

SUN	MON	TUE	WED	THUR	FRI	SAT	
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 1:30 First Presbyterian Church Communion 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Mass with Fr. John Finnell 6:00 Movie</p> <p>1</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin 3:30 Labeling Books for Read Aloud 7:15 St. Marks Methodist Steel Drums</p> <p>2</p>	<p>10:00 Sittercise 11:00 Lunch at Fife Street Brewery & View Trees at Slack Plaza (*) 1:00 Channel 96: Seated Exercises & Drills 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 6:45 Broadway Series "A Magical Cirque Christmas (*)" 7:15 Movie</p> <p>3</p>	<p>10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting 7:15 Elvis & Sinatra Christmas Show</p> <p>4</p>	<p>10:00 Sittercise 11:00 Advent Study with Lesile Fish 11:00 Flex & Flow with Mary Louise King 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)</p> <p>5</p>	<p>No Golf Today! 10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Shopping @ Walmart (*) 1:30 Catholic Mass 7:15 Movie</p> <p>6</p>	<p>Pearl Harbor Santa's Workshop 10:00 - 2:00 Santa's Workshop "The Christmas Gift Show" 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 6:45 WV Symphony Sounds of the Season (*) 7:15 Movie</p> <p>7</p>	
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie</p> <p>8</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin 7:15 Trinity Evangelical Lutheran Church Bell Ringers</p> <p>9</p>	<p>10:00 Sittercise 10:30 First Presbyterian Church Bible Study 11:00 Sing-A-Long to the Oldies 1:00 Channel 96: Seated Exercises 1:00 Holy Communion With St. Marks Methodist Church 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 4:00 First Presbyterian Church Christmas Caroling 7:15 Holiday Music w/Bill Bryan</p> <p>10</p>	<p>10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 11:00 John Adams Middle School Chorus 1:30 Dementia & Alzheimer's Support Group 2:00 Bingo 2:00 Check Cashing 3:30 Golf 4:30 Dinner Trip to Diehl's & Festival of Lights (*) 7:00 Prayer Circle Meeting</p> <p>11</p>	<p>10:00 Sittercise 11:00 Advent Study with Lesile Fish 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Diane Gouhin's Retirement Party</p> <p>12</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Shopping @ Dollar Tree (*) 3:30 Golf 7:15 Movie</p> <p>13</p>	<p>10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 5:00 WVU vs Bethune-Cookman University Basketball Watch Party 7:15 Movie</p> <p>14</p>	
<p>Full Moon 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie</p> <p>15</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Monthly Birthday Celebration 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:00 Kanawha Charleston Humane Association Pet Visits 3:30 Conversations in French and French Culture with Frank Martin 3:30 The Jett Family Holiday Music Performance 5:30 Parkinsons Support Group Meeting at Blessed Sacrament (*) 7:15 Lincoln County Cloggers Holiday Program</p> <p>16</p>	<p>10:00 Sittercise 11:00 Sing-A-Long with Phyllis 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 4:00 Dinner Trip to Sergio's & Hurricane Civic Chorus (*) 7:15 Movie</p> <p>17</p>	<p>10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting 7:30 Holiday Concert Charleston Metro Band</p> <p>18</p>	<p>10:00 Sittercise 11:00 Advent Study with Lesile Fish 11:00 Blood Pressure Check 11:00 Flex & Flow with Mary Louise King 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Ugly Sweater Dance with Arlen Bishop</p> <p>19</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Shopping @ Drug Emporium (*) 2:00 White Elephant Christmas Party 3:30 Golf 7:15 Movie</p> <p>20</p>	<p>10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Holiday Ballads by Shane Wilson 2:00 Makers Space Workshop 7:15 Movie</p> <p>21</p>	
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 WVU vs Mercyhurst Basketball Watch Party 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 3:15 Tapestry of Light A Celtic Christmas Celebration First Presbyterian Church (*) 6:00 Movie</p> <p>22</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 2:00 Check Cashing 3:30 Conversations in French and French Culture with Frank Martin</p> <p>23</p>	<p>Christmas Eve Dining Room Hours 12:00-2:30 p.m. 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Movie</p> <p>24</p>	<p>Hanukkah Christmas Day Dining Room Hours 12:00 p.m. - 2:30 p.m. 3:00 Movie: Home Alone 7:00 Movie: National Lampoons Christmas Vacation</p> <p>25</p>	<p>Kwanzaa 10:00 Sittercise 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)</p> <p>26</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Shopping @ Target (*) 3:30 Golf 7:15 Movie</p> <p>27</p>	<p>10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 Spumoni Ice-Cream Social 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie</p> <p>28</p>	
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie</p> <p>29</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin</p> <p>30</p>	<p>New Year's Eve 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 3:00 Little Big Band 9:00 Stolen Moments Perform</p> <p>31</p>			<p>Santa's Workshop The Christmas Gift Show</p> <p>Saturday, December 7th 10:00 a.m.-2:00 p.m. Over 20 vendors onsite! Invite your friends to come and shop!</p>		<p>Please use the registration sheet to sign up for any event with an asterisk (*) next to it.</p>

December 2024

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