

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday



Home for the Holidays at Arbors at Amherst Traditional

								9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TRIVIA 10:30 MANICURES WITH RCA 2:00 MOVIE MATINEE 3:00 KINGS IN THE CORNER 3:00 FIRESIDE CHAT 6:00 CORNERSTONE CLUB CAROLERS 6:30 MOVIE
9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TOSS UP 2:00 LRC 3:00 KINGS IN THE CORNER 3:00 FIRESIDE CHAT 6:30 HANUKKAH PARTY W/ MRS. A. 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 "DECK THE HALLS" 2:00 MUSIC W/ NICK KACHULIS 3:00 KINGS IN THE CORNER 6:30 MOVIE <small>First Day of Hanukkah</small>	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 MUSIC THERAPY W/ RUSTY 10:00 CHAIR YOGA (ACTIV. RM.) 1:45 SHOPPING 2:00 KINGS IN THE CORNER 3:15 DISCOVERY - OCTOPUSES 6:30 DISCUSSION WITH MRS. A. 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 MEDITATION WITH TENZIN "CREATING YOUR OWN HAPPINESS" 2:00 WORLD TRAVELER - HAWAII 2:00 TABLE GAMES IN PUB 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:30 MASS & COMMUNION WITH FR. PETER 10:30 WORLD AFFAIRS 2:00 DRAWING CLASS WITH JEAN 2:00 HOLIDAY CRAFT IN THE PUB 2:00 KINGS IN THE CORNER 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 LAUGHTER & SONG W/ BILL 10:30 CHAIR YOGA WITH JAYA 1:45 COUNTRY RIDE 2:00 MOVIE MATINEE / CARDS 3:00 READING ALOUD IN SUNROOM 3:15 YAHTZEE CHALLENGE 3:30 VISIT WITH NIKO 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TRIVIA 10:30 MANICURES WITH RCA 2:00 MUSIC W/ UMASS STUDENTS 3:00 MOVIE MATINEE 3:00 KINGS IN THE CORNER 3:00 FIRESIDE CHAT 6:30 MOVIE		
9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TOSS UP 12:00 TO 2:00 FAMILY HOLIDAY CELEBRATION 2:00 TO 4:00 FUN & GAMES WITH UMASS ROTARACT 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:30 MUSIC WITH BHMA 2:00 IN A WORD - "THE WEATHER OUTSIDE IS FRIGHTFUL" 2:00 BOOK CLUB 3:00 YAHTZEE CHALLENGE 3:00 KINGS IN THE CORNER 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TRIVIA 10:00 CHAIR YOGA (MEDIA RM.) 1:45 SHOPPING 2:00 KINGS IN THE CORNER 3:15 DISCOVERY - KAKODA TRAIL 6:30 DISCUSSION WITH MRS. A. 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & GIVE ME 30 2:00 PRESENTATION "ACUPUNCTURE & CHINESE MEDICINE" W/ NEIL PREGOZEN 5:00 BOYSCOUT CAROLERS 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 CHAIR YOGA (MEDIA RM.) 10:15 WORLD AFFAIRS 2:00 RESIDENT COUNCIL 2:00 TO 4:00 CARAVAN CHORUS 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 MUSIC WITH STEVE DAMON 10:30 CHAIR YOGA WITH JAYA 1:45 COUNTRY RIDE 2:00 MOVIE MATINEE 2:00 DEAL ME IN 3:00 SING ALONG IN SUNROOM 3:15 YAHTZEE CHALLENGE 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TRIVIA 10:30 MANICURES WITH RCA 2:00 MUSIC W/ UMASS STUDENTS 3:00 MOVIE MATINEE 3:00 KINGS IN THE CORNER 3:20 PIANO WITH JOHN HSU 3:00 FIRESIDE CHAT 6:30 MOVIE		
9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TOSS UP 2:00 LRC 3:00 KINGS IN THE CORNER 3:00 FIRESIDE CHAT 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & QUIDDLER 1:45 PIANO WITH ADAM 2:45 BIRTHDAY SOCIAL 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 MUSIC THERAPY W/ RUSTY 10:00 CHAIR YOGA (ACTIV. RM.) 1:45 SHOPPING 2:00 "LIFE JOURNEY" DISCUSSION 3:15 DISCOVERY - VICTORIA FALLS 6:30 WINTER DANCE & SOCIAL WITH UMASS STUDENTS	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & GIVE ME 30 1:45 WORLD TRAVELER - CHINA 2:00 TABLE GAMES IN PUB 6:30 MOVIE	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 CHAIR YOGA (MEDIA RM.) 10:15 COOKIE BAKING 2:00 DRAWING CLASS WITH JEAN 2:00 GETTING ARTZY W/ COLOR 2:00 KINGS IN THE CORNER 6:30 MOVIE HAPPY BIRTHDAY LOURDES M.	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:00 LAUGHTER & SONG W/ BILL 10:30 CHAIR YOGA WITH JAYA 2:00 MUSIC WITH BRUCE KORONA 3:00 READING ALOUD IN SUNROOM 3:15 YAHTZEE CHALLENGE 3:30 VISIT WITH NIKO 6:30 MOVIE <small>Winter Begins</small>	9:30 JOINT & MUSCLE RENEWAL 10:00 CARDS 10:15 COFFEE & TRIVIA 10:30 MANICURES WITH RCA 2:00 MOVIE MATINEE 3:00 KINGS IN THE CORNER 3:00 FIRESIDE CHAT 6:30 MOVIE		
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Wishing you peace and joy
this holiday season
and throughout the year.