



SUN	MON	TUE	WED	THUR	FRI	SAT														
3:00 Rummikub (Horsfall) <b>1</b>	7:00 Euchre (BGL) <b>2</b>	10:30 Indoor Activities Committee (BGL) <b>3</b> 1:00 Van trip committee meeting (Multi-Purpose Room) 1:30 Mahjong (BGL) 3:00 Video Scholars (Horsfall)	<b>Holiday Door Decorating Starts 10:00 Van Trip: Holiday Shopping at Prairie Gardens (ML) 4</b> 1:00 The Nature Fix Monthly Meeting (Horsfall) 7:00 St. Pats Bible Study (S)	10:15 Communion (BGL) <b>5</b> 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) <b>3:00 Watercolor Studio with Heidi: Still Life (AS)</b> <b>4:30 Happy Hour (HL)</b> <b>7:00 Sinfonia da Camera Concerts at Krannert (Legacy Lobby)</b>	1:00 Kitchen Garden Project Monthly Meeting (Horsfall) <b>6</b> 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	<b>Pearl Harbor 7</b> 9:30 Billiards (BGL) <b>12:15 Van Trip: Millikin University School of Music &amp; Kirkland Fine Arts Center Present: Vespers (ML)</b> 2:00 500 Card Game (BGL)														
11:00 Scrabble (BGL) <b>8</b> <b>2:30 Van Trip: Parkland: White Christmas Performance (ML)</b> 3:00 Rummikub (Horsfall)	2:00 Floral Decorations Committee (S) <b>9</b> 3:30 Movie Committee (BGL) 7:00 Euchre (BGL)	<b>9:30 Resident Council (AC) 10</b> 1:30 Mahjong (BGL) 1:30 PB&J Making (LDR) <b>2:00 Meditation with Dave Sharpe and Jim Young (AC)</b> 3:00 Video Scholars (Horsfall) <b>6:30 Holiday Cheer with the Cub Scout Pack (AC)</b>	<b>Holiday Door Voting Begins 10:00 Christmas Tree Decorating with Grounds Team (LDR) 11</b> 1:00 Technology Class with Michael (AC) <b>4:30 Oh Deer (Masterpiece, Huegy Lounge, and Solarium)</b> <b>7:00 Van Trip: Champaign-Urbana Symphony Orchestra: Krannert (ML)</b> 7:00 St. Pats Bible Study (S)	10:15 Communion (BGL) <b>12</b> 11:00 Village Voice (HPDR) <b>11:00 Photo's w/ Santa Claus &amp; his Elf (HL)</b> 1:00 Ping Pong (AC) <b>2:00 Nature Fix Film and Discussion: Seasonal Changes (HPDR)</b> <b>4:30 Artist Reception (G)</b> <b>7:00 Watch Party: All Creatures Great and Small (AC)</b>	<b>10:30 Food Truck Friday: Flour and Fire Pizza (Employee Entrance- Main Building) 13</b> <b>1:00 Movie about Medical Aid in Dying followed by discussion with Jim Hannum and volunteers (AC)</b> 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) <b>14</b> <b>9:30 Van Trip: Wreaths Across America (ML)</b> 11:00 Scrabble (BGL) 2:00 500 Card Game (BGL)														
<b>2:00 Van to Riggs Christmas Market (ML) 15</b> 3:00 Rummikub (Horsfall) <b>3:00 Students from the Suzuki-Rolland String Program at The Conservatory of Central Illinois (AC)</b>	<b>Red &amp; Green Day 1:00 Afternoon Movie (AC) 16</b> 7:00 Euchre (BGL)	<b>Holiday Socks Day 17</b> 1:30 Mahjong (BGL) <b>2:00 Meditation with Dave Sharpe and Jim Young (AC)</b> 3:00 Video Scholars (Horsfall) <b>4:00 University High School Madrigals Performance (AC)</b> 7:15 Trivial Pursuit with Jim Young (AC)	<b>Mad For Plaid Day 11:00 Van trip to: North Champaign