




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>2 Hanukkah Starts</p> <p>10:30-11:00am Sunday Morning Songs of Faith Waters Academy</p> <p>2:00-4:00pm Sunday Movie Matinee Theatre Room</p> <p>8:30-11:30pm Steelers Game Social Theatre Room</p>	<p>3</p> <p>10:30-11:00am Morning Coffee with our ALM Matt Café</p> <p>1:00-1:30pm Technology Club Meeting Waters Academy</p> <p>2:00-2:30pm Rise & Thrive Wellbeing Studio</p> <p>3:00-4:00pm Finish the Phrase Trivia Waters Academy</p> <p>6:00pm Ice Cream Social Dining Room</p>	<p>4</p> <p>10:00-10:30am Chef Demo of this month's super-food—"Winter Squash" Dining Room</p> <p>10:30-11:30am Creative Corner— Wellbeing Studio</p> <p>1:00-1:30pm Devotional & Prayer Time Waters Academy</p> <p>2:00-2:30pm Stretch & Relaxation (Tai Chi & Qigong) Wellbeing Studio</p> <p>3:00-3:45pm Explained "Worlds Water Crisis & Why Women Are Paid Less" Theatre Room</p>	<p>5</p> <p>10:30-11:00am Rise and Thrive Wellbeing Studio</p> <p>11:00-12:00pm Integrative Therapy of the Month Presentation— Mediation Waters Academy</p> <p>1:00-1:30pm Mindfulness with Sister Alice Waters Academy</p> <p>2:00-2:30pm Waters Drumming Class Wellbeing Studio</p> <p>6:30pm Wednesday Night at the Movies Theater Room</p>	<p>6</p> <p>10:30-11:30am Masterworks of American Art "The Glow of Peace" Waters Academy</p> <p>1:00-1:30pm Community Sing-A-Long Waters Academy</p> <p>2:00-2:30pm Gentle Chair Yoga (Mediation) Wellbeing Studio</p> <p>3:00-4:00pm Social Hour Dining Room</p>	<p>7</p> <p>10:30-11:00am Friday Fruit Smoothies Café</p> <p>1:00-1:30pm Music Enrichment "The Symphony-Charles Ives" Waters Academy</p> <p>2:00-2:30pm Rise & Thrive Wellbeing Studio</p> <p>3:00-4:00pm Friday Night BINGO with Prizes Café</p>	<p>1/8</p> <p>10:00-11:00am Cup o' Joe Club <i>*Enjoy coffee & mini muffins together in the Café</i></p> <p>2:00-3:00pm Puzzle Lovers Corner Café</p> <p>3:00-4:00pm Tai Chi & Qigong Video Wellbeing Studio</p>	<p>Special Events/Programming in December</p> <p>Waters Travel Club—Life Long Learning Every month we will be traveling to a new destination, learning about the culture, food, music, arts and more. You will receive a Waters Travel Club passport to document your travels. We encourage you to bring and share any artifacts you may have from the country we are traveling to each month. Throughout the month you will see crafts, baking, music and more scheduled on the calendar to highlight the country of the month. This month we are traveling to <u>Italy!</u></p> <p>Monthly Integrative Therapy Education Every month an educational presentation will be given on the Integrative Therapy of the Month. You will also see implementation of this Integrative Therapy on the calendar throughout the month. This month our Integrative Therapy is <u>Mediation</u>.</p> <p>New Community Church Carol Singing Please join us Sunday December 9th from 12:00-1:30pm as children and parents from New Community Church will be here to provide carols to the residents. Mr. and Mrs. Santa Claus plan on visiting as well. Join us!</p> <p>Shelley Duff Guitarist Social Please join us Thursday December 13th from 4:00-5:00pm as Shelley Duff makes another appearance at the Waters of Wexford! She will be here to sing songs and any song requests residents may have.</p> <p>Girl Scouts Carol Singing Please join us Sunday December 16th from 2:00-3:30pm as the Girl Scouts and parents will be conducting carols for our residents. They will sing in the Senior Living side of the building, and the Assisted Living/Memory Care Side as well. Join us!</p>
