

Friday, December 1	Saturday, December 2
<p><u>9:00 am –10:30 am</u> Play Ping Pong—TWS</p> <p><u>9:00 am & 9:45 am</u> Water Fitness Class– SP</p> <p><u>10:00 am</u> Watercolor—TCAS Sign up required</p> <p><u>10:00 am –3:00 pm</u> Designer Direct: Fireside Lounge</p> <p><u>10:30 am</u> Water Volleyball– SP</p> <p><u>10:30 am</u> Up Beat: – TWS</p> <p><u>10:30 am</u> Catholic Mass—C</p> <p><u>10:30 am</u> Virtual Reality –GR</p> <p><u>1:00 pm</u> Line Dancing— TWS</p> <p><u>1:00 pm</u> Brain Fitness Friday – TGR</p> <p><u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST): Therapy Room</p> <p><u>3:00 pm</u> Bible Study Fellowship –TLMR</p>	<p><u>10:00 am</u> Fix-It Saturday– TW</p> <p><u>11:00 am</u> Continuing Education with Marlene Bake: “<i>Andy Williams Christmas from Branson</i>”-Ch 2493 & TT</p> <p><u>6:00 pm</u> Bingo - TLMR</p> <p><u>6:30 pm</u> Mexican Train (Dominoes) - TWS</p>

Sunday, December 3	Monday, December 4	Tuesday, December 5	Wednesday, December 6
<div><div><div>9:45 am</div><div>Catholic Communion– C</div></div><div><div>10:45 am</div><div>Worship Service– C & Ch 2493</div></div><div><div>3-5:00 pm</div><div>Hands on Technology with Mike-BC</div></div></div>	<div><div><div>9:00 am & 9:45 am</div><div>Water Fitness Class – SP</div></div><div><div>10:00 am</div><div>Brews, Chews & News:– Ch 2493 & TT</div></div><div><div>11:00 am</div><div>Play Cornhole– TWS</div></div><div><div>11:45 am</div><div>Tai Chi– Ch 2493</div></div><div><div>1:00 pm</div><div>Paper Crafting Cards With Madge– TCAS Sign up required</div></div><div><div>1:00-3:00 pm</div><div>VirtuSense Balance Screening (VST) : Therapy Room</div></div><div><div>2:00 pm</div><div>Drama Group –TT</div></div><div><div>4:00 pm</div><div>Christmas Ball – CDR</div></div></div>	<div><div><div>9:00 am</div><div>Functional Fitness– Ch 2493 & TWS</div></div><div><div>9:00 am</div><div>Putting Golf –TT</div></div><div><div>9:45 am</div><div>Building Better Balance – Ch 2493 & TW</div></div><div><div>10:00 am</div><div>Walking Class–TGR</div></div><div><div>10:00 am</div><div>Post Impressionism Art DVD: TCAS - Sign up required</div></div><div><div>10:30 am</div><div>Sit & Stretch – Ch 2493 &TWS</div></div><div><div>11:00 am</div><div>Water Walking Class–SP</div></div><div><div>11:00 am</div><div>FVC Chimers Rehearsal – TT</div></div><div><div>2:00 pm</div><div>No Meeting: Resident Council Meeting – TT</div></div></div>	<div><div><div>8:45 am</div><div>Foot Wellness for Healthy Feet– Ch 2493</div></div><div><div>9:30 am</div><div>Water Fitness Class– SP</div></div><div><div>9:45 am</div><div>Posture Plus Balance – Ch 2493 & TWS</div></div><div><div>10:00 am</div><div>Caregiver Support Group – SR</div></div><div><div>10:00 am-12:00 pm</div><div>Re –Sale Shop: Near Apt 298</div></div><div><div>10:30 am</div><div>Sit & Stretch – Ch 2493& TWS</div></div><div><div>11:30 am</div><div>Move To Improve – TWS</div></div><div><div>1:00 pm</div><div>Women’s Bible Study–SR</div></div><div><div>1:00 –1:45 pm</div><div>Bocce –TT</div></div><div><div>1:00-3:00 pm</div><div>VirtuSense Balance Screening: Therapy Room</div></div><div><div>1:30 pm</div><div>Needle Workers– TCAS</div></div><div><div>1:30 - 2:30 pm</div><div>STL County Bookmobile– TGR</div></div><div><div>2:00 pm</div><div>Science Wednesday – TT& Ch 2493</div></div><div><div>6:00 pm</div><div>Angel Tree Wrapping Party– TT</div></div></div>


