

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Blood Pressure Clinic**  
12/6 9:30-10:00  
12/20 9:30-10:00



### Holiday Traditions

9:30 Stretch/Tape 10:00 Catholic Mass/TV 1:30 Fireside Chat with Friends <b>2:00 South Hadley Community Band/DR</b> <b>3:00 Non-Denominational Service/REF</b> 6:30 Sing Along with The Arbors Chorus	<b>2</b>	<b>First Day of Hanukkah</b> 9:30 Wake Up & Work Out 10:00 Making Latkas <b>11:15 Christmas Luncheon at Knights of Columbus</b> 2:00 Wii Bowling 3:15 Lighting the Menorah <b>6:30 Holiday Music with Freedom Chorus/DR</b>	<b>3</b>	9:30 Fitness with Weights <b>10:00 Rosary</b> <b>10:45 Coffee Hour with St Anne's Church</b> 1:30 Kings in The Corner/PUB 2:00 Crafters Corner/Making Snowman Keepsake Ornament 3:00 Word Game/Library 6:30 Prize Bingo	<b>4</b>	9:30 Chair Tai Cheng 10:00 Sing A Long with Laraine 1:30 Pencil Art 2:00 Scat 31 <b>3:15 Divine Mercy Prayer Group</b> 6:30 Skip Bo with Friends/PUB 6:30 Wii Bowling	<b>5</b>	9:30 Move It or Lose It <b>10:00 Dollar Tree</b> 1:30 Wellness Talk with Terri: How to Beat the Holiday Blues 2:00 Painting Keepsake Ointments 3:00 Welcome New Residents Social/PUB <b>6:30 Bible Study with Mountain View Church/Library</b>	<b>6</b>	9:30 Sit & Get Fit 10:00 Manicures & Hand Massages <b>1:15 Spiritual with Second Baptist Church/REF</b> 2:00 Pokeno 3:00 Wine & Cheese Social 6:30 Bingo	<b>7</b>	9:30 Stretch 10:00 Name That Tune with Laraine 1:30 Skip Bo with Friends/PUB 2:00 Scat 31 3:00 Word Challenge/Library 6:30 Movie & Popcorn 6:30 Name 10 Challenge/Lobby	<b>8</b>
9:30 Stretch/Tape 10:00 Catholic Mass/TV 1:30 Fireside Chat with Friends 1:45 Bingo 6:30 Movie Night	<b>9</b>	9:30 Wake Up & Work Out 10:00 Baking Christmas Cookies 1:30 Kings in The Corner/PUB 2:00 Wii Bowling 3:00 Holiday Hangman <b>4:30 Ride to See Holiday Lights</b> 6:30 Movie Night	<b>10</b>	9:30 Fitness with Weights 10:00 Short Stories/Library <b>11:15 Lunch at Stemming Tenders</b> <b>1:15 Catholic Mass/REF</b> 2:00 Snowball Toss/REF 3:00 Word Challenge/Library 6:30 Prize Bingo	<b>11</b>	9:30 Chair Tai Cheng 10:00 Crafters Corner/Stuffed Holiday Ornaments <b>1:15 Walmart In Ware</b> 2:00 Scat 31 <b>3:15 Divine Mercy Prayer Group</b> 6:30 Skip Bo with Friends/PUB 6:30 Wii Bowling	<b>12</b>	9:30 Move It or Lose It 10:00 Manicures 1:30 Kings in The Corner/PUB 2:00 Christmas Movie & Refreshments /REF <b>6:00-8:00 Residents &amp; Family Holiday Party Music with Gary Jones</b>	<b>13</b>	9:30 Sit & Get Fit 10:00 Christmas Sing A Long with Laraine 1:30 Knitting Group/Library <b>2:00 Music with Dan Daniels</b> 3:00 Cocktails & Conversations 6:30 Bingo	<b>14</b>	9:30 Stretch 10:00 Chuck It in The Bucket 1:30 Skip Bo with Friends/PUB 2:00 Pokeno 3:00 Songs of The Season with Laraine/Library 6:30 Movie & Popcorn 6:30 Brain Busters/Lobby	<b>15</b>