Shopping Trip (ML) 18</b> 2:00 Library Committee (HPDR) 3:00 Book Club (AC) 7:00 St. Pats Bible Study (S) <b>7:15 Champaign School Of Music Children's Choir: Holiday Carols (AC)</b>	<b>Ugly Sweater Day 19</b> 10:00 Dining Committee (AC) 10:15 Communion (BGL) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) <b>3:00 Watercolor Landscapes with Heidi Richter (AS)</b> <b>4:30 Happy Hour (HL)</b>	<b>Holiday Hats Day 20</b> 1:30 Caregiver Support Group (HPDR) <b>1:30 Old School Addiction Band (ML DR 3)</b> 2:30 Afternoon Social (HL) <b>3:45 Celebrate the Winter Solstice and Longer Days (ML)</b> <b>4:00 Swim with Santa (CLV pool)</b> 7:15 Movie Night (AC)	9:30 Billiards (BGL) <b>21</b> 2:00 500 Card Game (BGL)														
3:00 Rummikub (Horsfall) <b>22</b> <b>5:00 Van to see Holiday Lights and Dinner at Oskee's (ML)</b>	7:00 Euchre (BGL) <b>23</b>	<b>Christmas Eve 24</b> 1:30 Mahjong (BGL) 1:30 PB&J Making (LDR) 3:00 Video Scholars (Horsfall) <b>7:00 Holiday Celebration (HL)</b>	<b>Hanukkah Christmas Day 25</b> <b>7:00 Christmas Movie with Snacks (AC)</b> 7:00 St. Pats Bible Study (S)	<b>Kwanzaa 26</b> 10:15 Communion (BGL) 1:00 Ping Pong (AC) <b>4:30 Happy Hour (HL)</b>	2:30 Afternoon Social (HL) <b>27</b> 7:15 Movie Night (AC)	9:30 Billiards (BGL) <b>28</b> 2:00 500 Card Game (BGL) <b>7:00 BINGO (AC)</b>														
3:00 Rummikub (Horsfall) <b>29</b> <b>5:00 Van to see Holiday &amp; Dinner at Seven Saints (ML)</b>	<b>4:00 Rendezvous (S) 30</b> 7:00 Euchre (BGL)	<b>New Year's Eve 31</b> 1:30 Mahjong (BGL) 3:00 Video Scholars (Horsfall) <b>8:00 New Year's Eve Celebration (LDR)</b>	<b>LOCATION KEY</b> AC - Activity Center AS - Art Studio BGL - Billiard & Game Lounge G - Gallery HPDR - Horsfall PDR HL - Huegy Lounge LDR - Laing Dining Room ML - Main Lobby ML DR 3 - MeadowLark 3rd Floor Dining Room S - Solarium	<i>These events are still hapenning</i> *Coffee in Laing Dining Monday-Saturday 10a *Wellness Nurse in the Massage Room Mondays and Thursdays 3:30-4:30pm *Tech Help With Micheal Mondays, Wednesdays, Fridays 10:30a-noon and by appointment 1p-5p	 <p><b>Birthdays</b></p> <table border="0"> <tr> <td>Watha Shore 12/5</td> <td>John Wustman 12/25</td> </tr> <tr> <td>Priscill Christians 12/18</td> <td>James Fawcett 12/27</td> </tr> <tr> <td>Bobbie Ruby 12/18</td> <td>Anne Sharpe 12/27</td> </tr> <tr> <td>Diane Wardrop 12/19</td> <td>Ann Stanhope 12/29</td> </tr> <tr> <td>Michael Grossman 12/21</td> <td>Mack Weckel 12/30</td> </tr> <tr> <td>Clifford Christians 12/22</td> <td>Jerald Wray 12/30</td> </tr> <tr> <td>Lois Resek 12/23</td> <td></td> </tr> </table>		Watha Shore 12/5	John Wustman 12/25	Priscill Christians 12/18	James Fawcett 12/27	Bobbie Ruby 12/18	Anne Sharpe 12/27	Diane Wardrop 12/19	Ann Stanhope 12/29	Michael Grossman 12/21	Mack Weckel 12/30	Clifford Christians 12/22	Jerald Wray 12/30	Lois Resek 12/23	
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# December 2024