Thursday, December 7	Friday, December 8	Saturday, December 9
<p><u>9:00 am</u> Functional Fitness –Ch 2493 & TWS</p> <p><u>9:45 am</u> Functional Strength & Balance – Ch 2493 &TWS</p> <p><u>10:00 am</u> Paper Snowflakes: TCAS Sign up required</p> <p><u>10:00 am</u> Grief Share – SR</p> <p><u>10:30 am</u> Sit & Stretch – Ch 2493 &TWS</p> <p><u>11:30 am</u> Piano Performer : Fireside Lounge</p> <p><u>7:00 pm</u> Play Bridge - TGR <i>Sign up in the Bridge book by Door 5</i></p>	<p><u>9:00 am –10:30 am</u> Play Ping Pong—TWS</p> <p><u>9:00 am & 9:45 am</u> Water Fitness Class– SP</p> <p><u>10:00 am</u> Acrylic Painting: TCAS - Sign up required</p> <p><u>10:30 am</u> Water Volleyball– SP</p> <p><u>10:30 am</u> Up Beat: <i>Higher Level Exercise Class</i> – TWS</p> <p><u>10:30 am</u> Virtual Reality –GR</p> <p><u>10:30 am</u> Mass of the Immaculate Conception—C</p> <p><u>1:00 pm</u> Line Dancing— TWS</p> <p><u>1:00 pm</u> Brain Fitness Friday – TGR</p> <p><u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST): Therapy Room</p> <p><u>3:00 pm</u> Bible Study Fellowship –TLMR</p> <p><u>3:00 pm</u> Catholic Prayer Group –SR</p> <p><u>3:00 pm</u> The Book Club –TT</p> <p><u>7:00 pm</u> FVC Drama Club Presents An Evening With Your Neighbors –TT & Ch 2493</p>	<p><u>10:00 am</u> Fix-It Saturday– TW</p> <p><u>10:00 am</u> Opera and Ballet Stars Then and Now: <i>The Nut-TT</i></p> <p><u>6:00 pm</u> Bingo - TLMR</p> <p><u>6:30 pm</u> Mexican Train (Dominoes) - TWS</p>

Sunday, December 10	Monday, December 11	Tuesday, December 12	Wednesday, December 13
<u>9:45 am</u> Catholic Communion – C	<u>9:00 am & 9:45 am</u> Water Fitness Class– SP	<u>9:00 am</u> Functional Fitness– Ch 2493 & TWS	<u>8:45 am</u> Foot Wellness for Healthy Feet– Ch 2493
<u>10:45 am</u> Worship Service– C & Ch 2493	<u>9:30 am</u> Employee Christmas Check Distribution– CDR	<u>9:00 am</u> Putting Golf –TT	<u>9:30 am</u> Water Fitness Class– SP
<u>3-5:00 pm</u> Hands on Technology with Mike-BC	<u>10:00 am</u> CANCELED: Brews, Chews & News– Ch 2493 & TT	<u>9:45 am</u> Building Better Balance –Ch 2493 & TWS	<u>9:45 am</u> Posture Plus Balance – Ch 2493 & TWS
	<u>11:00 am</u> Play Cornhole– TWS	<u>10:00 am</u> Origami Santa: TCAS - Sign up required	<u>10:00 am</u> Caregiver Support Group – SR
	<u>11:45 am</u> Tai Chi– Ch 2493	<u>10:00 am</u> Walking Class–TGR	<u>10:00 am-12:00 pm</u> Re –Sale Shop: <i>Drop off your donations while you shop</i> – Near Apt 298
	<u>1:00 pm</u> Safety & Security Committee Meeting: TLCR	<u>10:30 am</u> Sit & Stretch – Ch 2493 &TWS	<u>10:30 am</u> Sit & Stretch – Ch 2493& TWS
	<u>1:00 pm</u> Writers Group– TWS	<u>11:00 am</u> CANCELED: FVC Facilities Committee Meeting – TLMR	<u>11:30 am</u> Move To Improve (<i>Exercise Class For Movement Disorder</i>) – TWS
	<u>1:00 pm</u> Paper Crafting Cards With Madge–TCAS Sign up required	<u>11:00 am</u> Water Walking Class– SP	<u>1:00pm</u> Women’s Bible Study–SR
	<u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST) : Therapy Room	<u>11:00 am</u> FVC Chimers Christmas Performance – TT	<u>1:00 –1:45 pm</u> Bocce–TT
	<u>2:00 pm</u> CANCELED: Drama Group –TT	<u>2:00 pm</u> Safety & Security Program: TT	<u>1:00-3:00 pm</u> VirtuSense Balance Screening: Therapy Room
			<u>1:30 pm</u> Needle Workers– TCAS
			<u>1:30 - 2:30 pm</u> STL County Bookmobile–TGR
			<u>2:00 pm</u> Science Wednesday – TT& Ch 2493
			<u>7:30 pm</u> Christmas Extravaganza– TT