<p>9</p> <p>10:30-11:00am Sunday Morning Songs of Faith Waters Academy</p> <p>12:00-1:30pm New Community Church Carol Singing Café/Dining Room</p> <p>2:00-4:00pm Sunday Movie Matinee Theatre Room</p> <p>4:30-7:30pm Steelers Game Social Theatre Room</p>	<p>10 Hanukkah Ends</p> <p>10:30-11:00am Waters 101 Coffee & Donuts Day Café</p> <p>1:00-1:30pm Wellbeing Committee Meeting Waters Academy</p> <p>2:00-2:30pm Rise & Thrive (Mediation) Wellbeing Studio</p> <p>3:00-4:00pm Travel Club to ITALY Waters Academy</p> <p>6:00pm Ice Cream Social Dinning Room</p>	<p>11</p> <p>10:30-11:30 Creative Corner- Wellbeing Studio</p> <p>1:00-1:30pm Devotional & Prayer Time Waters Academy</p> <p>2:00-2:30pm Stretch & Relaxation (Mediation) Wellbeing Studio</p> <p>3:00-3:45pm Explained "Political Correctness & Can We Live Forever?" Theatre Room</p>	<p>12</p> <p>9:30-10:00am Rise and Thrive Wellbeing Studio</p> <p>1:00-1:30pm Mindfulness with Sister Alice Waters Academy</p> <p>2:00-2:30pm Waters Drumming Class Health & Wellbeing Studio</p> <p>3:00-3:30pm Conversations with the Chef Dining Room</p> <p>6:30pm Wednesday Night at the Movies Theater Room</p>	<p>13</p> <p>10:30-11:30am Masterworks of American Art "Art-The Mirror of Social Change" Waters Academy</p> <p>1:00-1:30pm Community Sing-A-Long Waters Academy</p> <p>2:00-2:30pm Gentle Chair Yoga Wellbeing Studio</p> <p>3:00-4:30pm Northlands Library Visit Meet at the Concierge Desk</p> <p>4:00-5:00pm Shelley Duff Guitarist Social Dining Room</p>	<p>14</p> <p>10:30-11:00am Friday Fruit Smoothies Café</p> <p>1:00-1:45pm Music Enrichment "The Symphony-Aaron Copland and Samuel Barber" Waters Academy</p> <p>2:00-2:30pm Rise & Thrive (Tai Chi & Qigong) Wellbeing Studio</p> <p>3:00-4:00pm Game Night Waters Academy</p>	<p>15</p> <p>10:00-11:00am Cup o' Joe Club <i>*Enjoy coffee & mini muffins together in the Café</i></p> <p>2:00-3:00pm Puzzle Lovers Corner Café</p> <p>3:00-4:00pm Chair Yoga Video Wellbeing Studio</p>	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <p>10:30-11:00am Sunday Morning Songs of Praise Waters Academy</p> <p>2:00pm-3:30pm Girl Scouts Carol Singing Café/Dining Room</p> <p>4:30-7:30pm Steelers Game Social Theatre Room</p>	<p>17</p> <p>10:30-11:00am Morning Coffee with our ALM Matt Café</p> <p>1:00-1:30pm Technology Club Meeting Waters Academy</p> <p>2:00-2:30pm Rise & Thrive (Gratitude) Wellbeing Studio</p> <p>3:00-4:00pm Everyday Life Trivia Waters Academy</p> <p>6:00pm Ice Cream Social Dining Room</p>	<p>18</p> <p>9:30-10:00am Rise and Thrive Wellbeing Studio</p> <p>10:30-11:30am Creative Corner– Wellbeing Studio</p> <p>1:00-1:30pm Devotional & Prayer Time Waters Academy</p> <p>2:00-2:30pm Stretch & Relaxation Wellbeing Studio</p> <p>3:00-3:45pm Explained “Astrology & The Stock Market” Theatre Room</p>	<p>19</p> <p>10:30-12:00pm Cranberry