TUE **WED** THUR **FRI** 9:00 Church Shuttle (\*) 10:00 Balance Class 10:00 Sittercise No Golf Today! Pearl Harbor 10:00 Sittercise 10:00 Balance Class 10:00 Channel 96: Catholic Mass 11:00 Next Level Fit With Santa's Workshop 11:00 Lunch at Fife Street 11:00 A Room With 11:00 Advent Study 10:00 Balance Class 0:30 Church Shuttle (\*) Christian Burch Brewery & View Trees 10:00 - 2:00 Santa's 11:00 Spiritual Service Many Views w/ with Lesile Fish 11:00 Next Level 2:00 Bingo Workshop "The at Slack Plaza (\*) :00 Channel 96: Seated Exercises 2:00 Channel 96: Gentle Yoga Christmas Gift Show" Rev. Jim Lewis 11:00 Flex & Flow with :00 Channel 96: Seated Exercises Fit With Christian Burch :30 Channel 96: Balance Skills & Drill :00 Channel 96: Seated Exercises 3:30 Conversations in French and :30 First Presbyterian Church :30 Channel 96: Balance Skills & 2:00 Bingo Mary Louise King 1:00 Shopping @ 1:30 Channel 96: Balance Skills & Drill French Culture with Frank Martin Communion Drills 12:30 Alterations w/Carolyn 3:30 Golf 2:30 Channel 96: Bible Study for 2:00 Makers Space Workshop 3:30 Labeling Books for Read Aloud Walmart (\*) 1:45 Kroger (\*) 7:00 Prayer Circle Meeting 1:00 Channel 96: Gentle Yoga 6:45 WV Symphony Sounds of the **Beginners** 7:15 St. Marks Methodist Steel 6:45 Broadway Series "A Magical 1:30 Catholic Mass 3:00 Catholic Mass with Fr. John Finnell Season (\*) 7:15 Elvis & Sinatra Drums 1:45 Kroger (\*) Cirque Christmas (\*) 7:15 Movie 7:15 Movie Christmas Show 7:15 Movie 10:00 Sittercise 9:00 Church Shuttle (\*) 10:00 Balance Class 10:00 Balance Class 10:00 Sittercise 10:00 Balance Class 10:00 Sittercise 10:30 First Presbyterian 11:00 A Room With Many 10:00 Channel 96: Catholic Mass 1:00 Channel 96: Seated 11:00 Next Level Fit 11:00 Advent Study 11:00 Next Level 0:30 Church Shuttle (\*) Church Bible Study Views w/ Rev. Jim Lewis With Christian Burch 11:00 Channel 96: Spiritual 11:00 Sing-A-Long to the 11:00 John Adams Middle Exercises with Lesile Fish Fit With **School Chorus** Service w/ Dr. Charles Stanley 2:00 Bingo Oldies 1:30 Channel 96: Balance Skills & 11:00 Flex & Flow with 1:00 Spiritual Service :00 Channel 96: Seated Exercises 1:30 Dementia & Alzheimer's Support Christian Burch 2:00 Channel 96: Gentle Yoga Drill 1:00 Holy Communion With St. Marks Mary Louise King :00 Channel 96: Seated Exercises Group 3:30 Conversations in French 2:00 Makers Space Workshop 1:00 Shopping @ Dollar :30 Channel 96: Balance Skills & Drill Methodist Church 2:00 Bingo 1:00 Channel 96: Gentle Yoga :30 Channel 96: Balance Skills & Drills 2:00 Check Cashing 2:30 Channel 96: Bible Study for and French Culture with 5:00 WVU vs Bethune-Cookman Tree (\*) 1:45 Kroger (\*) Beginners 1:45 Kroger (\*) 3:30 Golf Frank Martin University Basketball Watch 4:00 First Presbyterian Church 4:30 Dinner Trip to Diehl's & Festival of 3:00 Catholic Communion 3:30 Golf 3:00 Diane Gouhin's 7:15 Trinity Evangelical **Party Christmas Caroling** 5:00 Movie Lights (\*) 7:15 Movie 7:15 Holiday Music w/Bill Bryan Retirement Party 7:15 Movie Lutheran Church Bell Ringers 7:00 Prayer Circle Meeting 10:00 Balance Class **Full Moon** 10:00 Sittercise 10:00 Sittercise 10:00 Balance Class 10:00 Balance Class 10:00 Sittercise 20 11:00 Next Level Fit With 9:00 Church Shuttle (\*) 11:00 Advent Study with 11:00 Sing-A-Long with 11:00 Next Level Fit 1:00 Channel 96: Christian Burch 11:00 A Room With 10:00 Channel 96: Catholic Mass Lesile Fish Phyllis 1:00 Monthly Birthday Celebration With Christian Burch **Seated Exercises** 10:30 