00 One on One Visits</p>		
<p>8</p> <p>11:00 Church Service (CH) 2:30 <i>Matinee Movie: A Christmas Carol- DVD (MT)</i> 3:00 This or That (FR) 3:45 Fireplace Movie (FR) 4:00 1 on 1 Walkabout w/ Staff (Sign up in the Vitality office)</p>	<p>9</p> <p>10:00 Dominos (FR) 10:00 Tai Chi (CR) 10:30 Seated Volleyball (FR) 12:30 Craft w/Gwyn - Puzzle Wreaths (FR) 3:30 Wii Bowling (FR) 4:00 Family Feud (FR) 5:00 Carlos's Choice FP Movie (FR) 7:00 Performance: Dicken's Carolers (DR)</p>	<p>10</p> <p>9:00 One on Ones 10:00 Words in Words (FR) 10:45 Seated Exercise Class (FR) 11:15 Rummikub(FR) 1:00 Ladies Bible Study (CR) 2:00 Trivia (DR) 2:30 Bingo (DR) 3:45 Pictionary (FR) 5:00 Fireplace Movie (FR) 7:00 Performance: Happy Valley High School Orchestra (DR)</p>	<p>11</p> <p>10:00 Music We Love (FR) 10:45 Seated Exercise Class (FR) 11:00 Docuseries: 'My Love: Six Stories of True Love' - Spain ep. 2 (MT) 11:30 Ice Breakers (FR) 1:00 History Presentation with Darrell Jabin (BR) 1:30 Midweek Pick Me Up w/C. Dennis (CH) 3:15 Beginner Wii Bowling (FR) 5:00 Fireplace Movie (FR) 7:00 Midweek Devotional Service (CH)</p>	<p>12</p> <p>9:00 One on Ones 10:00 Categories (FR) 10:30 Lutheran Worship Service (CH) 10:45 Seated Exercise Class (FR) 11:30 Brain Games (FR) 1:30 Remembering the Holidays - Social (FR) 1:30 Women's Discussion Group (CR) 2:30 Bingo (DR) 3:45 LOL- Laugh Out Loud (FR) 5:00 Tony's Choice FP Movie (FR)</p>	<p>13</p> <p>10:00 1 on 1 Walkabout w/ Staff 10:30 Prayer Meeting (CH) 10:45 Seated Exercise Class (FR) 12:00 Catholic Mass (CH) 12:00 General Store (DR) 12:45 Scenic Drive (sign up) 1:00 Collaborative Holiday Art Project (FP) 2:30 Performance w/ Larry Wilder (DR) 3:45 Wii Bowling (FR) 5:00 Fireplace Movie (FR)</p>	<p>14</p> <p>Activity Packets 11:00 Church Service (CH) 1:00 Boggle- Word Game (FR) 2:30 Sing Along w/ C. Dennis (FR) 3:45 Fireplace Movie (FR) 4:00 One on One Visits</p>		
<p>15</p> <p>11:00 Church Service (CH) 2:30 <i>Matinee Movie: Holiday Inn - DVD (MT)</i> 3:00 Trivia w/ Dick L. (FR) 3:45 Fireplace Movie (FR) 4:00 1 on 1 Walkabout w/ Staff (Sign up in Vitality office)</p>	<p>16</p> <p>10:00 Chair Yoga w/ Lisa (CR) 10:00 Dominos(FR) 10:30 Seated Volleyball (FR) 12:30 Craft w/ Gwyn - Rene Magritte "Doves" (FR) 2:00 Meet Your Neighbors Social (FR) 3:00 Brain Games 3:30 Wii Bowling (FR) 4:00 Giant Jenga (FR) 5:00 Carlos's Choice FP Movie (FR) 7:00 Performance: Happy Valley Middle School Orchestra (DR)</p>	<p>17</p> <p>9:00 One on Ones 10:00 Words in Words(FR) 10:45 Seated Exercise Class (FR) 11:00 Blood Pressure Check w/ Age Right (MT) 11:15 Uno Card Game (FR) 1:00 Ladies Bible Study (CR) 2:00 Trivia (DR) 2:30 Bingo (DR) 3:45 Pictionary (FR) 5:00 Fireplace Movie (FR)</p>	<p>18</p> <p>10:00 Music We Love (FR) 10:45 Seated Exercise Class (FR) 11:00 Docuseries: 'My Love: Six Stories of True Love' - Japan ep.3 (MT) 11:30 Icebreakers(FR) 1:30 Scattergories (FR) 1:30 Midweek Pick Me Up w/ C. Dennis (CH) 2:30 RA Town Hall (DR) 3:30 Beginner Wii Bowling (FR) 5:00 Fireplace Movie (FR) 7:00 Midweek Devotional Service (CH) 7:00 Christmas Lights Night Drive (Sign up in Vitality office 2nd floor RA)</p>	<p>19</p> <p>9:00 One on Ones 10:00 Categories (FR) 10:45 Seated Exercise Class (FR) 11:30 Brain Games (FR) 1:00 Armchair Travel w/ Barb and Staff to the Philippines (FR) 1:30 Women's Discussion Group (CR) 2:30 Bingo (DR) 3:45 'Shut the Box' Game (FR) 5:00 Tony's Choice FP Movie (FR)f</p>	<p>20</p> <p>10:30 Prayer Meeting (CH) 11:00 Seated Balance/ Stretch Class (FR) 12:00 General Store (DR) 12:45 Scenic Drive (sign up) 2:30 Popcorn on the GO! (DR) 3:45 Wii Bowling (FR) 5:00 Fireplace Movie (FR)</p>	<p>21</p> <p>Activity Packets 11:00 Church Service (CH) 1:00 Beginners Wii Sports (FR) 1:15 Giant Jenga (FR) 3:00 Apples to Apples (FR) 3:45 Fireplace Movie (FR) 4:00 One on One Visits</p>		
<p>22</p> <p>11:00 Church Service (CH) 2:30 <i>Matinee Movie: Journey to Bethlehem (MT)</i> 3:00 This or That (FR) 3:45 Fireplace Movie (FR) 4:00 1 on 1 Walkabout w/ Staff (Sign up in Vitality office)</p>	<p>23</p> <p>10:00 Dominos (FR) 10:00 Tai Chi (CR) 10:30 Seated Volleyball (FR) 12:30 Craft w/ Gwyn - Trees (FR) 2:00 Holiday Short Story Readings w/ Mary (FR) 3:00 Finish the Phrase (FR) 3:30 Wii Bowling (FR) 4:00 Family Feud (FR) 5:00 Carlos's Choice FP Movie (FR)</p>	<p>24</p> <p>Christmas Eve 9:00 One on Ones 10:00 Words in Words (FR) 10:45 Seated Exercise Class (FR) 11:15 Rummikub (FR) 1:00 Ladies Bible Study (CR) 2:00 Holiday Trivia "Yule Never Guess" (DR) 2:30 Bingo (DR) 3:45 Pictionary (FR) 5:00 Fireplace Movie (FR)</p>	<p>25</p> <p>Christmas Day and the first day of Hanukkah 10:00 Music We Love (FR) 11:00 Docuseries: 'My Love: Six Stories of True Love' - Korea ep.4 (MT) 11:30 One on Ones (FR) 2:45 Fireplace Movie (FR) 7:00 Midweek Devotional Service (CH) Vitality Center Closed for Holiday</p>	<p>26</p> <p>9:00 One on Ones 10:00 Categories (FR) 10:45 Seated Exercise Class (FR) 11:30 Brain Games (FR) 1:30 Women's Discussion Group (CR) 2:30 Bingo (DR) 3:45 LOL- Laugh Out Loud (FR) 5:00 Tony's Choice FP Movie (FR)</p>	<p>27</p> <p>10:00 Excursion: Breakfast Club (sign up/\$) 10:30 Prayer Meeting (CH) 10:45 Seated Exercise Class (FR) 12:00 Catholic Communion (CH) 12:00 General Store (DR) 12:45 Scenic Drive (sign up) 1:00 Tech w/ Oliver (AS) 2:30 Performance w/ Mollie Paige(DR) 3:45 Wii Bowling (FR) 5:00 Fireplace Movie (FR)</p>	<p>28</p> <p>Activity Packets 11:00 Church Service (CH) 1:00 Boggle- Word Game (FR) 3:00 Karaoke/ Sing Along (FR) 3:45 Fireplace Movie (FR) 4:00 One on One Visits</p>		
<p>29</p> <p>11:00 Church Service (CH) 2:30 <i>Matinee Movie: American Factory (MT)</i> 3:00 Trivia w/ Dick L. (FR) 3:45 Fireplace Movie (FR) 4:00 1 on 1 Walkabout w/ Staff (Sign up in Vitality office)</p>	<p>30</p> <p>10:00 Dominos (FR) 10:30 Seated Volleyball (FR) 12:30 Craft w/ Gwyn - Beads and More (FR) 2:00 Finish the Phrase (FR) 3:00 Brain Games (FR) 3:30 Wii Bowling (FR) 4:00 Giant Jenga (FR) 5:00 Carlos's Choice FP Movie (FR)</p>	<p>31</p> <p>New Year's Eve 9:00 One on Ones 10:00 Words in Words (FR) 10:45 Seated Exercise Class (FR) 11:15 Uno Card Game (FR) 1:00 Ladies Bible Study (CR) 1:00 NYE Ice Cream Social (FR) 2:00 Trivia (DR) 2:30 Bingo (DR) 5:00 Fireplace Movie (FR)</p>	<p>December Royal Anne 10610 SE Clay St. Portland, OR 97216 Location Key: AS- Art Studio, BR- Board Room, CR- Community Room, FR- Fireplace Room, DR- Dining Room, CH- Chapel, MT- Movie Theater, VSG- Village Square Green, P- Patio RED- Presentations and Crafts BLUE- Performance and Excursions</p>					



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