Store Visit Meet at the Concierge Desk</p> <p>1:00-1:30pm Mindfulness with Sister Alice Waters Academy</p> <p>2:00-2:30pm Waters Drumming Class Wellbeing Studio</p> <p>6:30pm Wednesday Night at the Movies Theater Room</p>	<p>20</p> <p>10:30-11:30am Bradford Woods Chorus Social Hour Café/Dining Room</p> <p>1:00-1:30pm Community Sing-A-Long Waters Academy</p> <p>2:00-2:30pm Gentle Chair Yoga (Aromatherapy) Wellbeing Studio</p> <p>3:00-4:00pm Game Night Waters Academy</p>	<p>21</p> <p>10:30-11:00am Friday Fruit Smoothies Café</p> <p>1:00-1:45pm Music Enrichment “The Symphony– Roy Harris and William Schuman” Waters Academy</p> <p>2:00-2:30pm Rise & Thrive Wellbeing Studio</p> <p>3:00-5:00pm Christmas Party Social Dining Room/Café</p>	<p>22</p> <p>10:00-11:00am Cup o’ Joe Club <i>*Enjoy coffee & mini muffins together in the Café</i></p> <p>2:00-3:00pm Puzzle Lovers Club Café</p> <p>3:00-4:00pm Tai Chi & Qigong Video Wellbeing Studio</p>
<p>23</p> <p>10:30-11:00am Sunday Morning Songs of Praise Waters Academy</p> <p>2:00-4:00pm Sunday Movie Matinee Theatre Room</p> <p>4:30-7:30pm Steelers Game Social Theatre Room</p>	<p>24 Christmas Eve</p> <p>10:30-11:00am Waters 101 Coffee & Donuts Day Café</p> <p>1:00-1:30pm Pamper Me Free Hand Massages Waters Academy</p> <p>2:00-2:30pm Rise & Thrive (Mediation) Wellbeing Studio</p> <p>3:00-4:00pm Name 10 Trivia Waters Academy</p>	<p>25 Christmas Day</p> <p>9:30-10:00am Rise and Thrive Wellbeing Studio</p> <p>10:30-11:30am Creative Corner-Wellbeing Studio</p> <p>1:00-1:30pm Devotional & Prayer Time Waters Academy</p> <p>2:00-2:30pm Stretch & Relaxation Wellbeing Studio</p> <p>3:00-3:45pm Explained “Why Diets Fail & Designer DNA” Theatre Room</p>	<p>26</p> <p>10:00-11:30am Northlands Library Visit Meet at the Concierge Desk</p> <p>1:00-1:30pm Mindfulness with Sister Alice Waters Academy</p> <p>2:00-2:30pm Waters Drumming Class Health & Wellbeing Studio</p> <p>6:30pm Wednesday Night at the Movies Theater Room</p>	<p>27</p> <p>10:30-11:30am Masterworks of American Art “1885-1900 -Contrasts of Dark and Light” Waters Academy</p> <p>1:00-1:30pm Community Sing-A-Long Waters Academy</p> <p>2:00-2:30pm Gentle Chair Yoga (Gratitude) Wellbeing Studio</p> <p>3:00-4:00pm Game Night Waters Academy</p>	<p>28</p> <p>10:30-11:00am Friday Fruit Smoothies Café</p> <p>1:00-1:45pm Music Enrichment “The Symphony-The Twentieth-Century British Symphony” Waters Academy</p> <p>2:00-2:30pm Rise & Thrive Wellbeing Studio</p> <p>3:00-3:30pm Monthly BIRTHDAY Celebration Café</p>	<p>29</p> <p>10:00-11:00am Cup o’ Joe Club <i>*Enjoy coffee & mini muffins together in the Café</i></p> <p>2:00-3:00pm Puzzle Lovers Club Café</p> <p>3:00-4:00pm Chair Yoga Video Wellbeing Studio</p>
<p>30</p> <p>10:30-11:00am Sunday Morning Songs of Praise Waters Academy</p> <p>1:00-4:00pm Steelers Game Social Theater Room</p> <p>6:30-8:30pm Sunday Movie Matinee Theater Room</p>	<p>31 New Years Eve</p> <p>10:30-11:00am Morning Coffee and Donuts Café</p> <p>1:00pm All Residents Meeting Waters Academy</p> <p>2:00-2:30pm Rise & Thrive (Tai Chi & Qigong) Wellbeing Studio</p> <p>3:00-3:45pm Trivia Challenge Waters Academy</p> <p>4:00-5:00pm New Years Eve Social Café</p>					