


December 2018 APARTMENT & PRAIRIE POINT EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 Exercise* 1 6:45 Movie - see weekly flyer*
9:35 Catholic Communion 2 10:30 Sunday Worship <12:00 Green Bay Packers vs Arizona Cardinals 3:00 Student Piano Recital*	9:00 Fit Circuit 3 9:30-11:30 Open Studio 10:00 Coffee & Sweets 10:30 Continuing Education 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2:30 Chair Exercise 3:15 Fit Circuit 3:30 Aegis Presentation – Advanced Treatment Techniques for Joint Pain, Neuropathy and More 4:00 Balance Class	9:30 Exercise 4 9:30-11:30 Open Studio 10:30 Tai Chi 10:30 Low Vision Reading 10:30-11:15 Wellness Clinic 1-3 Making Christmas Cards 1:15 Chair Yoga 2:00 Flower Arranging 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness	9:00 Fit Circuit 5 9-9:40 Capitol Bank* 9:30-11:30 Open Studio 10:00 Grocery Shopping 10:00 Ladies Coffee* 10:30 Coffee Clutch with Recover Health 10:30 Balance Class 1-3 Painting and Drawing 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise	9:30 Exercise 6 9:30 Men’s Coffee* 9:30-11:30 Open Studio 10:30 Beginner’s Tai Chi 10:30 Brain Fitness 10:30 Sharing Books 11:30 Community Connections Forum* 1-3 Beading 1:15 Chair Chi 1:30 PP Book Club* 2-4 Library Angel 3-4 Spiritual Conversation 4:00 Balance Class 4:30-6 Happy Hour/Music 5-6 Soup & Salad Bar	9:15 Tai Chi 7 10:30 Men’s Club* 11-12 AAP Book Club* 11:30 Unitarian Musicales 1:15 Strength Circuit 1:30 Travelogue* 2:30 Shabbat 2:30 Kickboxing 3:15 Fit Circuit 4:45 Supper Outing- Quivey’s Grove Holiday Dining	9:00 Kids at Heart 8 Intergenerational Group* 9:30 Exercise* 6:45 Movie- see weekly flyer*
10:30 Sunday Worship 9 <12:00 Green Bay Packers vs Atlanta Falcons	9:00 Fit Circuit 10 9:30-11:30 Open Studio 9:30-12 Studio Sale 10:00 Coffee & Sweets 10:30 Continuing Education – Attic Angel Choir 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2:30 Chair Exercise 3:15 Fit Circuit 4:00 Balance Class	8-10 Gift Wrapping 11 9:30 Exercise 9:30-11:30 Open Studio 10:30 Tai Chi 10:30 Low Vision Reading 1-3 Christmas Stockings 1-2 Social Service Work Hours – PP only 1:15 Chair Yoga 1:30 Writers Group* 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness 5:15 Mystery Dinner Social	9:00 Fit Circuit 12 9:15 Chess Group* 9:30-11:30 Open Studio 9:45 Donuts with Derek -PP 10:00 Grocery Shopping 12:00 Outing-Governor’s Mansion Holiday Walk Through 10:30 Balance Class 1-3 Painting & Drawing 2:00 Euchre* 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise	9:30 Exercise 13 9:30 Men’s Coffee* 9:30-11:30 Open Studio 10:30 Sharing Books 10:30 Beginner’s Tai Chi 10:30 Brain Fitness 11-2 Second Chance Dropoff 1-3 Fused Glass Ornaments 1:15 Chair Chi 3-4 Grieving Through the Holidays 2-4 Library Angel 4:00 Balance Class 4:30-6 Happy Hour 5:15 Dinner Music /Meg	9:15 Tai Chi 14 10:00 Catholic Mass 10:30 Men’s Club* 11:30 Unitarian Musicales 1:15 Strength Circuit 1:30 Studio Outing 2:30 Kickboxing 3:15 Fit Circuit	9:30 Exercise* 15 3:00-5:00 Student Piano Recital* 6:45 Movie- See weekly flyer*