Thursday, December 14	Friday, December 15	Saturday, December 16
<p><u>9:00 am</u> Functional Fitness –Ch 2493 & TWS</p> <p><u>9:45 am</u> Functional Strength & Balance – Ch 2493 &TT</p> <p><u>10:00 am</u> Weaving Fun: TCAS - Sign up required</p> <p><u>10:00 am</u> Grief Share – SR</p> <p><u>10:30 am</u> Sit & Stretch – TWS</p> <p><u>11:30 am</u> Piano Performer –Fireside Lounge</p> <p><u>2:00 pm</u> Community Life Services Meeting – TT</p> <p><u>7:00 pm</u> Play Bridge - TGR <i>Sign up in the Bridge book by Door 5</i></p>	<p><u>9:00 am –10:30 am</u> Play Ping Pong—TWS</p> <p><u>9:00 am & 9:45 am</u> Water Fitness Class– SP</p> <p><u>10:00 am</u> Watercolor—TCAS Sign up required</p> <p><u>10:30 am</u> Water Volleyball– SP</p> <p><u>10:30 am</u> Up Beat: <i>Higher Level Exercise Class</i> – TWS</p> <p><u>10:30 am</u> Virtual Reality –GR</p> <p><u>1:00 pm</u> Line Dancing— TWS</p> <p><u>1:00 pm</u> Brain Fitness Friday – TGR</p> <p><u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST): Therapy Room</p> <p><u>3:00 pm</u> Bible Study Fellowship – TLMR</p> <p><u>7:00 pm</u> Live Performance: Guitar & Cello : featuring Erin Bode-TT & Ch 2493</p>	<p><u>10:00 am</u> Fix-It Saturday– TW</p> <p><u>11:00 am</u> Continuing Education with Marlene Bake: - “<i>Andre Bocelli Christmas Concert</i>” Ch 2493 & TT</p> <p><u>6:00 pm</u> Bingo - TLMR</p> <p><u>6:30 pm</u> Mexican Train (Dominoes) - TWS</p>