9:30 Stretch/Tape 10:00 Catholic Mass/TV 1:30 Fireside Chat with Friends 1:45 Bingo <b>3:00 Non-Denominational Service/Library</b> 6:30 Chorus Practice/Library	<b>16</b>	<b>Ugly Christmas Sweater Day</b> 9:30 Wake Up & Work Out 10:00 Cooking Demo with Chef Doug/REF <b>2:00 Music with Jimmy Mazz</b> 3:00 Ugly Sweater Parade & Holiday Cocktails 6:30 Movie Night	<b>17</b>	<b>8:30 St Anne's Church with Terri &amp; Julie</b> 9:30 Fitness with Weights 10:30 Ladies Holiday Social/REF <b>2:00 Rosary</b> 3:00 Christmas Trivia & Coco <b>6:30 Cub Scouts Christmas Caroling/DR</b>	<b>18</b>	9:00 Christmas Concert at <b>Arbor Kids</b> 9:30 Chair Tai Cheng <b>1:15 Shopping/Stop &amp; Shop</b> 2:00 Scat 31 <b>3:15 Divine Mercy Prayer Group</b> 6:30 Skip Bo with Friends/PUB 6:30 Wii Bowling	<b>19</b>	9:30 Move It or Lose it 10:00 Making Peppermint Bark for Gift Giving <b>2:00 Music with The Good Time Singers/REF</b> <b>4:00 Bus Ride to Bright Nights in Springfield</b> 3:00 Holiday Word Scramble 6:30 Music Memories	<b>20</b>	9:30 Sit & Get Fit 10:00 Penny Ante 1:30 Knitting Group/Library <b>2:00 Music with Vicky Rose &amp; Birthday Bash</b> 3:00 Social Hour 6:30 Bingo <small>Winter Begins</small>	<b>21</b>	9:30 Stretch 10:00 Music with Laraine /Library 1:30 Skip Bo with Friends/PUB 2:00 Scat 31 3:00 Short Stories/Library 6:30 Movie & Popcorn 6:30 Christmas Trivia	<b>22</b>
9:30 Stretch/Tape 10:00 Catholic Mass/TV 1:30 Fireside Chat with Friends 1:45 Bingo 6:30 Chorus Practice/Library	<b>23</b>	9:30 Wake Up & Work Out 10:00 Arm Chair Travel Radio City Music Hall 1:30 Kings in The Corner/PUB 2:00 Wii Bowling 3:00 Holiday Humor/Library 6:30 Christmas Eve Concert with Laraine/Library	<b>24</b>	<b>Christmas Day</b> 9:30 Stretch/Tape 10:00 Catholic Mass/TV 1:30 Fireside Chat with Friends 2:00 Christmas Bingo 3:15 Christmas Sing A Long with Laraine 6:30 Movie/ A Walton's Christmas	<b>25</b>	9:30 Chair Tai Cheng 10:00 Baking Kwanzaa Benne Cake/PUB <b>1:15 Shopping Big Y &amp; CVS</b> 2:00 Scat 31 <b>3:15 Divine Mercy Prayer Group</b> 6:30 Wii Bowling	<b>26</b>	9:30 Move or Lose It <b>10:15 Book Club &amp; Book Mobile</b> 1:30 Kings in The Corner/PUB <b>2:00 Scenic Ride</b> 2:00 Afternoon Movie 3:00 Catchphrase with Jill 6:30 Music Request with Richard/Library	<b>27</b>	9:30 Sit & Get Fit 10:00 Name That Tune/Library 1:30 Knitting Group/Library <b>2:00 Music with Sandy Robinson/REF</b> 3:00 Cocktails & Conversations 6:30 Bingo	<b>28</b>	9:30 Stretch 10:00 Manicures & Hand Massages 1:30 Skip Bo with Friends/PUB 2:00 Pokeno 3:00 Favorite Oldies but Goodies with Laraine/Library 6:30 Movie & Popcorn 6:30 Name 10 Challenge/Lobby	<b>29</b>
9:30 Stretch/tape 10:00 Catholic Mass/TV 1:30 Fireside Chat with Friends 1:45 Bingo 6:30 Chorus Practice/Library	<b>30</b>	<b>New Year's Eve</b> 9:30 Wake Up & Work Out 10:00 New Year's Eve Trivia 1:30 Fireside Chat with Friends <b>2:00-4:00 New Year's Eve Party</b> 6:30 Movie Night	<b>31</b>	<b>All Activities Are Subject to Change. Check Daily Schedule for Updates.</b>									

Traditional Community Calendar