## Main Building

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com



SUN	MON	TUE	WED	THUR	FRI	SAT						
<b>1</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 1:00 PM Fellowship and Prayer w/ Mark Jacobs (MBAR) <b>2:00 PM Comfort Dog Visit (MBAR)</b> 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>2</b>	9:30 AM Coffee & Conversation (MBDR) 10:00 AM Therapy Dog Visit (MBAR) 11:00 AM Christmas Door Decorating 1:30 PM Clark Lindsey Library Visit 4:15 PM Cranium Crunches (MBAR)	<b>3</b>	9:30 AM Coffee & Conversation (MBDR) 11:15 AM Renda's Workout (MBDR) 1:30 PM Christmas Tree Decorating 4:00 PM Bingo (MBDR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>4</b>	9:30 AM Coffee & Conversation (MBDR) 10:30 AM <b>Everything but the kitchen sink: Kay's band (LDR)</b> 1:00 PM Art Therapy (MBAR) 4:15 PM Afternoon Funnies (MBAR)	<b>5</b>	9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	<b>6</b>	<b>Pearl Harbor</b> 10:30 AM Jigsaw Puzzle Corner (MBAR) 3:00 PM Game Time (MBAR)	<b>7</b>
<b>8</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>9</b>	9:30 AM Coffee & Conversation (MBDR) 11:00 AM Craft Corner (MBAR) 1:30 PM Clark Lindsey Library Visit 4:15 PM Cranium Crunches (MBAR) <b>6:30 PM Holiday Cheer with the Cub Scout Pack (AC)</b>	<b>10</b>	9:30 AM Coffee & Conversation (MBDR) 11:15 AM Renda's Workout (MBDR) 1:30 PM Craft Corner (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) <b>4:30 PM Oh Deer (Masterpiece, Huegy Lounge, and Solarium)</b>	<b>11</b>	9:30 AM Coffee & Conversation (MBDR) <b>10:30 AM Everything but the kitchen sink: Kay's band (LDR)</b> <b>11:00 AM Photo's w/ Santa Claus &amp; his Elf (HL)</b> <b>2:30 PM Van Trip to: Hardy's Reindeer Ranch</b> 4:15 PM Afternoon Funnies (MBAR)	<b>12</b>	9:15 AM Coffee & Conversation (MBDR) <b>10:30 AM Food Truck Friday: Flour and Fire Pizza (Employee Entrance- Main Building)</b> 11:00 AM Morning Movement (MBAR) <b>1:00 PM Movie about Medical Aid in Dying followed by discussion with Jim Hannum and volunteers (AC)</b> 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:30 PM Pictures with Santa (MBDR)	<b>13</b>	9:30 AM Artistic Endeavors (MBAR) 3:00 PM Game Time (MBAR)	<b>14</b>
<b>15</b>	<b>Red &amp; Green Day</b> 10:15 AM Daily Chronicles & Headlines (MBAR) <b>1:00 PM Afternoon Movie (AC)</b> 1:00 PM Fellowship and Prayer w/ Mark Jacobs (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM MeadowBrook Family Council (MBDR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>16</b>	<b>Holiday Socks Day</b> 9:30 AM Coffee & Conversation (MBDR) 11:00 AM Craft Corner (MBAR) 1:30 PM Clark Lindsey Library Visit 4:15 PM Cranium Crunches (MBAR) <b>6:00 PM Van Trip to: Candlestick Lane Christmas Lights</b>	<b>17</b>	<b>Mad For Plaid Day</b> 9:30 AM Coffee & Conversation (MBDR) 11:15 AM Renda's Workout (MBDR) 1:30 PM Christmas Party (MBDR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:30 PM Champaign School Of Music Children's Choir	<b>18</b>	<b>Ugly Sweater Day</b> 9:30 AM Coffee & Conversation (MBDR) <b>10:30 AM Everything but the kitchen sink: Kay's band (LDR)</b> 1:00 PM Art Therapy (MBAR) <b>2:15 PM Mapping with Randy (MBDR)</b> 4:15 PM Afternoon Funnies (MBAR)	<b>19</b>	<b>Holiday Hats Day</b> 9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) <b>1:30 PM Old School Addiction Band (ML DR 3)</b> 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) <b>4:00 PM Swim with Santa (CLV pool)</b> 4:00 PM Trivia Time (MBAR)	<b>20</b>	9:30 AM Artistic Endeavors (MBAR) 3:00 PM Game Time (MBAR)	<b>21</b>
<b>22</b>	10:15 AM Birthday Card Signing (MBAR) 2:00 PM Glen's Travels (MBAR) 2:00 PM Resident Council Meeting (MBDR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>23</b>	<b>Christmas Eve</b> 9:30 AM Christmas Coloring (MBAR) 3:00 PM Christmas Movie Matinee (MBAR)	<b>24</b>	<b>Hanukkah Christmas Day</b> 9:30 AM Pack the Presents Game (MBAR) 3:00 PM Sharing Holiday Stories (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>25</b>	9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	<b>26</b>	9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	<b>27</b>	10:30 AM Jigsaw Puzzle Corner (MBAR) 3:00 PM Game Time (MBAR)	<b>28</b>
<b>29</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>30</b>	<b>New Year's Eve</b> 9:30 AM Coffee & Conversation (MBDR) 11:00 AM Craft Corner (MBAR) 1:30 PM Clark Lindsey Library Visit 4:15 PM Cranium Crunches (MBAR)	<b>31</b>	 <b>Happy Birthday</b> Kathy O. 12/3 Veronica S. 12/12 Helen F. 12/15 Gladys S. 12/19	<b>LOCATION KEY</b> AC - Activity Center HL - Huegy Lounge LDR - Laing Dining Room		MBAR - Meadowbrook Activity Room MBDR - Meadowbrook Dining Room	ML DR 3 - MeadowLark 3rd Floor Dining Room			

# December 2024

## Meadowbrook

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com



# December 2024 Fitness Class Schedule

Location Key: FC – Fitness Center, AC – Activity Center, P – Pool, AL – Assisted Living Activity Room 2<sup>nd</sup> floor, S – Solarium, MG – Masterpiece Gardens

## Monday

8:00 – 8:30 am Strength & Balance (FC)  
 8:40 – 9:10 am Strength & Balance (FC)  
 9:15 – 9:45 am Balance & Agility (Ali)(FC)\*  
 9:30 – 10:15 am Aquacize (P)  
 10:00 – 10:30 am Strength & Balance (Liz)(FC)  
 10:20 – 11:00 am Aqua Strength & Stretch (Ali) (P)\*  
 10:35 – 11:00 am Sit & Be Fit (FC)  
 1:30 – 2:15 pm Aquacize (P)