Sunday, December 17	Monday, December 18	Tuesday, December 19	Wednesday, December 20
<u>9:45 am</u> Catholic Communion – C	<u>9:00 am & 9:45 am</u> Water Fitness Class– SP	<u>9:00 am</u> Functional Fitness— Ch 2493 & TWS	<u>8:45 am</u> Foot Wellness for Healthy Feet– Ch 2493
<u>10:45 am</u> Worship Service– C & Ch 2493	<u>10:00 am</u> Brews, Chews & News – Ch 2493 & TT	<u>9:00 am</u> Putting Golf –TT	<u>9:30 am</u> Water Fitness Class– SP
<u>3-5:00 pm</u> Hands on Technology with Mike-BC	<u>11:00 am</u> Play Cornhole– TWS	<u>9:45 am</u> Building Better Balance –Ch 2493 & TWS	<u>9:45 am</u> Posture Plus Balance – Ch 2493 & TWS
<u>4:00 pm</u> CANCELLED: Trivia– TT	<u>11:45 am</u> Tai Chi– Ch 2493	<u>10:00 am</u> Post Impressionism Art DVD: TCAS - Sign up required	<u>10:00 am</u> Caregiver Support Group – SR
	<u>1:00 pm</u> Paper Crafting Cards With Madge—TCAS Sign up required	<u>10:00 am</u> Walking Class–TGR	<u>10:00 am-12:00 pm</u> Re –Sale Shop: Near Apt 298
	<u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST) : Therapy Room	<u>10:30 am</u> Sit & Stretch – Ch 2493 &TWS	<u>10:30 am</u> CANCELED: Welcome Committee Meeting – TLMR
	<u>2:00 pm</u> CANCELED: Drama Group –TT	<u>11:00 am</u> Water Walking Class– SP	<u>10:30 am</u> Sit & Stretch – Ch 2493& TWS
		<u>11:00 am</u> CANCELED: FVC Chimers Rehearsal –TT	<u>11:30 am</u> Move To Improve-TWS
		<u>2:00 pm</u> Town Hall Meeting– TT & Ch 2493	<u>1:00pm</u> Women’s Bible Study—SR
		<u>7:30 pm</u> Christmas Cantata – TT	<u>1:00 –1:45 pm</u> Bocce—TT
			<u>1:00-3:00 pm</u> VirtuSense Balance Screening: Therapy Room
			<u>1:30 pm</u> Needle Workers– TCAS
			<u>1:30 - 2:30 pm</u> STL County Bookmobile—TGR
			<u>2:00 pm</u> Science Wednesday – TT& Ch 2493
			<u>7:30 pm</u> Christmas Cantata – TT

Thursday, December 21	Friday, December 22	Saturday, December 23
<p><u>9:00 am</u> Functional Fitness –Ch 2493 & TWS</p> <p><u>9:45 am</u> Functional Strength & Balance –Ch 2493 &TT</p> <p><u>10:00 am</u> Paint Wine Glasses—TCAS Sign up required</p> <p><u>10:00 am</u> Grief Share – SR</p> <p><u>10:30 am</u> Sit & Stretch – TWS</p> <p><u>11:30 am</u> Piano Performer –Fireside Lounge</p> <p><u>1:00 pm-3:00pm</u> Free Blood Pressure Clinic– (The Third Thursday of Every Month) - EmpowerMe Clinic</p> <p><u>2:00 pm</u> Railroad Travel Adventure: <i>Polar Express</i>- TT</p> <p><u>2:00 pm</u> Parkinson’s Support Group: TLMR</p> <p><u>7:00 pm</u> Play Bridge - TGR <i>Sign up in the Bridge book by Door 5</i></p>	<p><u>9:00 am –10:30 am</u> Play Ping Pong—TWS</p> <p><u>9:00 am & 9:45 am</u> Water Fitness Class– SP</p> <p><u>10:00 am</u> Acrylic Painting—TCAS Sign up required</p> <p><u>10:30 am</u> Water Volleyball– SP</p> <p><u>10:30 am</u> Up Beat: <i>Higher Level Exercise Class</i> – TWS</p> <p><u>10:30 am</u> Virtual Reality –GR</p> <p><u>1:00 pm</u> Line Dancing— TWS</p> <p><u>1:00 pm</u> Brain Fitness Friday – TGR</p> <p><u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST): Therapy Room</p> <p><u>3:00 pm</u> Bible Study Fellowship – TLMR</p> <p><u>3:00 pm</u> Catholic Prayer Group –SR</p>	<p><u>10:00 am</u> Fix-It Saturday– TW</p> <p><u>6:00 pm</u> Bingo - TLMR</p> <p><u>6:30 pm</u> Mexican Train (Dominoes) - TWS</p>

