





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Happy Birthday Tyrus P 8:15 Catholic Communion 2 12:00 Brunch DR 2:00 Worship Service 5 4:30 Movie Curated By Eda 5	2 12:00 Quick Trivia 2 1:00 Terrace Talks DR 1:30 Arts & Crafts (FTRA) 4 5:00 Mints & Music 2	3 Happy Birthday Mekonnen G & Joan M 10:00 Stretch & Tone w/ Mary 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR	4 11:00 Chaplaincy Service LI 2:00 Scrabble Club 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4	5 10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR	6 Happy Birthday Kefey G 2:00 Christmas Concert 5 2:00 Catholic Mass 3 3:30 Shabbat Gathering 3	7 Happy Birthday Christine, Theafers & Afewerki 10:00 Chair yoga (FTRA) 5 12:00 Brunch DR 2:00 Music Concert w/ Erik 2 6:30 Movie Curated By Ella Kelly 5	
8 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda 5	9 12:00 Tree Trimming 2 1:30 Arts & Crafts (FTRA) 4 1:30 GDS Pre-K Visit DR 5:00 Mints & Music 2 7:00 FTRA Council Meeting 5	10 Happy Birthday Malite A 10:00 Stretch & Tone w/ Mary 5 6:30 Bingo (FTRA) DR	11 Happy Birthday Barbara M 11:00 Prayer Service 2 11:00 Chaplaincy Service LI 2:00 Scrabble Club 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4 7:00 Loss Support Group LI	12 10:00 Chair Yoga (FTRA) 5 1:00 Winter Social 2 6:30 Bingo (FTRA) DR	13 1:00 Bingo w/ Cindy DR 6:30 Wine & Cheese Hour (FTRA) 2	14 10:00 Chair yoga (FTRA) 5 12:00 Brunch DR 6:30 Movie Curated By Ella Kelly 5	
15 Happy Birthday Marcella D 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda & Martha 5	16 12:00 Quick Trivia 2 1:30 Arts & Crafts (FTRA) 4 5:00 Mints & Music (FTRA) 2	17 Happy Birthday Marka B 10:00 Stretch & Tone w/ Mary 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR	18 Happy Birthday Trudy P 11:00 Coffee Chat 2 11:00 Chaplaincy Service LI 2:00 Scrabble Club (FTRA) 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4	19 10:00 Chair Yoga (FTRA) 5 11:00 Art History Lecture 5 2:00 Episcopal Eucharist 3 2:15 NC Students Visit 5 6:30 Bingo (FTRA) DR	20 Happy Birthday Cornellia T 12:30 Christmas Movie 5 3:30 Shabbat Gathering 5	21 10:00 Chair Yoga (FTRA) 5 12:00 Brunch DR 6:30 Movie Curated By Ella Kelly 5	
22 Happy Birthday William B & Jennie S 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda & Martha 5	23 Happy Birthday Million, Almeder & Gloria 1:30 Arts & Crafts (FTRA) 4 5:00 Mints & Music (FTRA) 2	24 Happy Birthday Gwendolyn K 10:00 Stretch & Tone w/ Mary 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR	 25 11:00 Chaplaincy Service LI 12:00 Christmas Dinner DR 1:00 Book Buzz 4 2:00 Scrabble Club (FTRA) 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4	26 10:00 Chair Yoga (FTRA) 5 12:30 Kwanzaa Movie 5 6:30 Bingo (FTRA) DR 	27 Happy Birthday Ruthellen Y 2:00 Bingo w/ Cindy DR	28 Happy Birthday Rose M 10:00 Chair Yoga (FTRA) 5 12:00 Brunch DR 1:00 Seabury Book Club 4 6:30 Movie Curated By Ella Kelly 5	
29 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda & Martha 5	30 Happy Birthday Eda 1:30 Arts & Crafts (FTRA) 4 5:00 Mints & Music (FTRA) 2	31 10:00 Stretch & Tone w/ Mary 5 2:30 Current Events (FTRA) LI 6:30 Bingo (FTRA) DR 	LEGEND Seabury  at Friendship Terrace Senior Living FL- Front Lobby, 2nd Floor DR- Dining Room, 2nd Floor LI- Library, 3rd Floor OS- Outside 2nd-Floor Lounge 4th-Game Room 6th-Roof Top Deck Activity Color keycode: AD- Green, RSC- Blue, FTRA- Black, FT- Burgundy			