


December 2018 Health Center Monthly Activities and Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00 Kids at Heart <b>1</b> Intergenerational Group 2:30 Movie "Christmas with the Kranks"*
9:15 Catholic <b>2</b> Communion 9:40 AM Stretch 10:30 Sunday Worship <12:00 Green Bay Packers vs Arizona Cardinals 3:45-4:15 Student Violin Recital	9:30-11:30 Studio <b>3</b> 9:40 AM Stretch 10:00 Your Senses: Smells of the Holidays 10:30 Continuing Education 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:00 Bingo 4:00 Santa Letters	9:30-11:30 Studio <b>4</b> 9:40 AM Stretch 10:20 Sing Along 10:30 Low Vision Reading 1:15 Chair Yoga 3:45 All About Hanukkah	9:30-11:30 Studio <b>5</b> 9:40 AM Stretch 10:15 Resident Council 3:30 Communion 4:15 Chair Exercise	9:30-11:30 Studio <b>6</b> 9:40 AM Stretch 10:00 Classical Music Listening 1:15 Chair Chi 2-4 Library Angel 3:30 Birthday Party 6:00 Holiday Lights Outing	9:40 AM Stretch <b>7</b> 10:00 Bowling 10:30 Men's Club* 2:30 Kickboxing 2:30 Shabbat 3:45 Creative Arts: Cards	9:40 AM Stretch <b>8</b> 10:00 True or False 2:30 Movie "The Bishop's Wife" *
9:40 AM Stretch <b>9</b> 10:30 Sunday Worship <12:00 Green Bay Packers vs Atlanta Falcons 3:45 Bocce Ball	9:30-11:30 Studio <b>10</b> 9:40 AM Stretch 10:00 Your Senses: The Sounds of Winter and the Holidays 10:30 Continuing Education- Attic Angel Choir 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:45 Story & Song	8-10 Gift Wrapping <b>11</b> 9:30-11:30 Studio 9:40 AM Stretch 10:00 Flower Arranging 10:30 Low Vision Reading 1:15 Chair Yoga 3:30 Winter Wonderland Holiday Social	9:30-11:30 Studio <b>12</b> 9:40 AM Stretch 10:00 Salt & Snowflakes Watercolor Painting 3:30 Communion 4:15 Chair Exercise	9:30-11:30 Studio <b>13</b> 9:40 AM Stretch 10:00 Lassen Volcanic National Park 1:15 Chair Chi 2-4 Library Angel 3-4 Grieving Through the Holidays 4-4:45 Happy Hour	9:40 AM Stretch <b>14</b> 10:00 Hot Cocoa and Conversation 10:00 Catholic Mass 10:30 Men's Club* 2:30 Kickboxing 3:45 Holiday Trivia	9:40 AM Stretch <b>15</b> 10:00 Story Ornament 2:30 Movie "The Grinch" *

<b>DECEMBER 2018</b> <b>Health Center</b> 9:15 Catholic Communion 9:40 AM Stretch 10:30 Sunday Worship <12:00 Green Bay Packers at Chicago Bears 3:45 Cub Scout Carolers	<b>16</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 Your Senses: Winter Animals and Landscapes 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:30 Movie Matinee*	<b>17</b>	8-10 Gift Wrapping 9:30-11:30 Studio 9:40 AM Stretch 10:00 Holiday Card Making 10:30 Low Vision Reading 1:15 Chair Yoga 3-4 1:1 Pet Visits <b>3:15</b> Holiday Cookies	<b>18</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 Music Appreciation: Holiday Songs 12:30-2:30 Gift Wrapping 3:30 Communion 4:15 Chair Exercise	<b>19</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 Lighthouse Intergenerational Group 1:15 Chair Chi 2-4 Library Angel 3:45 Buttoned-up Greeting	<b>20</b>	9:40 AM Stretch 10:00 Friends of State Street 10:30 Men's Club* 2:30 Kickboxing 3:45 Wheel of Fortune	<b>21</b>	9:40 AM Stretch 10:00 Watercolor Painting 2:30 Movie "The Walton's - Homecoming" *	<b>22</b>
9:40 AM Stretch 10:30 Sunday Worship <12:00 Green Bay Packers at New York Jets 3:45 Lotto	<b>23</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 Poetry Circle	<b>24</b>	9:40 AM Stretch 10:00 Christmas Sing Along	<b>25</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 Crater Lake 3:30 Communion 4:15 Chair Exercise	<b>26</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 Table Soccer 1:15 Chair Chi 2-3 Resident Forum 2-4 Library Angel 4-4:45 Happy Hour	<b>27</b>	9:40 AM Stretch 10:00 Yahtzee 10:30 Men's Club* 2:30 Kickboxing 3:45 Reminiscing: Winter Fun	<b>28</b>	9:40 AM Stretch 10:00 Marlene Dietrich 2:30 Movie "Holiday Inn" *	<b>29</b>
9:40 AM Stretch 10:00 Winter Hangman Game <12:00 Green Bay Packers VS Detroit Lions 3:45 Adult Coloring	<b>30</b>	9:30-11:30 Studio 9:40 AM Stretch 10:00 New Year's Eve Traditions 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:30 Cajun Spice Band*	<b>31</b>							<b>**Calendar is subject to change, please check monitors for updates.</b>	<b>Asterisk* = indicates that there will not be a staff member or angel volunteer present at the event</b>		