Sunday, December 24	Monday, December 25	Tuesday, December 26	Wednesday, December 27
<p><u>9:45 am</u> Catholic Communion– C</p> <p><u>10:45 am</u> Worship Service– C & Ch 2493</p> <p><u>3-5:00 pm</u> Hands on Technology with Mike-BC</p> <p><u>5:00 pm</u> Christmas Eve Service – C</p>	<div></div> <p><u>10:30 am</u> Christmas Mass–TT</p> <p><u>Due to the Holiday, the following activities will not meet:</u> Brews, Chews & News Play Cornhole Writers Group Virtu Sense Balance Screening Drama Group Paper Crafting Cards with Madge Brain & Body Balance Class</p>	<p><u>9:00 am</u> Functional Fitness— Ch 2493 & TWS</p> <p><u>9:00 am</u> Putting Golf –TT</p> <p><u>9:45 am</u> Building Better Balance –Ch 2493 & TWS</p> <p><u>10:00 am</u> Alcohol Ink Designs: TCAS - Sign up required</p> <p><u>10:00 am</u> Walking Class–TGR</p> <p><u>10:30 am</u> Sit & Stretch – Ch 2493 &TWS</p> <p><u>11:00 am</u> Water Walking Class– SP</p> <p><u>11:00 am</u> CANCELED: FVC Chimers Rehearsal – TT</p> <p><u>11:00am</u> EVS Committee Meeting– TLMR</p> <p><u>3:00 pm</u> CANCELED: Men’s Roundtable Meeting: TLMR</p>	<p><u>8:45 am</u> Foot Wellness for Healthy Feet– Ch 2493</p> <p><u>9:30 am</u> Water Fitness Class– SP</p> <p><u>9:45 am</u> Posture Plus Balance – Ch 2493 & TW</p> <p><u>9:45 am</u> CANCELED: Dietary Committee Meeting – TLMR</p> <p><u>10:00 am</u> Caregiver Support Group – SR</p> <p><u>10:00 am-12:00 pm</u> CLOSED: Re –Sale Shop: Near Apt 298</p> <p><u>10:30 am</u> Sit & Stretch – Ch 2493& TWS</p> <p><u>11:30 am</u> Move To Improve-TWS</p> <p><u>1:00pm</u> Women’s Bible Study—SR</p> <p><u>1:00 –1:45 pm</u> Bocce—TT</p> <p><u>1:00-3:00 pm</u> VirtuSense Balance Screening: Therapy Room</p> <p><u>1:30 pm</u> Needle Workers– TCAS</p> <p><u>1:30 - 2:30 pm</u> STL County Bookmobile—TGR</p> <p><u>2:00 pm</u> Science Wednesday – TT& Ch 2493</p> <p><u>7:00 pm</u> Bible Study– C & Ch 2493</p>

Thursday, December 28	Friday, December 29	Saturday, December 30	Sunday, December 31
<u>9:00 am</u> Functional Fitness –Ch 2493 & TWS	<u>9:00 am –10:30 am</u> Play Ping Pong–TWS	<u>10:00 am</u> Fix-It Saturday– TW	<u>9:45 am</u> Catholic Communion–C
<u>9:45 am</u> Functional Strength & Balance –Ch 2493 &TT	<u>9:00 am & 9:45 am</u> Water Fitness Class– SP	<u>11:00 am</u> Continuing Education with Marlene Bake: “ <i>Tabernacle Choir Concert</i> ” Ch 2493 & TT	<u>10:45 am</u> Worship Service– C & Ch 2493
<u>10:00 am</u> Champagne Glasses Iris Fold–TCAS Sign up required	<u>10:00 am</u> Water Color: TCAS - Sign up required	<u>6:00 pm</u> Bingo - TLMR	<u>11:00am –1:00pm</u> New Years Eve Celebration –CDR
<u>10:00 am</u> Grief Share – SR	<u>10:30 am</u> Up Beat: <i>Higher Level Exercise Class</i> – TWS	<u>6:30 pm</u> Mexican Train (Dominoes) - TWS	<u>3-5:00 pm</u> Hands on Technology with Mike-BC
<u>10:30 am</u> Sit & Stretch – TWS	<u>10:30 am</u> Virtual Reality –GR		
<u>11:30 am</u> Piano Performer – Fireside Lounge	<u>1:00 pm</u> CANCELED: Line Dancing– TWS		
<u>7:00 pm</u> Play Bridge - TGR <i>Sign up in the Bridge book by Door 5</i>	<u>1:00 pm</u> CANCELED: Brain Fitness Friday – TGR		
	<u>1:00-3:00 pm</u> VirtuSense Balance Screening (VST): Therapy Room		
	<u>3:00 pm</u> Bible Study Fellowship –TLMR		
	<u>3:00 pm</u> Catholic Prayer Group –SR		