<p>DECEMBER 2018 APT's/PP</p> <p>9:35 Catholic Communion 10:30 Sunday Worship <12:00 Green Bay Packers at Chicago Bears</p> <p style="text-align: right;">16</p>	<p>9:00 Fit Circuit 9:30-11:30 Open Studio 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2:30 Chair Exercise 3:15 Fit Circuit 4:00 Balance Class 6:30 Outing to Olin Park for the "Fantasy in Lights"</p> <p style="text-align: right;">17</p>	<p>8-10 Gift Wrapping 9:30 Exercise 9:30-11:30 Open Studio 10:30 Low Vision Reading 10:30 Tai Chi 1-2 Social Service Work Hours – PP only 1-3 Schubert Club* 1-3 Polymer Clay 1:15 Chair Yoga 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness</p> <p style="text-align: right;">18</p>	<p>9:00 Fit Circuit 9-9:40 Capitol Bank* 9:30-11:30 Open Studio 10:00 Grocery Shopping 10:00 Ladies Coffee* 10:30 Balance Class 12:30-2:30 Gift Wrapping 1-3 Painting and Drawing 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise 6:45 Bingo*</p> <p style="text-align: right;">19</p>	<p>9:30 Exercise 9:30 Men's Coffee* 9:30-11:30 Open Studio 10:30 Sharing Books 10:30 Beginner's Tai Chi 10:30 Brain Fitness 1:15 Chair Chi 1-3 Decorating Tote Bags 2-4 Library Angel 3-4 Spiritual Conversation 4:00 Balance Class 5-7 Tudor Dinner 5-6 Soup and Salad Bar</p> <p style="text-align: right;">20</p>	<p>9:15 Tai Chi 10-11 Stitch and Fix 10:30 Men's Club* 1:15 Strength Circuit 2-3:30 Peg Metzner's 100th Birthday Party* 2:30 Kickboxing 3:15 Fit Circuit 3:30 Holiday Gathering with Recover Health</p> <p style="text-align: right;">21</p>	<p>9:30 Exercise* 6:45 Movie- see weekly flyer*</p> <p style="text-align: right;">22</p>
<p>10:30 Sunday Worship <12:00 Green Bay Packers at New York Jets</p> <p style="text-align: right;">23</p>	<p>9:30-11:30 Open Studio 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 2-4 Bridge*</p> <p style="text-align: center;">CHRISTMAS EVE</p> <p style="text-align: right;">24</p>	<p style="text-align: center;">CHRISTMAS</p> <p style="text-align: right;">25</p>	<p>9:00 Fit Circuit 9:15 Chess Group* 9:30-11:30 Open Studio 10:00 Grocery Shopping 10:30 Balance Class 1-3 Painting and Drawing 2:00 Euchre* 2:15 Strength Circuit 2:30-3:15 Wellness Clinic 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise 5:15 Mystery Dinner Social</p> <p style="text-align: right;">26</p>	<p>9:30 Exercise 9:30 Men's Coffee* 9:30-11:30 Open Studio 10:30 Beginner's Tai Chi 10:30 Brain Fitness 1:15 Chair Chi 1-3 Paint Pouring 2-3 Resident Forum 2-4 Library Angel 4:00 Balance Class 4:30-6 Happy Hour/Music 5-6 Soup and Salad Bar</p> <p style="text-align: right;">27</p>	<p>9:15 Tai Chi 10:30 Men's Club* 1:15 Strength Circuit 2:30 Kickboxing 3:15 Fit Circuit</p> <p style="text-align: right;">28</p>	<p>9:30 Exercise* 6:45 Movie- see weekly flyer*</p> <p style="text-align: right;">29</p>
<p><12:00 Green Bay Packers vs Detroit Lions</p> <p style="text-align: right;">30</p>	<p>9:00 Fit Circuit 9:30-11:30 Open Studio 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2-4 Bridge* 2:30 Chair Exercise 3:15 Fit Circuit 3:30-4:30 Cajun Spice Band* 4:00 Balance Class</p> <p style="text-align: right;">31</p>		<p>< time of game may change due to NFL flexible scheduling – check newspaper for correct time</p>		<p>Asterisk* = Indicates that there will not be a staff member or angel volunteer present</p>	<p>*Calendar is subject to change, please check monitors for updates</p>

Active Living

Calendar

Please note that activities noted in your monthly calendar with an asterisk * indicates that program is not a 'facility sponsored' activity. This means there will not be a staff or volunteer present during these activities, rather residents, community members or outside organizations will be providing that event.

Apartments & Prairie Point	December 2018
Banking	
CAPITOL BANK* Wednesdays, December 5 & 19 9:00-9:40 AM Quiet Room	Capitol Bank offers banking services including check cashing (checks from other banks will have a \$5 cashing fee), notary service, purchase of stamps, and he can assist you in opening a Capitol Bank account if you wish.
Cards & Games	
BINGO* Wednesday, December 19 6:45-8:00 PM Quiet Room	Join Sandy Spengler for a fun filled game of Bingo.
BRIDGE* Monday, December 24 2:00-4:00 PM Garden Room	Join residents for an afternoon bridge game. Sign up at the front desk if you're interested in playing. The cost \$0.50 to play.
BRIDGE MARATHON PARTY* Thursday, December 13 2:00-4:00 PM Garden Room	The agenda will be as follows: •Crown and reward winners of recent tournament •Discuss 2 nd item on our marathon rules •Discuss bridge options •Set schedule for next marathon.
CHESS GROUP* Wednesdays, December 12 & 26 9:15-11:30 AM Quiet Room	Rusty at chess? Me too! Join this new chess group to revive your skills and enjoy pleasant times together. If you would like to learn how to play, we will teach you.
Cards & Games Cont.	