## Thursday

8:00 - 8:25 am Strength & Balance (FC)  
 8:30 – 8:55 am Stretch (FC)  
 9:00 – 9:45 am Beginner Tai Chi (FC)  
 10:00 -10:30 am Meditation (S/MG)\*  
 10:15 – 11:00 am Aquacize (P)  
 10:45 – 11:15 am One-on-One Yoga (by appointment)\*  
 11:05 – 11:45 am Aqua Zumba (P)  
 1:30 - 3:00 pm Resident Only Lap Swim (P)

## Tuesday

8:00 – 8:25 am Strength & Balance (FC)  
 8:30 – 8:55 am Stretch (FC)  
 9:00 – 9:45 am Beginner Tai Chi with Jean (FC)  
 9:45 – 10:15 am Meditation with Lisa(S/MG)\*  
 10:15 – 11:00 am Aquacize (P)  
 11:00 – 11:45 am Chair Yoga with Robin (AC)\*  
 11:05 – 11:45 am Aqua Zumba (P)  
 1:30 – 3:00 pm Resident Only Lap Swim (P)

## Friday

8:00 – 8:30 am Strength & Balance (FC)  
 8:40 – 9:10 am Strength & Balance (FC)  
 9:30 – 10:15 am Aquacize (P)  
 10:00 – 10:30 am Strength & Balance (Liz) (FC)  
 10:20 – 11:00 am Aqua Strength & Stretch (P)  
 10:35 – 11:00 am Sit & Be Fit (FC)  
 11:15 – 11:45 am Core & More (FC)  
 11:15 – 11:45 am Strength with Bands (Ali – AL)

## Saturday

11:00 – 11:50 am Chair Yoga with Robin (AC)\*

## Wednesday

8:00 – 8:30 am Strength & Balance (FC)  
 8:40 – 9:10 am Strength & Balance (FC)  
 9:30 – 10:15 am Aquacize (P)  
 10:00 – 10:30 am Strength & Balance (Liz – AL)  
 10:30 – 11:00 am Zumba Gold (FC)  
 1:30 – 2:15 pm Aquacize (P)

## Pool Notes


- \* Pool closed for maintenance December 2 – 8.
- No Aqua classes this week.**
- \* Pool closed for a special event on Saturday December 14 from 2 – 4 pm.
- \* *Swim with Santa* – Friday, December 20, 4 – 6 pm. Watch for details! Pool will not be available for lap swim, water walking, or jets during this event.

## Class Notes and Changes

- \* **Chair Yoga** will start at 10:30 instead of 11:00 on Saturday 12/7.
- \* Ali's **Balance & Agility** and **Aqua Strength & Stretch** classes will NOT be held Monday 12/16 or Monday 12/30.
- \* No **Chair Yoga** on 12/24.
- \* **No group fitness classes** on Christmas Day.
- \* Lisa's **Meditation** or **One-on-One Yoga** classes will NOT be held 12/19, 12/24, or 12/26.



Questions? Call Rena at  
 217-344-2144 or e-mail  
[rleake@clarklindsey.com](mailto:rleake@clarklindsey.com)