< time of game may change due to NFL flexible scheduling – check newspaper for correct time

# 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.**

<b>Health Center</b>	<b>December 2018</b>
<b>Programs</b>	<b>Brief Explanation</b>
<b>BIRTHDAY PARTY</b> Thursday, December 6 3:30-4:30 PM Dining Room	Please come and join us for the monthly birthday party to celebrate all residents who have a birthday within the month. We will enjoy cake and ice cream. Hope to see you there!
<b>CLINICS BY APPOINTMENT ONLY*</b> Please contact the Unit Clerks, at 662-8826 if you would like to make a clinic appointment.	<b>AUDIOLOGIST*</b> <b>DENTIST*</b> <b>MASSAGE THERAPY*</b> <b>PODIATRY CLINIC*</b>
<b>CONTINUING EDUCATION</b> Mondays Program 10:30-11:15 AM Community Room	December 3 – “Chinese Society in Transition Today” presented by Vincent D’Orazio, current Attic Angel Prairie Point resident.  December 10 - “Attic Angel Choir” under the direction of Sarellen Schuh.
<b>FLOWER ARRANGING</b> Tuesday, December 11 10:00-11:00 AM Activity Room	Join the activity staff and volunteers to arrange a bouquet of flowers for you, a neighbor or common area in Attic Angel. We’ll bring the supplies; you bring your creativity.
<b>GIFT WRAPPING</b> 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	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.
<b>HAPPY HOUR</b> Thursdays, December 13 & 27 4:00-4:45 PM Dining Room	Enjoy free beer, wine & non-alcoholic beverages while visiting with your neighbors.

<b>Programs Cont.</b>	
<b>LIGHTHOUSE INTERGENERATIONAL GROUP</b> Thursday, December 20 10:00-11:00 AM Activity Room	Please come and join Lighthouse Christian School students with crafts or games.
<b>LOW VISION READING</b> Tuesdays, December 4, 11 & 18 10:30-11:30 AM Quiet Room	Join the Angels and residents for a reading opportunity for those residents who have low vision.
<b>MEN'S CLUB*</b> Fridays, December 7, 14, 21 & 28 10:30-11:30 AM Garden Room	All men are welcome to join in for this social opportunity.
<b>RESIDENT COUNCIL</b> Wednesday, December 5 10:15-11:00 AM Activity Room	Join your fellow residents for Resident Council. This is a chance to hear updates from management staff, share concerns and/or praises, suggest new ideas and meet other residents. Please join us!
<b>RESIDENT FORUM</b> Thursday, December 27 2:00-3:00 PM Community Room	Come and take advantage of the opportunity to ask questions of management staff, hear recent updates and share your thoughts with fellow residents.
<b>WINTER WONDERLAND HOLIDAY SOCIAL</b> Tuesday, December 11 3:30-4:30 PM Community Room	Join the Angel Intern Class of 2018 for a winter wonderland holiday social. Ken Lonquist, singer storyteller will be performing.
<b>Cards &amp; Games</b>	
<b>BINGO</b> Monday, December 3 3:00-4:00 PM Dining Room	Come and join the Angels for an exciting game of bingo and a chance to win some tasty prizes.
<b>Library</b>	
<b>LIBRARY ANGEL</b> Thursdays, December 6, 13, 20 & 27 2:00-4:00 PM Library	The Library Angels will be in the library to help you find what you need.
<b>Music &amp; Entertainment</b>	

