


Eiland Center Activities December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AK—Activities Kitchen (3rd) AL—Allegheny Room (HL) BE—Bethel Room (2nd) BR—Blue Ridge Room (HL) BT—Bethesda Theatre (2nd) CA—Caledonia (2nd) CL—Corson Lobby CR—Art & Craft Room (2nd) GA—Galway (2nd) HC—Healthcare	IV—Inverness (2nd) JR—Jefferson Room (3rd) LP—Lyons Pavilion LI—Library (3rd) MA—Madison (3rd) MC—Meredith Chapel MO—Monroe (3rd) SS—Sunnyside Room WA—Washington (3rd) WC—Wellness Center	*Televised Channel 971 **Sign up required call ext. 8225	Activities are 30 minutes or more unless otherwise indicated. Calendar is subject to change. For schedule announcements and updates check bulletin boards and TV Channel 970	 Daily Advent Devotions Dial ext. 4200	1 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 6:15 pm Movie Night "All Saints" (MA)	
2 9 am Worship Service (MC)* 10:30 am First Church Video* 2 pm HRCB Flute Choir ((MC) 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*	3 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**	4 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Miriam (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 6:30 pm Tree Trimming Party Monroe Room 3rd Fl	5 9 am Tree Trimming Bethel Room 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE) 2 pm Chapel Talk: "The Weaving of Secular Christmas Stories with Sacred Stitchings" (MC)	6 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 3:30 pm Choir Practice (MC) "A Williamsburg Christmas" Festive Dinner, 5 pm Bethesda Theatre	7 WEAR RED 9:30 am Lakeview Tree Trimming 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes ~ Bethel Room 10 am Rummikub (WA) 10:30 am Sunnyside Singers Rehearsal (MC) 1 pm Shopping at Target** 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA)	8 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 2 pm Stitch & Chat Group (JR) 2 pm Sunnyside Singers Concert (MC) 6:15 pm Movie Night (MA)
9 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Irons Piano Studio Winter Recital (MC) 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*	10 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee and Giant Crossword (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 1:45 pm JMU Men's Chorus (MC) 2 pm Cardio Drumming (WC)** 6 pm Christmas Activity with the Girl Scouts (BE)	11 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Barbara K (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:30 pm Wine and Cheese Social Hour (CR)	12 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 10:30 am Town Meeting (BT) 2 pm Rummikub (BE) 2 pm Wii Bowling (WA) 6:30 pm EMU Preparatory Music Program (MC)	13 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Circle Meeting (BE) 3:30 pm Choir Practice (MC)	14 WEAR GREEN 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 1 pm Puppy Visit (BE) 1:45 pm Chair Yoga (WC) 6:30 pm Sentimental 4 Performance (MC)	15 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10:30 am Town Meeting Rebroadcast *971 3 pm It's a Wonderful Life (MC) 6:15 pm Movie Night (MA)
16 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*	17 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**	18 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Dotty & Ruth (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:45 pm Mini Wonders Lecture and Display (MC) 7 pm Massanutten Brass Quintet (MC)	19 9:45 am Total Body Movement (WC Pool) 10am Make it Take it Project (CR) 10 am Book Buddies (LI) 10:30 am Aqua Aerobics (WC) 1:30—3:30 pm Open House Scavenger Hunt 2 pm Rummikub (BE) 6:30 pm Christmas Lights Trip** 7:45 pm Hot Chocolate at the Tree (MO)	20 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Alzheimer's Support (JR) 2:30—4 pm Assisted Living Residents and Staff Christmas Party (BT) 3:30 pm Choir Practice (MC)	21 CHRISTMAS SWEATER DAY 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes ~ Bethel Room 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA) FIRST DAY OF WINTER <i>Brrr.....</i>	22 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 2:30 pm Jesus, Our Emmanuel Choir Concert (MC) 6:15 pm Movie Night (MA)
23 /30 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*	24 CHRISTMAS EVE 10 am Morning Movie "Home Alone" (MA) 2 pm Christmas Eve Candlelight Service (MC) 31 NEW YEARS EVE IT'S ALL DONE DAY! 10 am Coffee (MO) 1 pm Bingo (BE)	25 CHRISTMAS DAY 9:30 am Chapel Devotions (TV971) 10 am Christmas Morning Carol and Hymn Sing Along (MC) 6:30 pm After Dinner at the Piano with Mary Rouse and Charity (MO)	26 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE) 2 pm Wii Bowling (WA)	27 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (BE) 11:15 am Lunch at the Highlands** 1 pm Seated Strength/Stretch (BE) 2:30 pm Judy and Barry Sounds of the Season (BE) 3:30 pm Choir Practice (MC)	28 WEAR GREEN 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes ~ Bethel Room 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA)	29 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 6:15 pm Movie Night (MA)