SUN	MON	TUE	WED	THUR	FRI	SAT
3:00 Rummikub (Horsfall) <b>1</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> <b>11:00 Intern Farewell Presentation (AC)</b> 11:15 Eldergrow Program (ML 1) <b>1:30 Art Therapy (AR2)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR2 Common Area) 4:15 Trivia (AR3)	10:00 Coffee (LDR) <b>11:15 Eldergrow Program (ML 1)</b> 1:15 Renerobics (AR2) 3:00 Video Scholars (Horsfall) 4:15 Making Christmas cards (2nd Floor Common Area)	<b>Door decorating Contest</b> 10:00 Coffee (LDR) 10:00 Exercise with Liz (AR2) <b>10:00 Van Trip: Holiday Shopping at Prairie Gardens (ML)</b> <b>10:30 Christmas Tree Decorating (AR2 Common Area)</b> 11:15 Eldergrow Program (ML 1) 1:00 The Nature Fix Monthly Meeting (Horsfall) 3:15 Brain, Body, and Balance (AR2) 4:00 Bingo (AR2) 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) 10:15 Communion (BGL) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) <b>3:00 Watercolor Studio with Heidi: Still Life (AS)</b> <b>3:30 Intern Farewell Presentation (AC)</b> <b>4:30 Happy Hour (HL)</b> <b>7:00 Sinfonia da Camera Concerts at Krannert (Legacy Lobby)</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Strength class with Ally (AR2) 1:00 Kitchen Garden Project Monthly Meeting (Horsfall) 2:30 Afternoon Social (HL) <b>3:00 Afternoon Movie (AR2)</b> 7:15 Movie Night (AC)	<b>Pearl Harbor</b> 10:00 Coffee (LDR) <b>12:15 Van Trip: Millikin University School of Music &amp; Kirkland Fine Arts Center Present: Vespers (ML)</b>
<b>2:30 Van Trip: Parkland: White Christmas Performance (ML)</b> 3:00 Rummikub (Horsfall) <b>8</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Eldergrow Program (ML 1) <b>1:30 Art Therapy (AR2)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3)	10:00 Coffee (LDR) 10:30 Walk N' Roll <b>11:15 Eldergrow Program (ML 1)</b> 1:15 Renerobics (AR2) <b>2:00 Meditation with Dave Sharpe and Jim Young (AC)</b> 3:00 Video Scholars (Horsfall) <b>4:15 Cocoa and Chatter (2nd Floor Common Area)</b> <b>6:30 Holiday Cheer with the Cub Scout Pack (AC)</b>	<b>10:00 Christmas Tree Decorating with Grounds Team (LDR)</b> 10:00 Coffee (LDR) 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML 1) 1:00 Technology Class with Michael (AC) 3:15 Brain, Body, and Balance (AR2) <b>4:30 Oh Deer (Masterpiece, Huegy Lounge, and Solarium)</b> <b>7:00 Van Trip: Champaign-Urbana Symphony Orchestra: Krannert (ML)</b> 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) 10:15 Communion (BGL) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 1:00 Ping Pong (AC) <b>2:30 Van Trip to: Hardy's Reindeer Ranch</b> <b>4:30 Artist Reception (G)</b> <b>7:00 Watch Party: All Creatures Great and Small (AC)</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> <b>10:30 Food Truck Friday: Flour and Fire Pizza (Employee Entrance- Main Building)</b> 11:15 Strength class with Ally (AR2) <b>1:00 Movie about Medical Aid in Dying followed by discussion with Jim Hannum and volunteers (AC)</b> <b>2:00 Pictures with Santa (AR2)</b> 2:30 Afternoon Social (HL) <b>3:00 Afternoon Movie (AR2)</b> 7:15 Movie Night (AC)	<b>9:30 Van Trip: Wreaths Across America (ML)</b> 10:00 Coffee (LDR) <b>2:00 Scavenger Hunt - Find the Elf (2nd Floor Common Area)</b> <b>14</b>
