






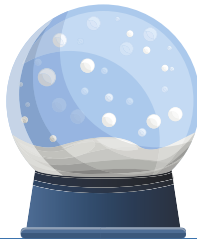
DECEMBER

Dec. 1 - Dec. 10

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Event Locations *Must Sign Up +Events you may be interested in outside of</p> <p>Overture (R) - Relish (C) - Cork Room (S) - The Scene (P) - The Pad (MT) - The Movies (L) - The Lobby (N) - Coffee Bar (F) - The Gym (WDW)</p> <p>Wine Down Wednesday (FT) Food Trucks (PA) - The Patio (PO)- The Pool</p>				<p>1</p> <p>Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Games 2p (N)</p> <p>Opera 2p (C)</p> <p>Balance in Motion w/ Ageility 915a (F)</p> <p>Strength and Conditioning w/ Ageility 11a (F)</p> <p>*Bridge 1p (R)</p> <p>The Chosen 7p (C)</p> <p>Balcony Decorating Contest begins</p>	<p>2</p> <p>Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Chair Yoga w/ Ageility 915a (F)</p> <p>Full Body Fitness (Level 2) w/ Ageility 10a (F)</p> <p>Games 2p (N)</p> <p>Line Dancing 12p (R)</p> <p>*Wine Cork Holiday Craft 4p (R)</p>	<p>3</p> <p>Games 2p (N)</p> <p>+Cary's Tree Lighting 6p-7p (Cary Town Hall Campus 316 North Academy Street Cary, NC 27513)</p>
<p>4</p> <p>Games 2p (N)</p>	<p>5</p> <p>Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Chair Yoga w/ Ageility 915a (F)</p> <p>Full Body Fitness (Level 2) w/ Ageility 10a (F)</p> <p>Games 2p (N)</p> <p>*Jingle Bell Ornament Making Craft 4p (R)</p> 	<p>6</p> <p>Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Games 2p (N)</p> <p>Breakfast 10a (R)</p> <p>Opera 2p (C)</p> <p>*Bridge 1p (R)</p> <p>Balance in Motion w/ Ageility 915a (F)</p> <p>Strength and Conditioning w/ Ageility 11a (F)</p> <p>*Holiday Movie 2p (MT)</p> <p>The Gift of Health Chat w/ Ageility 12p (R)</p> <p>Care Access Educational Presentation 1p (C)</p>	<p>7</p> <p>Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Circuit Training w/ Ageility 915a (F)</p> <p>Full Body Fitness (Level 1) w/ Ageility 10a (F)</p> <p>Men's Meetup 8a (R)</p> <p>Games 2p (N)</p> <p>Bingo 1p (R)</p> <p>DIY - Chat, Knit &amp; Crochet 1:30p (N)</p> <p>*WDW w/ Zeke 4p (R)</p>	<p>8</p> <p>! Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Games 2p (N)</p> <p>Balance in Motion w/ Ageility 915a (F)</p> <p>Strength and Conditioning w/ Ageility 11a (F)</p> <p>Bible Study 7p (C)</p> <p>Connecting for the Holidays Chat and Card Making w/ Ageility 2p (R)</p> <p>*Bridge 1p (R)</p> <p>*Cookie Decorating 4p (R)</p> 	<p>9</p> <p>Rise &amp; Stretch w/ Ageility 9a (F)</p> <p>Chair Yoga w/ Ageility 915a (F)</p> <p>Full Body Fitness (Level 2) w/ Ageility 10a (F)</p> <p>Games 2p (N)</p> <p>Footloose BYOB 5p (R)</p> 	<p>10</p> <p>Games 2p (N)</p> <p>+MAKRS Holiday Fest 11a-6p (City Plaza 443 Fayetteville Street Raleigh, NC 27601)</p> <p>*Crafts w/ Mimi 2p (R)</p>

