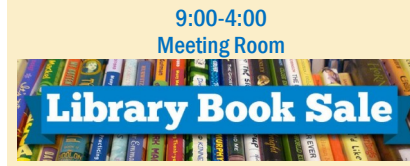








December 2018



<p><i>Hanukkah begins at sundown</i></p> <p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 2:15... Bus To Masterworks-FCL 4:00-5:30 ... Gallery Opening Featuring the works of artist Joy Floyd</p> 	<p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Artisans - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:30... Gentle Balance - Ex St 1:30... Caregiver's Support Group - QR 1:30... Great Courses: <i>String Quartets</i> - MR 2:15... BINGO - 4thFCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p><i>National Sock Day</i></p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Power - Pool 11:00... CHAT - MR 1:00... Shop at Westfarms, Bishops Corner - FCL 1:30... SongPlay with Adele - Lounge 1:30... Qi Gong - ExSt 3:00... Masterminds - Board Rm 4:45... Tuesdays at Duncaster - MR 6:00... Bus to Oneppo @ Yale-FCL</p>	<p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Aqua Fit - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 10:30... ALP - 4th FLCR 11:00... Catholic Communion Service - QR 11:30... Sit & Be Fit - Ex St 12:30... Bus to Norma Terris Theatre-FCL 2:00... Gentle Yoga - Ex St 2:02... Scrabble - Lounge 2:45... NO Metacomet Tutors 3:30... Aqua Fit - Pool 8:00... Movie: <i>Christmas Vacation</i> - MR/TV</p> 	<p>7:30... Power Kick Start - Ex St 9:00... Fancy Feet - Ex St 10:00... Chess Club - Art Rm 10:15... Cardio H2O - Pool 11:15... Mindful Meditation - QR 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool / Qi Gong-Ex. St. 2:00-3:00... Blood Pressure Clinic-QR 2:00... Shop @ Copaco - Nbhd 2:00-5:00... Artisans - Art Room 2:45... Hanukkah Celebration—Meeting Room 7:30... Ballet Series: Les Patineurs & Monotones-MR ONLY</p>	<p>9:00-4:00 Meeting Room</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 9:30... Christmas Tree Shoppes - FCL 10:00... T-G-I-JEFF - Lounge 10:15... Aqua Fit - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 12:15... Doctor's Forum - Ex St 1:30... Great Courses: <i>African American History: From Emancipation to the Present</i> 2:00... Episcopal Service/Rev. Squier@ Caleb</p>	<p>9:00AM—12 Noon BOOK SALE - MR 9:00... Core Fit - Ex St 10:15... Aqua Fit - Pool 11:30... Sit & Be Fit - Ex St 8:00... Movie: <i>The Great Gilly Hopkins</i>-TV ONLY</p> <p>9:00... Core Fit - Ex St 10:15... Aqua Fit - Pool 10:30-12... Jeffrey Engel presents <i>Rossini Part II</i> - MR 11:30... Sit & Be Fit - Ex St 6:45... Bus to HSO POPS -FCL</p> <p>8:00... PROGRAM: MR Eclectica</p>											
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool</p> <p>3:00... Program: Ballet Theatre Company presents excerpts from <i>The Nutcracker</i> Meeting Room</p>	<p>9:00... Power Balance - MR 9:30... Artisans - Art Room 10:00... Input/ Output - Board Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:30... Gentle Balance - Ex St 2:15... BINGO - 4thFCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Power - Pool 10:00-12:00... World Affairs - MR 1:00... Shop at Wades/Bishops Corner 1:15... Tour and Tea at Hill-Stead—FCL 1:30... SongPlay with Adele - Lounge 1:30... Qi Gong - Ex St 2:00... Residents' Council Mtg - 4thFCR</p>	<p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Aqua Fit - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:30... Sit & Be Fit - Ex St 2:00... Gentle Yoga - Ex St 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FCL 3:30... Aqua Fit - Pool 4:15... Princess & Knights Band -Caleb 5:00-6:30... Holiday Cocktail Party-MR 8:00... Movie: <i>Love Actually</i> - TV ONLY</p>	<p>7:30... Power Kick Start - Ex St 9:00... Fancy Feet - Ex St 10:00... Chess Club - Art Rm 10:15... Cardio H2O - Pool 11:15... Mindful Meditation - QR 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 1:30... Qi Gong - Ex St 2:00 - 3:00... Blood Pressure Clinic-QR 2:00... Shop @ Copaco - Nbhd 2:00-5:00... Artisans - Art Room 7:30... PROGRAM: Farmington Valley Band-MR</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Aqua Fit - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St</p> <p>1:15... Bus to Mohegan Sun Casino—FCL 1:30... Great Courses: <i>African American History: From Emancipation to the Present</i></p>	<p>9:00... Core Fit - Ex St 10:15... Aqua Fit - Pool 11:30... Sit & Be Fit - Ex St 11:30... Children's Christmas Party Caleb Park 11:55/12:25... Bus to Met- Opera— FCL</p> <p>8:00... PROGRAM: MR ♫ Holiday Sounds with the Mike Asetta Ensemble ♪</p>											