<p>EUCHRE* Wednesdays, December 12 & 26 2:00-4:00 PM Conservatory</p>	<p>If you're interested in playing, please come down, bring a deck of cards and join the group. For more information you can contact Luisa Prey at 203-5318.</p>
<p>MAH JONGG Mondays, December 3, 10, 17, 24 & 31 1:00-3:30 PM Garden Room</p>	<p>Residents with an intermediate and above skill level are welcome to join the angels in playing Mah Jongg. No reservation is necessary. Any questions, see Beverly Kneebone.</p>
<p>Health & Wellness</p>	<p>Wellness Coordinator Adam Alexander 662-8804 adam.alexander@atticangel.org</p>
<p>ATTIC ANGEL WELLNESS Contact Adam Alexander with questions 662-8804 adam.alexander@atticangel.org</p> <p>There are a lot of options that are offered free of charge as a benefit of being part of the Attic Angel Community.</p> <p>There is a charge and registration for premium programs such as balance, fit circuit, strength circuit, and tai chi.</p>	<p>For wellness classes such as balance, fit circuit, strength circuit, and tai chi there is a \$7 per class drop in fee that can be pre-paid at the beginning of the month.</p> <p>Other monthly options include: \$50 for one class pass for a month (unlimited attendance for that one class that month), \$90 a month for all classes unlimited access, and \$120 for unlimited access to all classes plus a 1:1 60 minute balance test/fit test and personal training session with Adam.</p>
<p>BALANCE CLASS Mondays, December 3, 10 & 17 4:00-4:30 PM Wednesdays, December 5, 12, 19 & 26 10:30-11:00 AM Thursdays, December 6, 13, 20 & 27 4:00-4:30 PM All in the Wellness Room</p>	<p>This class is designed to improve balance, core stability and function. Participants will rotate through balance exercises with other residents, allowing the opportunity to sit and rest. Walkers and canes are welcome but an ability to stand and walk for short periods is recommended.</p> <p>**Class size is limited, registration and payment is required at the front desk.</p>
<p>BEGINNER'S TAI CHI – NEW CLASS Thursdays, December 6, 13, 20 & 27 10:30-11:15 AM Wellness Room *This class requires registration and payment at the front desk. **Classes are \$7 per class or \$50 for the entire month for those who want to take an unlimited number of tai Chi classes for the month.</p>	<p>Tai Chi is a slow, gentle exercise, easy on the joints, that will improve your balance and leg strength. This is a chance for those new to Tai Chi to learn the movements of the form slowly, step by step. For those already familiar with Tai Chi it is a chance to go back to the basics and review and refine your movements.</p>
<p>Health & Wellness Cont.</p>	

<p>BRAIN FITNESS Tuesdays, December 4, 11 & 18 3:15-3:45 PM Thursdays, December 6, 13, 20 & 27 10:30-11:00 AM All in the Conservatory</p>	<p>The idea of this class is to engage the participants in thought provoking activities designed to improve mental flexibility and thought organization.</p>
<p>CHAIR CHI (SEATED TAI CHI) Led by Adam. Thursdays, December 6, 13, 20 & 27 1:15-1:45 PM Wellness Room</p>	<p>Qi Gong or Chair Chi is a gentle exercise program to help people receive the benefits of traditional Tai Chi in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance to participate and benefit. Those benefits include balance, flexibility, range of motion, strength, energy, pain relief, & stress reduction</p>
<p>CHAIR EXERCISE IN THE AFTERNOON Two different day/time options</p> <p>Mondays, December 3, 10 & 17 2:30-3:00 PM Wednesdays, December 5, 12, 19 & 26 4:15-4:45 PM</p> <p>All in Wellness Room</p>	<p>An exercise class later in the day. There is no registration and no charge for this class, just come and enjoy moving, stretching and strengthening at your own pace and effort level. There will be options for any ability level, but expect this class to be a little easier than the morning chair exercise class. Exercise will be mostly in a chair, with some options to stand but not required. Wheelchairs welcome.</p>
<p>CHAIR YOGA Tuesdays, December 4, 11 & 18 1:15-1:45 PM Wellness Room</p>	<p>Taught by Adam. All abilities welcome. Wheelchairs welcome. The class focuses on mobility/stretching, utilizing the breath to enhance your movement and health, and relaxing the mind and body. Enjoy this gentle approach to exercise and enjoy the benefits of moving better and feeling relaxed & refreshed.</p>
<p>EXERCISE Every Tuesday, Thursday & Saturday* 9:30-10:15 AM Wellness Room</p>	<p>Everyone is welcome to participate in the exercise program that is led by an Attic Angel volunteer. Saturday the class is self led by watching an exercise DVD.</p>
<p>FIT CIRCUIT Mondays, December 3, 10 & 17 9:00-9:45 AM and 3:15-4:00 PM Wednesdays, December 5, 12, 19 & 26 9:00-9:45 AM and 3:15-4:00 PM Fridays, December 7, 14, 21 & 28 3:15-4:00 PM All in the Wellness Room</p>	<p>This small group class incorporates movement from station to station utilizing balance, strength, flexibility and coordination exercises. Residents who ambulate with and without a walker or cane may take this class.</p> <p>**Class size is limited, registration and payment are required at the front desk.</p>
<p>KICKBOXING Fridays, December 7, 14, 21 & 28 2:30-3:00 PM Wellness Room</p>	<p>A good cardiovascular workout to get the heart and lungs stronger. Punching and kicking will help to elevate your heart rate and provide an excellent core strengthening workout. Wheelchairs welcome.</p>
<p>Health & Wellness Cont.</p>	