<b>CAJUN SPICE BAND*</b> Monday, December 31 3:30-4:30 PM Community Room	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.
<b>CHRISTMAS CAROLERS</b> Wednesday, December 19 6:00-6:30 PM HC Main Dining Room & C Wing Dining Room	Join us in the dining rooms to listen to a group of Christian Carolers from a local church.
<b>CLASSICAL MUSIC LISTENING</b> Thursday, December 6 10:00-11:00 AM Activity Room	Join Activity Coordinator, Susan Kinion in listening to various classical music pieces.
<b>CUB SCOUT CAROLERS</b> Sunday, December 16 3:45 PM Activity Room	Come and listen to a group of Cub Scouts sing Christmas songs.
<b>HYMN SING</b> Tuesday, December 25 3:15-4:15 PM Activity Room	Join the angels for an easy listening experience and join in singing along to various hymn and spiritual music. Attic Angel song books are a treasure chest of heartwarming music.
<b>SING ALONG</b> Tuesday, December 4 10:20-11:05 AM Activity Room	Join the Angels for a morning sing along. You don't need to have any prior singing experience or a perfect pitch to try it out. It is a great way to meet other people and have fun hearing old songs.
<b>STUDENT VIOLIN RECITAL</b> Sunday, December 2 3:45-4:15 PM Activity Room	Come and listen to students play their violins.
<h1 style="text-align: center;">Health &amp; Wellness</h1>	Classes are taught by Adam Alexander, Wellness Coordinator except for a few. Questions contact Adam 662-8804 or <a href="mailto:adam.alexander@atticangel.org">adam.alexander@atticangel.org</a>
<b>AM STRETCH</b> Daily 9:40-10:00 AM Activity Room	Get your blood pumping for the day in this light range of motion exercise and stretching group led by Activity Staff.
<b>Health &amp; Wellness Cont.</b>	
<b>ATTIC ANGEL WELLNESS</b> Contact Adam Alexander with questions 662-8804 <a href="mailto:adam.alexander@atticangel.org">adam.alexander@atticangel.org</a>	The charge for personal training is \$50 for 45 min. sessions with special group rates offered as well. For wellness classes such balance, fit circuit, tai chi, and strength circuit there is a \$7 per class drop in fee that can be pre-paid at the beginning of the

<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, tai chi and personal training.</p>	<p>month. Other monthly options include: \$50 for one class pass for a month (unlimited attendancr 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 test/fit test and personal training session with Adam.</p>
<p><b>CHAIR CHI (SEATED TAI CHI) Led by Adam.</b>  <b>Thursdays, December 6, 13, 20 &amp; 27</b>  <b>1:15-1:45 PM</b>  <b>Wellness Room</b></p>	<p>Qi Gong 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, and stress reduction.</p>
<p><b>CHAIR EXERCISE IN THE AFTERNOON</b>  <b>Two different days/times to choose</b></p> <p><b>Mondays, December 3, 10, 17 &amp; 31</b>  <b>2:30-3:00 PM</b></p> <p><b>Wednesdays, December 5, 12, 19 &amp; 26</b>  <b>4:15-4:45 PM</b>  <b>Both days are in the Wellness Room</b></p>	<p>An exercise class later in the day. There is no registration &amp; no charge for this class, just come &amp; enjoy moving, stretching and strengthening at your pace and effort level. There will be options for any ability level, but expect this class to be a little easier than the morning class. Exercise will be mostly in a chair, with some options to stand but not required. Wheelchairs welcome.</p>
<p><b>CHAIR YOGA</b>  <b>Tuesdays, December 4, 11 &amp; 18</b>  <b>1:15-1:45 PM</b>  <b>Wellness Room</b></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 beeling relaxed and refreshed.</p>
<p><b>KICKBOXING</b>  <b>Fridays, December 7, 14, 21 &amp; 28</b>  <b>2:30-3:00 PM</b>  <b>Wellness Room</b></p>	<p>A good cardiovascular workout to get your heart and lungs stronger. Punching and kicking will help to elevate your heart rate and provide an excellent core strengthening workout. Participants have the option to sit or stand. Wheelchairs are welcome.</p>
<p><b>Health &amp; Wellness Cont.</b></p>	
<p><b>MEDITATION &amp; RELAXATION</b>  <b>Mondays, December 3, 10, 17 &amp; 31</b>  <b>11:45 AM – 12:15 PM</b>  <b>Quiet Room</b></p>	<p>This class uses guided or mindful meditation to relieve stress and anxiety.</p>