<b>2:00 Van to Riggs Christmas Market (ML)</b> 3:00 Rummikub (Horsfall) <b>3:00 Students from the Suzuki-Rolland String Program at The Conservatory of Central Illinois (AC)</b> <b>15</b>	<b>Red &amp; Green Day</b> 10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Eldergrow Program (ML 1) <b>1:00 Afternoon Movie (AC)</b> <b>1:30 Art Therapy (AR2)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3)	<b>Holiday Socks Day</b> 10:00 Coffee (LDR) 10:30 Walk N' Roll <b>11:15 Eldergrow Program (ML 1)</b> 1:15 Renerobics (AR2) <b>2:00 Meditation with Dave Sharpe and Jim Young (AC)</b> 3:00 Video Scholars (Horsfall) <b>4:00 University High School Madrigals Performance (AC)</b> <b>7:15 Trivial Pursuit with Jim Young (AC)</b>	<b>Mad For Plaid Day</b> 10:00 Coffee (LDR) 10:00 Exercise with Liz (AR2) <b>11:00 Van trip to: North Champaign Shopping Trip (ML)</b> 11:15 Eldergrow Program (ML 1) 3:00 Book Club (AC) 3:15 Brain, Body, and Balance (AR2) 7:00 St. Pats Bible Study (S) <b>7:15 Champaign School Of Music Children's Choir: Holiday Carols (AC)</b>	<b>Ugly Sweater Day</b> 10:00 Coffee (LDR) 10:15 Communion (BGL) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) <b>2:00 AL Food Committee (AR3)</b> <b>3:00 Watercolor Landscapes with Heidi Richter (AS)</b> <b>4:30 Happy Hour (HL)</b>	<b>Holiday Hats Day</b> 10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Strength class with Ally (AR2) <b>1:30 Old School Addiction Band (ML DR 3)</b> 2:00 Baking Club - Christmas cookies (3rd floor AR) <b>3:00 Afternoon Movie (AR2)</b> <b>3:45 Celebrate the Winter Solstice and Longer Days (ML)</b> <b>4:00 Swim with Santa (CLV pool)</b> 7:15 Movie Night (AC)	10:00 Coffee (LDR) 2:00 Make Holiday Cards for CCH (AR3) <b>21</b>
3:00 Rummikub (Horsfall) <b>5:00 Van to see Holiday Lights and Dinner at Oskee's (ML)</b> <b>22</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Eldergrow Program (ML 1) <b>1:30 Art Therapy (AR2)</b> <b>2:00 Holiday celebration (2nd Floor Common Area)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3)	<b>Christmas Eve</b> <b>9:30 Resident Council Meeting (AR3)</b> 10:00 Coffee (LDR) 10:30 Walk N' Roll 11:15 Eldergrow Program (ML 1) 1:15 Renerobics (AR2) 2:00 Christmas movies and Popcorn (2nd Floor AR) 3:00 Video Scholars (Horsfall) <b>7:00 Holiday Celebration (HL)</b>	<b>Hanukkah Christmas Day</b> 10:00 Coffee (LDR) 10:00 This Day In History (AR2 Common Area) 11:15 Eldergrow Program (ML 1) 3:00 Sharing Holiday Stories (MBAR) <b>7:00 Christmas Movie with Snacks (AC)</b> 7:00 St. Pats Bible Study (S)	<b>Kwanzaa</b> 10:00 Coffee (LDR) 10:15 Communion (BGL) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 1:00 Ping Pong (AC) 2:00 Baking club - Mini Peppermint Trifle (AR3) <b>4:30 Happy Hour (HL)</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Strength class with Ally (AR2) <b>2:00 Birthday Social (2nd Floor Common Area)</b> 2:30 Afternoon Social (HL) <b>3:00 Afternoon Movie (AR2)</b> 7:15 Movie Night (AC)	10:00 Coffee (LDR) 2:00 Holiday Sign - Along (AR3) <b>7:00 BINGO (AC)</b> <b>28</b>
3:00 Rummikub (Horsfall) <b>5:00 Van to see Holiday &amp; Dinner at Seven Saints (ML)</b> <b>29</b>	10:00 Coffee (LDR) <b>10:00 Strength &amp; Balance with Liz (FC)</b> 11:15 Eldergrow Program (ML 1) <b>1:30 Art Therapy (AR2)</b> 3:15 Brain, Body, and Balance (AR2) <b>4:00 Rendezvous (S)</b> 4:15 Trivia (AR3)	<b>New Year's Eve</b> 10:00 Coffee (LDR) 10:00 NYE Memories (AR3) 10:30 Walk N' Roll 11:15 Eldergrow Program (ML 1) 1:15 Renerobics (AR2) 3:00 Video Scholars (Horsfall) 4:15 Holiday Ball Drop (AR2) <b>8:00 New Year's Eve Celebration (LDR)</b>	<b>LOCATION KEY</b> AC - Activity Center AS - Art Studio BGL - Billiard & Game Lounge FC - Fitness Center G - Gallery HPDR - Horsfall PDR HL - Huegy Lounge LDR - Laing Dining Room ML - Main Lobby MBAR - Meadowbrook Activity Room	ML 1 - MeadowLark 1st Floor AR2 - MeadowLark 2nd Floor Activity Room AR3 - MeadowLark 3rd Floor Activity Room ML DR 3 - MeadowLark 3rd Floor Dining Room S - Solarium	 <b>HAPPY BIRTHDAY</b>  MICHAEL V. 12/04 CAROLE N. GRETKA W. 12/26	
<b>30</b>	<b>31</b>					