<p>MEDITATION & RELAXATION Mondays, December 3, 10 & 17 11:45 AM-12:15 PM Quiet Room</p>	<p>This class uses guided or mindful meditation techniques to relieve stress and anxiety.</p>
<p>PERSONAL TRAINING (Private sessions or small group sessions)</p> <p>Contact Adam to schedule Adam.alexander@atticangel.org or 662-8804</p> <p>Sessions are held in the Wellness Center or Fitness Room</p>	<p>The charge for personal training is \$50 for 45 minute sessions with special group rates offered as well. Participants receive one-on-one attention from our wellness coordinator, Adam Alexander. Programs are developed to suit individual goals and needs. Sessions can be used as a transition from physical therapy, a regular weekly session or as needed to help modify self-led programs.</p>
<p>STRENGTH CIRCUIT Mondays, December 3, 10 & 17 1:15-1:45 PM Wednesdays, December 5, 12, 19 & 26 2:15-2:45 PM Fridays, December 7, 14, 21 & 28 1:15-1:45 PM</p> <p>Physical Therapy Gym</p>	<p>With the use of specialized training equipment, our Wellness Coordinator guides each participant through a strength-based workout and provides supervision to ensure proper and safe form are being used. **Class size is limited, registration and payment are required at the front desk.</p>
<p>TAI CHI Fridays, December 7, 14, 21 & 28 9:15-10:00 AM Wellness Room</p> <p>**This class requires registration and payment at the front desk.</p>	<p>Tai Chi is an ancient Chinese discipline involving a continuous series of controlled usually slow movements designed to improve physical and mental well-being. Benefits re to improve strength and balance, reduce stiffness, and improve sleep quality. In this class each participant stays in one general area and a chair is available as an assist to balance or rest.</p>
<p>TAI CHI* Tuesdays, December 4, 11 & 18 10:30-11:15 AM Wellness Room</p> <p>**Registration and payment needed at the front desk.</p> <p>We have enlisted Lorraine Moore’s experience and expertise to allow participants and opportunity to continue to refine and advance their practive of Tai Chi.</p>	<p>Tai Chi is an ancient Chinese discipline involving a continuous series of controlled usually slow movements designed to improve physical and mental well-being. Benefits re to improve strength and balance, reduce stiffness, and improve sleep quality. In this class each participant stays in one general area and a chair is available as an assist to balance or for rest to sit as needed. Even though the class is pegged as advanced all levels are welcome.</p>
<p>WELLNESS CLINIC Tuesday, December 4 10:30-11:15 AM Wednesday, December 26 2:30-3:15 PM Janine Field’s Office</p>	<p>Consult with a Licensed Nurse about general health concerns. You can have your vital signs taken and check your weight. Ask questions about services that are available to you.</p>
<p>Health & Wellness Cont.</p>	
<p>Wii BOWLING Tuesdays, December 4, 11 & 18 2:00-3:00 PM</p>	<p>Wii is a home video game console released by Nintendo. This game console uses a handheld poining device which detects movement and</p>

Wellness Room	displays it on the screen we'll be watching. Essentially we'll be playing virtual bowling. No experience necessary.
Gatherings & Programs	
AEGIS THERAPIES PRESENTATION – “Advanced Treatment Techniques for Joint Pain, Neuropathy and More” Monday, December 3 3:30-4:30 PM Health Center Activity Room	Stacey Roberts will be discussing the rapidly changing landscape related to stem cell therapy and other recent discoveries that researchers are uncovering related to decreasing pain in the body, regenerating tissues for the body to enhance its own self healing power and modalities available to assist in this process. Topics discussed will be Regenerative Medicine and Regenerative Rehabilitation. Research from Madison’s very own Regenerative Medicine Institute will be included in the discussion. Fascinating discoveries and practical application for seniors will be discussed.
BIRTHDAY PARTY- Apartments Only Back in January	There is no December party. Apartment birthdays will be celebrated in January.
CLINICS BY APPOINTMENT ONLY* Please contact the Unit Clerks at 662-8826 if would like to make a clinic appointment.	AUDIOLOGY* DERMATOLOGY CLINIC* MASSAGE THERAPY* PODIATRY CLINIC*
COFFEE CLUTCH WITH RECOVER HEALTH Wednesday, December 5 10:30-11:30 AM Community Room	Join Sonja and Tina for coffee, sweets and a question & answer time on Recover Health and Recover Care Home Health Services. We’d love to get to know you and show how home health services can help you age in place.
COMMUNITY CONNECTIONS FORUM* Thursday, December 6 11:30 AM-1:15 PM Garden Room Carol Donnelly is the contact for the group and can be reached via email at Caroldonnelly8@gmail.com.	An informal group has formed in our community and we invite you to join us. Residents of Attic Angel Place apartments and Prairie Point form this group. We are organized to stimulate education regarding social and environmental community issues. Please bring your own lunch. The café opens at 11:00 AM and does do carry outs.
Gatherings & Programs Cont.	
CONTINUING EDUCATION Mondays Coffee & Sweets	December 3 – “Chinese Society in Transition Today” presented by Vincent D’Orazio, current Attic Angel Prairie Point resident.