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool</p> <p>4:00... Program: Rebecca Swett, Harp A Holiday Treat</p>	<p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Artisans - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:30... Gentle Balance - Ex St 1:30... Loss Group - QR 2:15... BINGO - 4thFCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Power - Pool 11:00... CHAT - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Lounge 1:30... Qi Gong - E xSt 3:00... Masterminds - Board Rm</p>	<p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Aqua Fit - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:30... Sit & Be Fit - Ex St 1:00... Wednesday Book Club-HR 1:30... Timekeeper Shop - Lounge 2:00... Gentle Yoga - Ex St 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FCL 3:30... Aqua Fit - Pool 8:00... Movie: <i>The Plot to Overthrow Christmas</i></p>	<p>7:30... Power Kick Start - Ex St 9:00... Fancy Feet - Ex St 9:30-11:00... Hearing Aid Clinic (Beltone) - HR 10:00... Chess Club - Art Rm 10:15... Cardio H2O - Pool 11:00... Episcopal Service-MR 11:15... Mindful Meditation - QR 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool ... Qi Gong-Ex St 2:00-3:00... Blood Pressure Clinic-QR 2:00... Shop @ Copaco - Nbhd 2:00-5:00... Artisans - Art Room 8:00... Documentary: <i>Always at the Carlyle</i> - MR/TV</p>	<p><i>Winter Begins</i></p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Aqua Fit - Pool 10:28... Cribbage - Lounge 11:00... Book Chat - 4thFC 11:30... Sit & Be Fit - Ex St 1:30... Great Courses: <i>African American History: From Emancipation to the Present</i></p> <p>MUD DINNER TONIGHT</p>	<p>9:00... Core Fit - Ex St 10:15... Aqua Fit - Pool 11:30... Sit & Be Fit - Ex St</p> <p>8:00... Movie: MR/TV <i>The Man Who Invented Christmas</i></p>											
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool</p>	<p><i>Christmas Eve</i></p> <p>9:00... Power Balance - MR 9:30... Artisans - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga DVD Ex St 11:30... Gentle Balance - Ex St 2:15... BINGO - 4thFCR 3:30... Aqua Fit - Pool 7:15... NO Duplicate Bridge - MR</p>	<p>Merry Christmas</p> 	<p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Aqua Fit - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:30... Sit & Be Fit - Ex St 2:00... Gentle Yoga - Ex St 2:02... Scrabble - Lounge 2:45... NO Tutor bus to Metacomet - FCL 3:30... Aqua Fit - Pool 4:15... Princess & Knights Band - Caleb 8:00... Movie: <i>Last Holiday</i> - MR/TV</p>	<p>7:30... NO Power Kick Start - Ex St 9:00... Fancy Feet - Ex St 10:00... Chess Club - Art Rm 10:15... Cardio H2O - Pool 11:15... Mindful Meditation - QR 11:30... Gentle Balance - Ex St 1:00-4:00... Hearing Aid Clinic (Solinsky) - HR 1:30... Water Walking - Pool / Qi Gong—Ex St 2:00-3:00... Blood Pressure Clinic-QR 2:00... Shop @ Copaco - Nbhd 2:00-5:00... Artisans - Art Room 8:00... Documentary: <i>My Dog: An Unconditional Love Story</i>-MR/TV</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Aqua Fit - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St</p> <p>1:30... Great Courses: <i>African American History: From Emancipation to the Present</i></p>	<p>9:00... Core Fit - Ex St 10:15... Aqua Fit - Pool 11:30... Sit & Be Fit - Ex St</p> <p>8:00... Movie: MR/TV <i>Goodbye Christopher Robin</i></p>											
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool</p>	<p><i>New Year's Eve</i></p> <p>9:00... Power Balance - MR 9:30... Artisans - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:30... Gentle Balance - Ex St 2:15... BINGO - 4thFCR 3:30... Aqua Fit - Pool 8:00... New Year's Eve Gala - Meeting Room</p>	<p>Duncaster Dining Room Holiday Hours of Operation</p> <table border="1"> <tr> <td>CHRISTMAS EVE</td> <td>CHRISTMAS DAY</td> <td>NEW YEAR'S EVE... REGULAR HOURS</td> </tr> <tr> <td>11:45-1:30... LUNCH</td> <td>10:15-11:15... MEALS-TO-GO</td> <td>10:30-11:15... MEALS-TO-GO</td> </tr> <tr> <td>3:00-3:45... DINNER-TO-GO</td> <td>11:30-1:30... SIT-DOWN DINNER</td> <td>11:30-1:30... SIT-DOWN DINNER</td> </tr> <tr> <td>4:00-5:30... SIT-DOWN DINNER</td> <td>NO EVENING DINNER SERVICE</td> <td>NO EVENING DINNER SERVICE</td> </tr> </table> 		CHRISTMAS EVE	CHRISTMAS DAY	NEW YEAR'S EVE... REGULAR HOURS	11:45-1:30... LUNCH	10:15-11:15... MEALS-TO-GO	10:30-11:15... MEALS-TO-GO	3:00-3:45... DINNER-TO-GO	11:30-1:30... SIT-DOWN DINNER	11:30-1:30... SIT-DOWN DINNER	4:00-5:30... SIT-DOWN DINNER	NO EVENING DINNER SERVICE	NO EVENING DINNER SERVICE	<p>Room Key abbreviations 4th FCR... 4th Floor Conference Room ALCR ... Assisted Living Conference Room BR.....Board Room Ex StExercise Studio FC..... Fitness Center FCL..... Fitness Center Lobby</p>	<p>HR..... Hospitality Room MR..... Meeting Room Nbhd Neighborhood Entrances OPDR.... Old Private Dining Room PDR..... Private Dining Room QR..... Quiet Center TW Thistle Way Parlor</p>
CHRISTMAS EVE	CHRISTMAS DAY	NEW YEAR'S EVE... REGULAR HOURS															
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