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**KEY**

Religious Services  
Fitness on Ch. 95  
SPECIAL EVENTS!  
Wellness Events  
Movie Matinee and TV Entertainment on CH. 95

LIVE/IN PERSON EVENTS!



**SHREDDING EVENT!**

BRING DOWN YOUR BUNDLES AND PAPERS THAT NEED TO BE SHREDDED! WE WILL HAVE SAVANNAH SHREDDING HERE

FRIDAY, DEC. 11TH  
12-2PM  
Island Club Front Circle

**9:30am: Aqua Fitness with Allison (PC)** 1  
**9:30am: Resident Led Yoga DVD Class (BR)**  
**10:30am: Stretch & Strength (Ch. 95)**  
**1-3pm: PHB Checks (Kimberly's Office)**  
**2pm: Breath & Balance (Ch. 95)**  
**2-3pm: Blood Pressure Checks (SR)**  
**3pm: Movie Matinee: Christmas in Connecticut (1945) (Ch. 95)**

**9:30am: Chair Only Sit and Stretch (Ch. 95)** 2  
**10:30am: Stretch and Strength with Allison (BR)**  
**1pm: Ask Amanda! (in person in the ballroom by reservation and livestreamed on Ch. 95)**  
**3pm: The Great Courses: History's Greatest Voyages**  
1) *The Earliest Explorers* (Ch. 95)  
2) *The Scientific Voyage of Pytheas the Greek* (Ch. 95)

**9:30am: Aqua Fitness with Allison (PC)** 3  
**9:30am: Resident Led Yoga DVD Class (BR)**  
**10:30am: Stretch and Strength (Ch. 95)**  
**1-5pm: PODIATRY (AR)**  
**2pm: Breath & Balance (Ch. 95)**  
**3pm: The Great Courses: Music as a Mirror of History**  
3) *Mozart: The Abduction from the Harem (1782)* (Ch. 95)  
**4:30-5:30pm: Happy Hour Cart!**

**9:30am: Chair Only Sit and Stretch (Ch. 95)** 4  
**10:30am: Stretch & Strength (Ch. 95)**  
**1pm: REPLAY of Ask Amanda! (Ch. 95)**  
**2pm: Breath & Balance (Ch. 95)**  
**3pm: Movie Matinee: Meet Me In St. Louis (1944) (Ch. 95)**  
**4pm: BOOK CLUB (BR)**

**9:30am: Resident Led Yoga DVD Class (BR)** 5  
**11:00am: Congregation Mickve Israel Service**  
**2pm: Breath & Balance (Ch. 95)**  
**3pm: History's Verdict: Hero or Villain: Himler (Ch. 95)**

**9:00am: Catholic Mass**  
**10:00am: Skidaway Island United Methodist**  
**11:30am: Skidaway Island Presbyterian**

**9:30am: Chair Only Sit and Stretch (Ch. 95)** 7  
**10:30am: Stretch and Strength (Ch. 95)**  
**2pm: Monday Meditation (Ch 95)**  
**3pm: Movie Matinee: The Bishop's Wife (1948) (Ch. 95)**

**9:30am: Resident Led Yoga DVD Class (AR)** 8  
**10:30am: Stretch & Strength (Ch. 95)**  
**2pm: Breath & Balance (Ch. 95)**  
**3pm: Movie Matinee: The Man Who Invented Christmas (2017) (Ch. 95)**

**9:30am: Chair Only Sit and Stretch (Ch. 95)** 9  
**10:30am: Stretch and Strength (Ch. 95)**  
**2-3pm: AUDIOLOGY (SR)**  
**3pm: The Great Courses: History's Greatest Voyages**  
3) *St. Brendan-The Travels of an Irish Monk* (Ch. 95)  
4) *Xuanzang's Journey to the West* (Ch. 95)

**9:30am: Aqua Fitness with Allison (PC)** 10  
**9:30am: Resident Led Yoga DVD Class (AR)**  
**10:30am: Stretch and Strength (Ch. 95)**  
**2pm: Breath & Balance (Ch. 95)**  
**2-3pm: Blood Pressure Checks (SR)**  
**3pm: The Great Courses: Music as a Mirror of History**  
4) *Haydn: Mass in the Time of War (1797)* (Ch. 95)  
**4:30-5:30pm: Happy Hour Cart!**

**9:30am: Aqua Fitness with Allison (PC)** 11  
**10:30am: Stretch and Strength with Allison (BR)**  
**10:30am: Stretch & Strength (Ch. 95)**  
**12pm-2pm: SHREDDING EVENT! (IC Front Circle)**  
**2pm: Breath & Balance (Ch. 95)**  
**3pm: Movie Matinee: Serendipity (2001) (Ch. 95)**

**9:30am: Resident Led Yoga DVD Class (BR)** 12  
**10:30am: Stretch and Strength with Allison (BR)**  
**11:00am: Congregation Mickve Israel Service**  
**1pm: Stretch and Strength (Ch. 95)**  
**2pm: Breath & Balance with Allison (BR)**  
**3pm: History's Verdict: Hero or Villain: Montgomery (Ch. 95)**