<p>Garden Room</p> <p>Program 10:30-11:15 AM Community Room</p>	<p>December 10 - "Attic Angel Choir" under the direction of Sarellen Schuh.</p>
<p>DONUTS WITH DEREK – Prairie Point Residents Wednesday, December 12 9:45-10:45 AM Garden Room</p>	<p>Join Derek Buckley for coffee & donuts, conversation and questions if you have some.</p>
<p>FLOWER ARRANGING Tuesday, December 4 2:00-3:00 PM Conservatory</p>	<p>All Apartment and Prairie Point residents are welcome to arrange flowers. Borrow an Attic Angel vase or bring your own.</p>
<p>GIFT WRAPPING Tuesday, December 11 8:00-10:00 AM Tuesday, December 18 8:00-10:00 AM Wednesday, December 19 12:30-2:30 PM Quiet Room</p>	<p>Please take advantage of one of our gift wrapping days. The Employee Appreciation Committee will wrap your Christmas gifts for you. Please make sure to have the name of the person receiving the gift on the package so that a tag can be put on it for you.</p>
<p>HAPPY HOUR Thursdays, December 6, 13, 20 & 27 4:30-6:00 PM Community Room</p>	<p>All Apartment and Prairie Point residents are welcome to come to a social opportunity and happy hour. Enjoy free beer, non-alcoholic beverages, and wine. Visit with neighbors. For more information contact Derek Buckley.</p>
<p>HOLIDAY GATHERING WITH RECOVER HEALTH Friday, December 21 3:30-4:30 PM Community Room</p>	<p>Come celebrate the holiday season with friends and family. We'll be having pie, hot beverages and reminiscing about traditions from the past. We hope to see you there, and happy holidays.</p>
<p>KIDS AT HEART INTERGENERATIONAL GROUP* Saturday, December 8 9:00-11:00 AM Activity Room</p>	<p>"Kids at Heart" is a program that provides intergenerational care with the help of UW Madison students. Residents would assist students with activities such as crafts, dancing & singing, games & reading aloud. The goal is to bring positive energy and life to long-term care facilities by bringing in children.</p>
<p>LADIES COFFEE* Wednesdays, December 5 & 19 10:00-11:00 AM Garden Room</p>	<p>All Apartment and Prairie Point women are invited to attend this social event to meet and visit with others in our AAP community. Please note that there is a charge for coffee & sweets.</p>
<p>LOW VISION READING Tuesdays, December 4, 11 & 18 10:30-11:30 AM Quiet Room</p>	<p>Join Angel volunteers and residents for a reading opportunity for those residents who have low vision.</p>
<p>Gatherings & Programs Cont.</p>	
<p>MENS CLUB* Fridays, December 7, 14, 21 & 28 10:30-11:30 AM</p>	<p>All men are welcome to join in for this social opportunity.</p>

<p>Garden Room</p>	
<p>MENS COFFEE* Thursdays, December 6, 13, 20 & 27 9:30-10:45 AM Garden Room</p>	<p>All Apartment and Prairie Point men are invited to attend this social event.</p>
<p>MYSTERY DINNER SOCIAL Tuesday, December 12 Wednesday, December 26 5:15 PM Apartment Dining Room</p>	<p>Come and enjoy dining with new people and meet new friends. You could possibly win a Mystery Prize.</p>
<p>NEW FRIEND GATHERING* Wednesday, December 26 10:30-11:30 AM Garden Room</p>	<p>This gathering will focus on introducing new residents to a group of seasoned residents who bring a lot of enthusiasm about activities and the community and culture within Attic Angel. Coffee & cookies will be served.</p>
<p>PEG METZNER BIRTHDAY PARTY * Friday, December 21 2:00-3:30 PM Community Room</p>	<p>Join Peg Metzner in celebrating her 100th Birthday.</p>
<p>RESIDENT FORUM Thursday, December 27 2:00-3:00 PM Community Room</p>	<p>Come and take advantage of the opportunity to ask questions of management staff, hear recent updates and share your thoughts with fellow residents.</p>
<p>SECOND CHANCE DROP OFF Thursdays, December 13 & 27 11:00 AM – 2:00 PM Front Entrance Parlor in front of fireplace</p>	<p>Every 2nd and 4th Thursdays, you can bring in your donations for second chance shop. Remember the items should be in good, gently used condition. Thanks for your donations.</p>
<p>SHARING BOOKS with Eric James & Gary Hein Thursday, December 6 & 13 10:30-11:30 AM Bryant Room</p> <p>December 6 – “Treasured Holiday Stories – Part 1” The All-I’ll-Ever-Want Christmas Doll will start us off, a 1930’s tale of three sisters in the American South. Then a non-fiction book detailing the Christmas cards, messages and gifts chosen by US presidents from 1923 to 1995. And finally a Hanukkah story and a Christmas story, both from current times.</p>	<p>December 13 – “Treasured Holiday Stories – Part 2” The season continues with a classic story – The Little Fir Tree by Margaret Wise Brown. This will be followed by the jolly music of a Christmas ukulele band. Then we’ll close with a modern holiday story, the Miracle on 133rd Street. Come and enjoy some fun times with your Attic Angel neighbors and appreciate the best of celebrating Hanukkah and celebrating Christmas.</p>
<p>Gatherings & Programs Cont.</p>	
<p>SOCIAL SERVICE WORK HOURS – PP ONLY Tuesdays, December 11 & 18 1:00-2:00 PM Prairie Point Model</p>	<p>The Social Workers will be available to provide support and assistance.</p>