<p><b>PERSONAL TRAINING</b>  Private Sessions or Small Group Sessions</p> <p>Contact Adam to set up an appointment.</p> <p>Sessions will take place in the Wellness Center or Fitness Room</p>	<p>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 and modify self-led programs.</p>
<p style="text-align: center;"><b>Spiritual &amp; Cultural</b></p>	<p>Attic Angel Place Community Chaplain</p> <p>For an appointment, please call 662-8865</p>
<p><b>BETHEL LUTHERAN*</b>  Every Sunday      Channel 7 on TV  10:00-10:30 AM</p>	<p>Enjoy watching weekly service live from Bethel Lutheran in Madison.</p>
<p><b>CATHOLIC SERVICES</b>  Friday  10:00-11:00 AM  Community Room</p>	<p>December 14 – Catholic Mass</p>
<p><b>COMMUNION SERVICE</b>  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 &amp; Eric James, Lutheran  December 26 – Pastor Sandra Nuernberg,  Presbyterian</p>
<p><b>GRIEVING THROUGH THE HOLIDAYS</b>  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><b>QP CATHOLIC COMMUNION</b>  Sundays, December 2 &amp; 16  9:15-9:30 AM  B Wing Parlor</p>	<p>Queen of Peace Catholic Church will be here to provide communion.</p>
<p><b>Spiritual &amp; Cultural Cont.</b></p>	
<p><b>SHABBAT</b>  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</p>

	usher in Shabbat, and the opportunity to recite Kaddish. Hanukkah treats including latkes & sweets will be served.
<b>STORY AND SONG</b> <b>Matthew 25:1-46 Waiting</b> <b>Monday, December 10</b> <b>3:45-4:30 PM</b> <b>HC Activity Room</b>	Join Chaplain Bev for the Power of Parables: Advent and Waiting.
<b>SUNDAY WORSHIP SERVICE</b> <b>Sundays</b> <b>10:30-11:15 AM</b> <b>Community Room</b>	Residents are invited to gather with area Pastors or Ministers to worship with song, prayer & scripture.  December 2 – Gary Hein, Lutheran December 9 – Bev Davis, Community Chaplain December 16 – Bev Davis, Community Chaplain December 23 – Cheryl Krull, Lutheran
<b>Outing</b>	
<b>HOLIDAY LIGHTS OUTING</b> <b>Thursday, December 6</b> <b>Bus will load at 5:40 PM</b> <b>Bus leaves at 6:00 PM</b> <b>Returning around 7:30/8:00 PM</b> <b>Front Lobby</b>	Join Activity Coordinator Susan on a ride through the magical Holiday Fantasy in light at Olin Park. For this outing we will be staying on the bus. Sign up with Susan at 662-8857 or any Coordinator.
<b>Studio</b>	
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 available Monday through Thursday.	It is not necessary for you to have experience in projects offered in the Studio. We are here to help you 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.
<b>AM STUDIO ACTIVITIES</b> <b>Mondays – Thursdays</b> <b>9:30-11:30 AM</b>  For more information or to schedule a Studio time, call Kaitie at 662-5589.	Choose from a variety of art activities to do in the beautiful Studio, some ideas include weaving, knitting, painting, drawing, jewelry making beading and card making. Not sure where to start? Ask an Angel or Art Program Coordinator Kaitie. They will help you create an artwork of your choice.

**Health Center Movies for December 2018\***

**December 1 – “Christmas with the Kranks”**

2004; 99 minutes



Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

### **December 8- "The Bishop's Wife"**

1947; 109 minutes

Cary Grant stars as an angel who comes to life at the prayer of a young bishop, David Niven. In attempts to raise money to build a new cathedral he's put his marriage to Loretta Young in jeopardy. Watch as Grant tries to help the marriage. How will that work when Loretta becomes infatuated with him?

### **December 15 - "How the Grinch Stole Christmas"**

2000; 105 minutes

Why is the Grinch such a grouch? No one seems to know, until Cindy Lou Who takes matters into her own hands and turns both Whoville and the Grinch's world upside down, inside out and funny side up in her search for the true meaning of Christmas.

### **December 22 - "The Walton's - The Homecoming"**

2003; 120 minutes

This made-for-TV drama, based on the book by Earl Hamner Jr., was the basis for the popular long-running television series The Waltons. In this opening installment, the Waltons, led by matriarch Olivia Walton (Patricia Neal), spend an anxious 1933 Christmas Eve with her children awaiting the arrival of their father during a snowstorm. The film won the Golden Globe Award for "Best TV-Movie" that year, and Neal won the "Best Actress" award for her performance.

### **December 29 - "Holiday Inn"**

1942; 101 minutes

In this Irving Berlin musical, Jim (Bing Crosby) and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted (Fred Astaire), Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking -- and falling for -- Linda (Marjorie Reynolds). But when Ted shows up at the place after being dumped by Lila, he too sets his sights on beautiful Linda.