Church Shuttle (\*) Many Views w/ 11:00 Blood Pressure Check 2:00 Bingo :00 Channel 96: Seated 11:00 Channel 96: Spiritual Service w/ Dr. 2:00 Channel 96: Gentle Yoga 1:00 Shopping @ Drug 1:30 Channel 96: Balance Skills Rev. Jim Lewis 11:00 Flex & Flow with Mary Louise **Exercises** Charles Stanley 3:00 Kanawha Charleston Humane Association Emporium (\*) & Drill 11:00 Spiritual Service :30 Channel 96: Balance Skills & 2:00 Bingo Pet Visits 12:30 Alterations w/Carolyn 2:00 White Elephant 3:30 Conversations in French and French :00 Channel 96: Seated Exercises 2:00 Holiday Ballads by Drills 3:30 Golf 1:00 Channel 96: Gentle Yoga Culture with Frank Martin :30 Channel 96: Balance Skills & Drill **Christmas Party** 1:45 Kroger (\*) Shane Wilson 3:30 The Jett Family Holiday Music 2:30 Channel 96: Bible Study for 7:00 Prayer Circle Meeting 1:45 Kroger (\*) 4:00 Dinner Trip to Sergio's & Performance 3:30 Golf 2:00 Makers Space Workshop Beginners 3:00 Ugly Sweater Dance with Arlen 5:30 Parkinsons Support Group Meeting at 7:30 Holiday Concert Hurricane Civic Chorus (\*) :00 Catholic Communion 7:15 Movie Bishop 7:15 Movie Blessed Sacrament (\*) Charleston Metro Band 7:15 Movie :00 Movie 7:15 Lincoln County Cloggers Holiday Program 9:00 Church Shuttle (\*) 10:00 Balance Class 10:00 Sittercise 10:00 Balance Class **Christmas Eve** Hanukkah Kwanzaa 28 10:00 Channel 96: Catholic Mass 11:00 Next Level Fit **Dining Room Hours** 1:00 Channel 96: 0:30 Church Shuttle (\*) **Christmas Day** 11:00 Next Level 10:00 Sittercise 11:00 Channel 96: Spiritual With Christian Burch 12:00-2:30 p.m. **Seated Exercises Dining Room Hours** Fit With w/ Dr. Charles Stanley 11:00 Flex & Flow 10:00 Sittercise 11:00 Spiritual Service 2:00 Bingo 1:00 Spumoni Ice-Cream 12:00 p.m. - 2:30 p.m. Christian Burch 1:00 Channel 96: Seated Exercises 1:00 Channel 96: Seated with Mary Louise King 2:00 Channel 96: Gentle Yoga Social 1:30 Channel 96: Balance Skills & Drill 1:00 Shopping @ Target (\*) 1:30 Channel 96: Balance Skills **Exercises** 3:00 Movie: Home Alone 2:00 WVU vs Mercyhurst Basketball Watch 2:00 Check Cashing 1:00 Channel 96: Gentle 1:30 Channel 96: Balance Skills & **7:00 Movie: National** 3:30 Conversations in French 3:30 Golf & Drill 2:30 Channel 96: Bible Study for Beginners Yoga Drills 3:00 Catholic Communion and French Culture with Lampoons Christmas 2:00 Makers Space Workshop 7:15 Movie 3:15 Tapestry of Light A Celtic Christmas Celebration First Presbyterian Church (\*) 1:45 Kroger (\*) 1:45 Kroger (\*) Frank Martin 7:15 Movie **Vacation** 7:15 Movie 9:00 Church Shuttle (\*) New Year's Eve 10:00 Balance Class 31 Santa's Workshop 10:00 Channel 96: Catholic Mass 10:00 Sittercise Please use the 11:00 Next Level Fit 10:30 Church Shuttle (\*) The Christmas Gift Show 11:00 Channel 96: Spiritual With Christian 1:00 Channel 96: registration sheet to Service w/ Dr. Charles Stanley Holidays **Seated Exercises** Burch 11:00 Spiritual Service sign up for any event Saturday, December 7th 1:30 Channel 96: Balance Skills 2:00 Bingo 1:00 Channel 96: Seated Exercises 10:00 a.m.-2:00 p.m. 1:30 Channel 96: Balance Skills & Drill & Drills with an asterisk (\*) 2:00 Channel 96: Gentle Yoga 2:30 Channel 96: Bible Study for Over 20 vendors onsite! Invite 1:45 Kroger (\*) 3:30 Conversations in Beginners your friends to come and shop! next to it. 3:00 Little Big Band 3:00 Catholic Communion French and French Culture 9:00 Stolen Moments Perform with Frank Martin December 2024 **IL Print** 

300 Baker Lane Charleston, WV 25302 (304) 346-2323