<p>SOUP & SALAD BAR Thursdays 5:00-6:00 PM Community Room</p>	<p>Food Service is offering a nightly soup and salad each Thursday. The cost is \$5.50 per person for one trip through. You will be asked to sign a sheet indicating to put the amount on your monthly account as no cash is exchanged.</p> <p>December 6 – Cheesy Vegetable December 13 – Mushroom Brie December 27 – Chicken Noodle</p>
<p>STORY CORPS - Story Corps is a 501©3 not for profit program in which volunteers record the stories of everyday people. **Sign up at the front desk for an Angel to come and meet with you. Have a specific Angel you would like to work with- let us know! *Contact Colleen for more information 662-8823.</p>	<p>Stories of your choosing are verbally recorded and can be either sent to you, your family members, or to the Library of Congress (where the voices are stored for posterity). Stories are recorded by kind, friendly angels! This can be done in the comfort of your own apartment.</p>
<p>TRAVELOGUE* Friday, December 7 1:30-2:30 PM Community Room</p>	<p>Apartment residents see weekly flyer that will be delivered to your door and Prairie Point residents watch for an email with the information.</p>
<p>TUDOR HOLIDAY DINNER Thursday, December 20 5:00-7:00 PM Main Dining Room and Community Room</p>	<p>Join us for the annual Holiday Tudor Dinner. We will again enjoy the Strolling minstrels from Middleton Madrigal Singers.</p>
<p>WRITERS GROUP* Tuesday, December 11 1:30-3:30 PM Private Dining Room</p>	<p>This group welcomes all residents and all experience levels. Whether you want to tell your story through writing, or whether you just want to listen to the stories of others – we want you to join us. Literary quality and publishing is not our goal; rather, we enjoy the chance to share our lives and to capture our days past and present for paper preservation.</p>
<h1>Library</h1>	
<p>AAP BOOK CLUB* Friday, December 7 11:00 AM - 12:00 PM Small Dining Room</p>	<p>New members are welcome. Books will be picked up and returned to the library as well as the discussion leader packets. The selection is “Daughter of Fortune” by Isabel Allende.</p>
<p>LIBRARY ANGELS Thursdays, December 6, 13, 20 & 27 2:00-4:00 PM Library</p>	<p>The Library Angels will be in the Library to help you find what you need.</p>
<p>Library Cont.</p>	
<p>PRAIRIE POINT BOOK CLUB* Thursday, December 6 1:30 PM Garden Room</p>	<p>This book club is open to all Prairie Point residents. This month’s selection is “Before We Were Yours” by Lisa Wingate. Please contact Sue Buehler if you wish to join.</p>