# December 2024

MeadowLark 2/3



Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> 11:30 Exercise- Strength &amp; Stretch with Ali 6:00 Movie Night with the RA's, Singin' In the Rain, AppleTV</p> <p>Anytime: Table Talk Spiritual Streaming Courtyard Breezes Giant Checkers</p>	<p><b>2</b> 10:45 Yoga &amp; Meditation w/ Lisa 11:15 Eldergrow Project</p> <p>Anytime: One on One Visits Daily Chronicles Muse &amp; Make Mind Benders</p>	<p><b>3</b> 11:15 Eldergrow Project 2:00 Art Therapy with Lydia</p> <p>Anytime: One on One Visits Scrabble Wonderful Life Workshop Armchair Travel</p>	<p><b>4</b> 10:30 Kay's Band (Laing Dining Room) 3:15 Sip and Chat with Mariah</p> <p>Anytime: One on One Visits Game Time! Mind Benders</p>	<p><b>5</b> 11:15 Eldergrow Project 2:30 Renarobics 7:00 Movie Night</p> <p>Anytime: One on One Visits Game Time! Muse &amp; Make Courtyard Breezes</p>	<p><b>6</b></p> <p>Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders</p>	<p><b>7</b></p>
<p><b>8</b> 11:30 Exercise- Strength &amp; Stretch with Ali 6:00 Movie Night with the RA's, Mary Poppins, AppleTV</p> <p>Anytime: Spiritual Streaming Courtyard Breezes Mind Benders Watercolor Painting</p>	<p><b>9</b> 11:15 Eldergrow Project 6:30 Holiday Cheer with the Cub Pack (Activity Center)</p> <p>Anytime: One on One Visits Mind Benders Service Project Daily Chronicles</p>	<p><b>10</b> 11:15 Eldergrow Project 2:00 Art Therapy with Lydia 4:30 Oh Deer (Masterpiece, Huegy Lounge, and Solarium)</p> <p>Anytime: One on One Visits Scrabble Wonderful Life Workshop Armchair Travel</p>	<p><b>11</b> 10:30 Kay's Band (Laing Dining Room) 3:15 Sip and Chat with Mariah</p> <p>Anytime: One on One Visits Game Time! Sip and Chat Mind Benders</p>	<p><b>12</b> 11:15 Eldergrow Project 3:00 Renarobics 3:00 Pictures with Santa 7:00 Movie Night</p> <p>Anytime: One on One Visits Muse &amp; Make Balloon Volleyball</p>	<p><b>13</b></p> <p>Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders</p>	<p><b>14</b></p>
<p><b>15</b> 1:30 Music with Kristy 6:00 Movie Night with the RA's, Scrooge, AppleTV</p> <p>Anytime: Spiritual Streaming Courtyard Breezes Mind Benders</p>	<p><b>16</b> 11:15 Eldergrow Project 4:00 University High School Madrigals Performance (Activity Center)</p> <p>Anytime: One on One Visits Courtyard Breezes Mind Benders</p>	<p><b>17</b> 11:15 Eldergrow Project 2:00 Art Therapy with Lydia 7:15 Champaign School Of Music Children's Choir: Holiday Carols (Activity Center)</p> <p>Anytime: One on One Visits Scrabble</p>	<p><b>18</b> 10:30 Kay's Band (Laing Dining Room) 3:15 Sip and Chat with Mariah</p> <p>Anytime: One on One Visits Game Time! Mind Benders</p>	<p><b>19</b> 11:15 Eldergrow Project 4:00 Swim with Santa (CL pool) 7:00 Movie Night</p> <p>Anytime: One on One Visits Muse &amp; Make</p>	<p><b>20</b></p> <p>Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders <small>Winter Begins</small></p>	<p><b>21</b></p>
<p><b>22</b> 11:30 Exercise- Strength &amp; Stretch with Ali 6:00 Movie Night with the RA's, The Bells of St. Mary's, AppleTV</p> <p>Anytime: Table Talk Spiritual Streaming Courtyard Breezes Mind Benders</p>	<p><b>23</b> 6:00 Movie Night with RA's, It's a Wonderful Life, AppleTV</p> <p>Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders</p>	<p><b>24</b> 6:00 Movie Night with RA's, White Christmas, AppleTV</p> <p>Anytime: One on One Visits Scrabble Wonderful Life Workshop <small>Hanukkah Begins</small></p>	<p><b>25</b> 10:30 Kay's Band (Laing Dining Room) 3:15 Sip and Chat with Mariah</p> <p>Anytime: One on One Visits Game Time! <small>Boxing Day (Canada) Kwanzaa Begins</small></p>	<p><b>26</b> 11:15 Eldergrow Project 3:00 Renarobics 7:00 Movie Night</p> <p>Anytime: One on One Visits Game Time! Courtyard Breezes Bean Bag Toss</p>	<p><b>27</b></p> <p>Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders</p>	<p><b>28</b></p>
<p><b>29</b> 6:00 Movie Night with the RA's, Some Like it Hot, AppleTV</p> <p>Anytime: Table Talk Spiritual Streaming Mind Benders Giant Checkers</p>	<p><b>30</b> 11:15 Eldergrow Project</p> <p>Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes</p>	<p><b>31</b></p> <p>Anytime: One on One Visits Mind Benders Daily Chronicles <small>New Year's Eve</small></p>	 <h1>December 2024</h1> <p><i>Happy Birthday Curtis S. 12/13</i></p>			

Highlighted activities happen outside of memory care with the help of RA's, families or caregivers. Questions about the calendar? Email: residentengagementteam@clarklinsey.com

