Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LR- Living Room C- Commons	10a- Morning Make and Take (Diamond Art Ornaments) (A) 10a- Independent Exercise (C) 1p- Sure & Steady (C) 3:30p- Music with Bob Recupero (C)	10:15a- Functional Fitness (C) 1p- Craft (Gingerbread House Wall Decor) (A) 2:30p Grief Support Group (C)	9a- Cinnamon Roll & Eggnog Breakfast Social (LR) 10a- Independent Exercise (C) 1p- Sure & Steady (C) 12:30p- Contract Rummy (LR) 2p- Art with Mary Fran (A)	10a- Functional Fitness (C) 1p- Shopping Trip (See Front	10a- UNO (A) 5 10a- Independent Exercise (C) 12p- Lunch Trip to Baxters (Bus boarding @ 11:45p) 2:30p- Documentary, "The American Revolution: Part 3 of 6" (2h) (C) 2:30-4p- Knitting/Crochet Group (A)	1p- Movie, "McClintock!" (127 min.) (C) 4p- Resident Social (LR)
7 12p- Bridge Group (LR) 1p- Cornhole (C)	10a- Morning Make and Take (Festive Lotion Bars) (A) 10a- Independent Exercise (C) 1p- Sure & Steady (C) 3p- B-I-N-G-O (C)		10a- Up Words 10a- Independent Exercise (C) 12:30p- Contract Rummy (LR) 1p- Sure & Steady (C) 2-3p- Horse Drawn Wagon Rides & Hot Chocolate Bar (L)	1p- Shopping Trip (See Front Desk) 1p- Craft (Felt Xmas Trees) (A)	10a- Tapple (A) 10a- Independent Exercise (C) 1p- Documentary, "The American Revolution: Part 4 of 6" (2h) (C) 2:30-4p- Knitting/Crochet Group (A)	13 10a- Resident Council Conversation (C)  1p- Movie, "Last Holiday" (111 min.) (C)  4p- Resident Social (LR)
12p- Bridge Group (LR)  1p- Cornhole (C)	10a- Morning Make and Take (Hot Cocoa Mix) 10a- Independent Exercise (C) 12:45p- RHS Advanced Orchestra Performance (C) 2p- Hannukah Gathering of Light (LR)	10:15a- Functional Fitness (C) 1p- Craft (Wooden Nutcracker) (A) 2:30p- Music with Bob B.	8a- Men's Breakfast (DR) 10a- Independent Exercise (C) 12:30p- Contract Rummy (LR) 1p- Resident Council (C) 2p- Craft (Pomander Balls) (A) 6p- Boys and Girls Club Caroling (LR)	1p- Holiday Floral Arranging (A)	10a- Yule Never Guess (A) 10a- RACS Christmas Caroling (C)	20 2p- "Holiday in Music" Musical Performance (C) 4p- Resident Social (LR)
21 12p- Bridge Group (LR) 1p- Holiday Sing- Along with Paul (C)	10a- December Cranium 22 Crunches (A) 10a- Independent Exercise (C) 1p- Sure & Steady (C) 2p- Cookie Exchange Social (LR) 5:30p- Holiday Light Ride (Bus boarding at 5:15a)	10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Craft (Waterless Snow Globe) (A) 2p- "White Elephant" Holiday Party (C)	10a- Christmas Around the 24 World Trivia & Treats (A) 10a- Independent Exercise (C) 12:30p- Contract Rummy (LR) 1p- Sure & Steady (C) 1p- WRITEAway Group (LI) 2p- Rick Steve's European Christmas (C)	Merry	10a- Therapeutic Art (A) 26 10a- Independent Exercise (C) 1p- Documentary, "The American Revolution: Part 5 of 6" (2h) (C) 2:30-4p- Knitting/Crochet Group (A)  Boxing Day (Canada) Kwanzaa Begins	1p- Movie, "The Holiday" (136 min.) (C) 4p- Resident Social (LR)
12p- Bridge Group (LR)  1p- Cornhole (C)  The Cables at East Mount	10a- Independent Exercise (C) 1p- Craft (Painted Champagne 10a- Independent Exercise (C)					9

The Gables at East Mountain, Rutland, VT 05701

\*Activities and locations subject to change