Music & Entertainment

<p>CAJUN SPICE BAND* Monday, December 31 3:30-4:30 PM Community Room</p>	<p>The band started playing together in Spring of 2011. They play traditional Cajun music from Southwest Louisiana. They are a group of a guitar, fiddle, accordion and drums.</p>
<p>DINNER MUSIC WITH MEG FORD Thursday, December 13 5:15 PM Garden & Apt Dining Rooms</p>	<p>Enjoy the piano music of Meg Ford as she plays during the dinner meal. Meg is happy to take requests and is always interested to learn what songs people would like to hear.</p>
<p>HAPPY HOUR MUSIC WITH MICHAEL BARTLETT Thursday, December 6 & 27 4:30-6:00 PM Community Room</p>	<p>Enjoy listening to music during Happy Hour played by Michael. Listen to selections from Broadway shows, popular music and standards from George Gershwin, Cole Porter & more....</p>
<p>SCHUBERT CLUB & EUTERPE* Tuesday, December 18 1:00-2:30 PM Community Room</p>	<p>Please join us for a joint meeting of two music groups. Several musicians will sing, play the piano or play other instruments.</p>
<p>STUDENT PIANO PERFORMANCE * Sunday, December 2 3:00-4:30 PM Community Room</p>	<p>Come and listen to Brian Hagen's students perform piano pieces.</p>
<p>STUDENT PIANO PERFORMANCE * Saturday, December 15 3:00-5:00 PM Community Room</p>	<p>Come and listen to Lisa Cole's students perform piano pieces.</p>
<p>Movies Movies are chosen from resident suggestion, with only one R rated film a month.</p>	<p>Apartment residents see weekly flyer that will be delivered to your door and Prairie Point residents watch for an email with the information.</p>
<p>Outings</p>	
<p>GOVERNOR'S MANSION HOLIDAY WALK THROUGH Wednesday, December 12 12:00 PM Front Lobby</p>	<p>Join fellow residents for a walk through of the Governor's Mansion to see the Christmas decorations.</p>
<p>Outings Cont.</p>	
<p>OLIN PARK "FANTASY IN LIGHTS" DISPLAY Monday, December 17 6:30 PM Front Lobby</p>	<p>Come and take a drive through Olin Park to see the "Fantasy in Lights" Christmas display.</p>

<p>STUDIO OUTING – Olbrich Holiday Express Friday, December 14 Meet in lobby at 1:30 PM, Bus leaves at 1:40 PM</p>	<p>Large-scale model trains wind through a holiday scene overflowing with hundreds of poinsettias and fresh evergreens.</p> <p>NO Admission Fee</p>
<p>SUPPER OUTING to Quivey’s Grove Holiday Dining Friday, December 7 Bus Loads at 4:45 PM and will leave by 5:00 PM</p>	<p>Discover the Holiday tradition of Quivey’s Grove Stone House Restaurant Holiday dining. Enjoy food from their famous Holiday Menu.</p>
<p>SYMPHONY BUS to Overture Center *Taxis load at 1:40 PM *Contact Colleen Knudson at 662-8823 to reserve seats</p>	<p>If you have purchased tickets for the 2018-2019 Symphony Season, you are able to ride a taxi van to and from the performance. Please meet in the front lobby.</p>
<p>UNITARIAN MUSICALES* Fridays, December 7 & 14 Meet in the Lobby at 11:30 AM Bus leaves at 11:45 AM</p>	<p>The Unitarian Musicales will be held on Fridays beginning on October 7 and the last one being on May 12. For 29 years First Unitarian Society has offered free noon-time concerts to the community featuring some of the area’s finest musicians in their historic Landmark Auditorium.</p>
<h2>Shopping</h2>	
<p>GROCERY SHOPPING Wednesdays, December 5, 12, 19 & 26 10:00-11:15 AM Front Lobby</p>	<p>Angels will be available to help assist with the outing. Please sign up in advance at the front desk. We will be shopping at Pick N’ Save except for the last Wednesday of the month, which is Metcalfe’s.</p>
<p>WALGREENS Tuesdays, December 4, 11 & 18 3:00-4:00 PM Front Lobby</p>	<p>Join the Angels for a shopping trip to Walgreens. Please sign up in advance at the front desk.</p>
<h2>Spiritual & Cultural</h2>	
<p>BETHEL LUTHERAN* Every Sunday on Channel 7 on TV 10:00-10:30 AM</p>	<p>Enjoy watching weekly service live from Bethel Lutheran in Madison.</p>
<p>SPIRITUAL CONVERSATIONS – “On the Brink of Everything” Thursdays, December 6 & 20 3:00-4:00 PM Quiet Room</p>	<p>“Don’t hunker down,” author Parker Palmer advises in his latest book. That’s exactly what you won’t be doing when you join Chaplain Bev on Thursday afternoons to read and experience the wisdom, energy and excitement of growing old, on the brink of everything.</p>
<p>Spiritual & Cultural Cont.</p>	
<p>CATHOLIC SERVICES Friday 10:00-11:00 AM Community Room</p>	<p>December 14 – Catholic Mass</p>

