






Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>1</p> <p><u>Location of programs:</u></p> <p>1= 1st Floor Unit 2= 2nd Floor Unit 3= 3rd Floor Unit L= Main Floor Lobby</p>	<p>2</p> <p>9:30 Chair Aerobics (3) 9:30 Drum Fit (2) 1:30 Tai Chi (3) 1:1 Visits</p>	<p>3</p> <p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (2) 1:30 Baking: Cinnamon Buns (3) 1:1 Visits</p>	<p>4</p> <p>9:30 Chair Aerobics (2) 10:45 Chair Aerobics (3) 1:30 Mahjong (3) 1:45 Arts and Crafts (2) 1:1 Visits</p>	<p>5</p> <p>9:30 Chair Aerobics (2 & 3) 10:45 Ping Pong with Tony (3) 1:30 Live Entertainment: Thomas So (2)</p>	<p>6</p> <p>9:30 Chair Aerobics (2 & 3) 10:45 Christmas Picture Day (2) 1:30 Mahjong (3) 1:1 Visits</p>	<p>7</p> <p>9:30 Active Games (2) 10:45 Active Games (3) 1:30 Sing-Along (2)</p>
<p>8</p> <p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (2) 2:00 SEAC Church (3) 1:1 Visits</p>	<p>9</p> <p>9:30 Chair Aerobics (2) 9:30 Drum Fit (3) 10:45 Christmas Picture Day (3) 1:30 Tai Chi (2) 1:1 Visits</p>	<p>10</p> <p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (2) 1:30 Virtual Christmas Lights Tour and Hot Drinks (2) 1:1 Visits</p>	<p>11</p> <p>9:30 Chair Aerobics (2) 10:45 Chair Aerobics (3) 1:30 Mahjong (3) 1:45 Christmas Picture Day (1) 1:1 Visits</p>	<p>12</p> <p>9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 1:30 Live Entertainment: Thomas So (3)</p>	<p>13</p> <p>9:30 Chair Aerobics (2 & 3) 11:45 Restaurant Lunch: Emperor's (L) 1:45 Table Games (All floors)</p>	<p>14</p> <p>12:00-1:30 pm Christmas Carols: Catholic Church (All floors)</p>
 <p>15</p>	<p>16</p> <p>9:30 Chair Aerobics (3) 9:30 Drum Fit (2) 1:30 Tai Chi (3) 2:45 Drum Fit (1) 1:1 Visits</p>	<p>17</p> <p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 1:30 Virtual Christmas Lights Tour and Hot Drinks (3) 1:1 Visits</p>	<p>18</p> <p>9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:45 Christmas: Arts and Crafts (2) 1:1 Visits</p>	<p>19</p> <p>9:30 Chair Aerobics (1 & 3) 10:45 Ping Pong with Tony (2) 1:30 Pearl River: Cultural Dance Performance (3)</p>	<p>20</p> <p>9:30 Santa Visits (3) 10:30 Santa Visits (2) 11:30 Santa Visits (1) 1:30 Christmas Music with Rita Wai (3)</p> 	<p>21</p> <p>9:30 Active Games (2) 10:45 Active Games (1) 1:30 Sing-Along (3)</p> <p>Winter Begins</p>
<p>22</p> <p>9:30 Active Games (3) 10:45 Chair Aerobics (1) 2:00 EBC Church (2) 1:1 Visits</p>	<p>23</p> <p>9:30 Chair Aerobics (2) 9:30 Drum Fit (3) 1:30 Lion Dance and Live Music: Law's Birthday Party (2) 1:1 Visits</p>	<p>24</p> <p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (2) 1:30 Christmas Music (All floors) 1:1 Visits</p>	<p>25</p> 	<p>26</p> 	<p>27</p> <p>9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 1:30 December Birthday Party (2) 1:1 Visits</p>	<p>28</p> 
 <p>29</p>	<p>30</p> <p>9:30 Chair Aerobics (3) 9:30 Drum Fit (2) 1:30 Tai Chi (2) 2:45 Table Games (1) 1:1 Visits</p>	<p>31</p> <p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 1:30 Casino Games (2) 1:1 Visits</p> <p>New Year's Eve</p>	<h1>December 2024</h1> <h2>Recreation Calendar</h2>			