SUN	MON	TUE	WED	THUR	FRI	SAT
1 9:00 Morning Mingle (GHH) 11:00 Fellowship and Prayer w/ Mark Jacobs (EGH) 2:15 Sing-along w/ Kira (WGH) 3:00 Wonderful Life Workshop (EGH)	2 9:00 Morning Mingle (GHH) 10:30 Dada Veda: Singing folk songs (EGH) 2:00 Artistic Endeavors (WGH) 3:00 Sensory Wellness (EGH) 4:00 Music & Memory (GHH)	3 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (WGH) 2:00 Craft Corner (EGH) 3:15 Seated Exercises (WGH) 4:00 Bingo (GHH)	4 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (EGH) 2:00 Craft Corner (WGH) 3:15 Seated Exercises (EGH) 4:00 Jigsaw Puzzle Time (WGH)	5 9:00 Morning Mingle (GHH) <b>10:30 Everything But The Kitchen Sink: Kay's Band (LDR)</b> 2:00 Art Therapy (EGH) 3:00 Baking Club (WGH) 4:00 Game Time (EGH)	6 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH) 1:30 Music & Movement w/ Rena (EGH) 2:00 Artistic Endeavors (WGH) 3:15 Movie Matinee (GHH)	7 1:00 Pretty Nails (EGH) 4:00 Cranium Crunches (WGH)
8 9:00 Morning Mingle (GHH) 10:00 Craft Corner (WGH) 2:00 Sing-along w/ Kristy (EGH) 3:00 Wonderful Life Workshop (WGH)	9 9:00 Morning Mingle (GHH) 10:45 Yoga & Meditation w/ Lisa (WGH) 2:00 Artistic Endeavors (EGH) 3:00 Sensory Wellness (WGH) 4:00 Music & Memory (GHH) <b>6:30 Holiday Cheer with the Cub Scout Pack (AC)</b>	10 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (EGH) 2:00 Craft Corner (WGH) 3:15 Seated Exercises (EGH) 4:00 Jigsaw Puzzle Time (EGH) <b>4:30 Oh Deer (Masterpiece, Huegy Lounge, and Solarium)</b>	11 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (EGH) 2:00 Craft Corner (WGH) 3:15 Seated Exercises (EGH) 4:00 Jigsaw Puzzle Time (WGH)	12 9:00 Morning Mingle (GHH) <b>10:30 Everything But The Kitchen Sink: Kay's Band (LDR)</b> 1:30 Home For the Holidays Music Therapy ZOOM (WGH) <b>2:30 Van Trip to: Hardy's Reindeer Ranch</b> 3:00 Baking Club (EGH)	13 9:00 Morning Mingle (GHH) <b>10:30 Food Truck Friday: Flour and Fire Pizza (Employee Entrance-Main Building)</b> 11:30 Scholarly Series (GHH) <b>1:00 Movie about Medical Aid in Dying followed by discussion with Jim Hannum and volunteers (AC)</b> 1:30 Music & Movement w/ Rena (WGH) 2:00 Bingo (EGH) 3:15 Movie Matinee (GHH) 4:00 Game Time (WGH)	14 1:00 Artistic Endeavors (WGH) 4:00 Jigsaw Puzzle Time (EGH)
15 9:00 Morning Mingle (GHH) 11:00 Fellowship and Prayer w/ Mark Jacobs (WGH) <b>1:00 Afternoon Movie (AC)</b> 2:15 Sing-along w/ Kira (WGH) 3:00 Wonderful Life Workshop (EGH)	16 9:00 Morning Mingle (GHH) 10:45 Yoga & Meditation w/ Lisa (EGH) 2:00 Artistic Endeavors (WGH) 3:00 Sensory Wellness (EGH) 4:00 Music & Memory (GHH) <b>6:00 Van Trip to: Candlestick Lane Christmas Lights</b>	17 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (WGH) 2:00 Craft Corner (EGH) 3:15 Seated Exercises (WGH) 4:00 Jigsaw Puzzle Time (WGH)	18 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (WGH) 2:00 Craft Corner (EGH) 3:15 Seated Exercises (WGH) 4:00 Jigsaw Puzzle Time (WGH)	19 9:00 Morning Mingle (GHH) <b>10:30 Everything But The Kitchen Sink: Kay's Band (LDR)</b> 2:00 Art Therapy (WGH) 3:00 Baking Club (EGH) 4:00 Game Time (WGH)	20 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH) 1:30 Music & Movement w/ Rena (EGH) <b>1:30 Old School Addiction Band (ML DR 3)</b> 2:00 Artistic Endeavors (WGH) 3:15 Movie Matinee (GHH) <b>4:00 Swim with Santa (CLV pool)</b>	21 1:00 Seated Exercises (WGH) 4:00 Game Time (EGH)
22 9:00 Morning Mingle (GHH) 10:00 Craft Corner (EGH) 2:00 Sing-along w/ Kristy (WGH) 3:15 Resident Council Meeting (WGH)	23 9:00 Morning Mingle (GHH) 10:30 Kay's Band: Everything But the Kitchen Sink (WGH) 2:00 Artistic Endeavors (EGH) 3:00 Sensory Wellness (WGH) 4:00 Music & Memory (GHH)	24 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (EGH) 2:00 Craft Corner (WGH) 3:15 Seated Exercises (EGH) 4:00 Jigsaw Puzzle Time (EGH)	25 9:00 Morning Mingle (GHH) 10:30 Clark Lindsey Library Visit (EGH) 2:00 Craft Corner (WGH) 3:15 Seated Exercises (EGH) 4:00 Jigsaw Puzzle Time (EGH)	26 9:00 Morning Mingle (GHH) <b>10:30 Everything But The Kitchen Sink: Kay's Band (LDR)</b> 2:00 Artistic Endeavors (EGH) 3:00 Baking Club (WGH) 4:00 Game Time (EGH)	27 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH) 1:30 Music & Movement w/ Rena (WGH) 2:00 Bingo (EGH) 3:15 Movie Matinee (GHH)	28 1:00 Artistic Endeavors (WGH) 4:00 Jigsaw Puzzle Time (EGH)
29 9:00 Morning Mingle (GHH) 11:00 Fellowship and Prayer w/ Mark Jacobs (EGH) 2:15 Sing-along w/ Kira (WGH) 3:00 Wonderful Life Workshop (EGH)	30 9:00 Morning Mingle (GHH) 10:30 Chair Yoga (EGH) 2:00 Artistic Endeavors (WGH) 3:00 Sensory Wellness (EGH) 4:00 Music & Memory (GHH)	31 <b>LOCATION KEY</b> AC - Activity Center EGH - East Green House GHH - Green House Homes	LDR - Laing Dining Room ML DR 3 - MeadowLark 3rd Floor Dining Room WGH - West Green House			

# December 2024

Green House Homes

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

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