<p>COMMUNION SERVICE Wednesdays 3:30-4:15 PM Community Room</p>	<p>December 5 – Pastor Bette Duff, Presbyterian December 12 – Pastor Ann Scott, Methodist December 19 – Gary Hein, Lutheran December 26 – Pastor Sandra Nuernberg, Presbyterian</p>
<p>GRIEVING THROUGH THE HOLIDAYS Thursday, December 13 3:00-4:00 PM Quiet Room</p>	<p>As the holidays approach, learn how to find comfort for yourself and others who are grieving. When someone we love dies, we are often unprepared for the impact of grief. We may not know how to help ourselves or others cope and move forward while experiencing grief. Grief comes to us in many ways. The loss of a loved one, the loss of a job, or friend. Only you know. All are welcome.</p>
<p>QP CATHOLIC COMMUNION Sundays, December 2 & 16 9:35-9:45 AM Quiet Room</p>	<p>Queen of Peace Catholic Church will be here to provide communion.</p>
<p>SHABBAT Friday, December 7 2:30-3:30 PM Garden Room</p>	<p>Join your neighbors, Angel volunteers and friends from Jewish Social Services for a wonderful afternoon. The gathering will include candle lighting, challah, wine, songs and discussion to usher in Shabbat, and the opportunity to recite Kaddish. Hanukkah treats including latkes & sweets will be served.</p>
<p>SUNDAY WORSHIP SERVICE Sundays 10:30-11:15 AM Community Room</p>	<p>Residents are invited to gather with area Pastors or Ministers to worship with song, prayer and scripture.</p> <p>December 2 – Gary Hein, Lutheran December 9 – Bev Davis, Community Chaplain December 16 – Bev Davis, Community Chaplain December 23 – Cheryl Krull, Lutheran</p>
<p style="text-align: center;">STUDIO</p> <p>The Studio is open at all times for your use. There may be times, however, that limited assistance is available due to scheduled groups. Assistance by appointment is available Monday through Friday by calling 662-8859.</p>	<p>It is not necessary for you to have experience in projects offered in the Studio. We are here to help you to try out and learn about the media and equipment in the Studio. Please feel free to bring in your own independent projects and ideas to the Studio.</p>
<p>Studio Cont.</p>	
<p>ADULT COLORING GROUP Mondays, December 3, 10, 17, 24 & 31 1:00-3:00 PM Studio</p>	<p>However, it turns out coloring can be beneficial for adults—namely for its de-stressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. Publishers</p>

<p>Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters.</p>	<p>have lately been launching coloring books specifically for adults and we have them here.</p>
<p>AM STUDIO ACTIVITIES Mondays – Thursdays 9:30-11:30 AM Studio</p>	<p>Choose from a variety of art activities to do in the, including, but not limited to weaving, knitting, painting, drawing, jewelry making, beading, and card making. Not sure where to start? An Angel or Art Program Coordinator will help you create an artwork of your choice.</p>
<p>BEADING Tuesday, December 6 1:00-3:00 PM Studio</p>	<p>Make necklaces, bracelets, earrings and eyeglass chains with beads. Keep it simple or try something new.</p>
<p>CARD MAKING – Christmas Cards Tuesday, December 4 1:00-3:00 PM Studio</p>	<p>Christmas is on its way. Come make a card to celebrate the holidays.</p>
<p>CHRISTMAS STOCKINGS Tuesday, December 11 1:00-3:00 PM Studio</p>	<p>Need a last minute Christmas gift for someone? Come design and decorate a new Christmas stocking with buttons, bells, and more.</p>
<p>FUSED GLASS Tuesday, December 13 1:00-3:00 PM Studio</p>	<p>Learn the unique process of fused glass. Come learn how to make ornaments for the holidays or fun.</p>
<p>KNIT AND STITCH Mondays, December 3, 10, 17, 24 & 31 1:00-3:00 PM Studio</p> <p>***Refreshments are provided.</p>	<p>Join the Angels for an afternoon of knitting, crochet, needlework and socializing. Please feel welcome to bring your own projects to work on. This is also a wonderful opportunity to get assistance or help on projects you're working on. Do you need a pattern? Come by.</p>
<p>PAINTING & DRAWING Wednesdays, December 5, 12, 19 & 26 1:00-3:00 PM Studio</p>	<p>Come to learn how to paint and draw in a fun and relaxed environment. This class begins with a short lesson in a basic concept of painting and/or drawing and is designed for beginners, but intermediate and advanced painters and drawers are welcome.</p>
<p>PAINT POURING Thursday, December 27 1:00-3:00 PM Studio</p>	<p>Drip and pour paint in different colors to create an abstract effect.</p>
<p>Studio Cont.</p>	
<p>POLYMER CLAY Tuesday, December 18 1:00-3:00 PM Studio</p>	<p>Sculpt, mold and form this colorful clay into jewelry pieces, bowls, or accent pieces.</p>

<p>STITCH AND FIX Friday, December 21 10:00-11:00 AM Studio</p>	<p>Do you have a simple tear in a garment or button that needs to be replaced? Drop these off at the studio any time during the month or join our seamstress angels while they repair.</p>
<p>STUDIO OUTING – Olbrich Holiday Express Friday, December 14 Meet in lobby at 1:30 PM, Bus leaves at 1:40 PM</p>	<p>Large-scale model trains wind through a holiday scene overflowing with hundreds of poinsettias and fresh evergreens.</p> <p>NO Admission Fee</p>
<p>STUDIO SALE Monday, December 10 9:30 AM – 12:00 PM Front Entrance Parlor</p>	<p>Shop for you or someone else during our studio sale. We have scarves, jewelry, home décor and more.....</p>
<p>TOTE BAGS Thursday, December 20 1:00-3:00 PM Studio</p>	<p>Want a stylish new tote bag to carry around while shopping? Come to the studio to decorate one.</p>