DECEMBER

Dec. 11 - Dec. 24

SUN	MON	TUE	WED	THU	FRI	SAT
<div>11</div> <div>Games 2p (N)</div>	<div>12</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Chair Yoga w/ Ageility 915a (F)</div> <div>Full Body Fitness (Level 2) w/ Ageility 10a (F)</div> <div>Games 2p (N)</div> <div>Holiday Bake off 3p (R)</div> <div></div>	<div>13</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Balance in Motion w/ Agelity 915a (F)</div> <div>Strength and Conditioning w/ Ageility 11a (F)</div> <div>Breakfast 10a (R)</div> <div>*Bridge 1p (R)</div> <div>Opera 2p (C)</div> <div>Games 2p (N)</div> <div>Coloring 11:30a (R)</div> <div>*Breaking Bread w/ Chiffon 6p (R)</div> <div>*Holiday Movie 2p (MT)</div>	<div>14</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Circuit Training w/ Ageility 915a (F)</div> <div>Full Body Fitness (Level 1) w/ Ageility 10a (F)</div> <div>Men's Meetup 8a (R)</div> <div>Games 2p (N)</div> <div>Bingo 1p (R)</div> <div>DIY - Chat, Knit &amp; Crochet 1:30p (N)</div> <div>*WDW w/ Ageility 4p (R)</div>	<div>15</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Breakfast 10a (R)</div> <div>Balance in Motion w/ Agelity 915a (F)</div> <div>Strength and Conditioning w/ Ageility 11a (F)</div> <div>Games 2p (N)</div> <div>*Bridge 1p (R)</div> <div>Bible Study 7p (C)</div> <div>Ugly Sweater Craft 4p (R)</div> <div></div>	<div>16</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Chair Yoga w/ Ageility 915a (F)</div> <div>Full Body Fitness (Level 2) w/ Ageility 10a (F)</div> <div>Games 2p (N)</div> <div>Line Dancing 12p (R)</div> <div>Cocoa Forte 5p-8p (FT)</div>	<div>17</div> <div>Games 2p (N)</div>
<div>18</div> <div>Games 2p (N)</div> <div>+Silent Sky Play 2p Burning Coal Theater 224 Polk Street, Raleigh NC 27604</div>	<div>19</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Chair Yoga w/ Ageility 915a (F)</div> <div>Full Body Fitness (Level 2) w/ Ageility 10a (F)</div> <div>Holiday Treat Making 4p (R)</div> <div>Games 2p (N)</div> <div>Hanukkah Begins</div> <div></div>	<div>20</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Opera 2p (C)</div> <div>Games 2p (N)</div> <div>Breakfast 10a (R)</div> <div>Balance in Motion w/ Agelity 915a (F)</div> <div>Strength and Conditioning w/ Ageility 11a (F)</div> <div>*Holiday Movie 2p (MT)</div> <div>*Bridge 1p (R)</div> <div>New Resident Orientation 3p (L)</div>	<div>21</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Circuit Training w/ Ageility 915a (F)</div> <div>Full Body Fitness (Level 1) w/ Ageility 10a (F)</div> <div>Men's Meetup 8a (R)</div> <div>Games 2p (N)</div> <div>Bingo 1p (R)</div> <div>DIY - Chat, Knit &amp; Crochet 1:30p (N)</div> <div>*WDW w/ Zeke 4p (R)</div>	<div>22</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Balance in Motion w/ Agelity 915a (F)</div> <div>Strength and Conditioning w/ Ageility 11a (F)</div> <div>Games 2p (N)</div> <div>*Bridge 1p (R)</div> <div>Bible Study 7p (C)</div> <div>Holiday Sweater Party 3p (R)</div> <div>Balcony Decorating Contest ends 4p (R)</div>	<div>23</div> <div>Rise &amp; Stretch w/ Ageility 9a (F)</div> <div>Chair Yoga w/ Ageility 915a (F)</div> <div>Full Body Fitness (Level 2) w/ Ageility 10a (F)</div> <div>DIY Snowglobes 3p (R)</div> <div>Games 2p (N)</div> <div></div>	<div>24</div> <div>Games 2p (N)</div> <div>Office Open 10a-3p</div>



