

SUN MON TUE WED THUR FRI SAT

Independent Living Calendar
Art of LivingWell™

LOCATION KEY
ART - Art Studio
AL LOB - Assisted Living Lobby
BIS - Bistro
Chan 6 - Channel 6
FR - Family Room
FC - Fitness Center
GL - Game Loft

GR - Great Room
LOB - Main Lobby
MT, V - Mountain View Neighborhood
POOL - Pool
SUM - Summit Room
SUM LOB - Summit Room Lobby
SHOP - Wood Shop

10:00 Smith's Shopping Trip (BUS) 1
11:00 Stretch, Breathe, & Balance (FC)
1:30 Farkle (GL)
2:00 Therapy Dog Visits (Lobby)
3:30 Bingo a Day Early (MT, V)
7:00 Evening Movie: Borrowed Hearts (Chan 6)

CMT Decorating Day 2
9:30 Christmas Decoration Day (All over Sagewood)
1:30 Book Club (FR)
2:00 West Jordan Band (SUM)
2:30 Music & Memory (MT, V)
7:00 Video of Mixed Nuts on Channel 6 (Chan 6)

11:00 Advanced Balance (FC) 3
1:30 Art Class (ART)
1:30 Transforming Grief & Loss (SUM)
1:30 Transportation by Appointment (BUS)
2:30 Seated Tai Chi (MT, V)
3:30 Tree Decorating (Mountain View Neighborhood, AL Lobby)
7:00 Musical Performance by Harmony Road (SUM)

9:30 Aquarobics Club (POOL) 4
10:15 Wake Up with Carmen & Sandy (Pet Friendly) (SUM)
11:00 Performance by String Students (SUM)
11:00 Scenic Drive (Nativity Gallery) (BUS)
1:30 Ceramics Lessons (ART)
2:00 Bingo (MT, V)
3:30 Singer Saturday: Kevin the Piano Animal (SUM)
7:00 Evening Movie: Broken Hill (Chan 6)

10:00 Sacramento Meeting (SUM) 5
1:00 Beginning Ukulele Class (SUM)
2:00 Scenic Drive (BUS)
3:30 Community Music Group (SUM)
7:00 Evening Movie: The Christmas Box (Chan 6)

9:30 Walmart Shopping Trip (BUS) 6
11:00 Advanced Balance (FC)
1:00 Monday Outing: Outlet Mall (BUS)
2:30 Intermediate Ukulele Class (SUM)
2:30 Seated Exercise Dance (MT, V)
3:30 Tree Decorating (LOB)
7:00 Uplifting your Life Class (SUM)

9:00 COVID-19 Saliva Testing 10-12pm (GL) 7
9:30 Aquarobics (POOL)
10:15 Music in Motion (SUM)
11:00 Strength Class (FC)
1:30 Blood Pressure Checks (SUM LOB)
1:30 Craft: Quilling (GR)
2:30 Music & Memory (MT, V)
3:30 Social Hour with Wade (LOB)
4:30 Dinner Music with Lance (BIS)
7:00 Evening Movie: Temple Grandin (Chan 6)

10:00 Smith's Shopping Trip (BUS) 8
11:00 Stretch, Breathe, & Balance (FC)
1:30 Farkle (GL)
1:30 Macular Degeneration Club led by Jody (FR)
2:30 Neuropathy Screening (Main Lobby, IL Library)
2:30 Walking Tour (LOB)
3:30 Neuropathy Seminar (LOB)
4:00 Wine Wednesday (FR)
7:00 Phoenix Jazz and Swing Band (BIS)

9:30 Aquarobics (POOL) 9
11:00 Strength Class (FC)
1:30 Ambassador Training (FR)
2:30 Music & Memory (MT, V)
3:30 Social Hour: Bingo (SUM)
7:00 Thursday Tunes: New Fiddlers! (SUM)

11:00 Advanced Balance (FC) 10
1:30 Wood Shop Class (SHOP)
1:30 Transportation by Appointment (BUS)
2:30 Seated Tai Chi (MT, V)
3:30 The Larks come sing Christmas music
7:00 Evening Movie: Home Alone (Chan 6)

9:30 Aquarobics Club (POOL) 11
10:15 Wake Up with Carmen & Sandy (Pet Friendly) (SUM)
11:00 Scenic Drive (BUS)
1:30 Ceramics Lessons (ART)
2:00 Bingo (MT, V)
3:30 Singer Saturday: Wi-Five Quintet (SUM)
5:50 Outing: Draper Philharmonic/Choir performance (BUS)

10:00 Sacramento Meeting (SUM) 12
1:00 Beginning Ukulele Class (SUM)
2:00 Scenic Drive (BUS)
3:30 Community Music Group (SUM)
7:00 Evening Movie: Christmas Dress (Chan 6)

11:00 Advanced Balance (FC) 13
11:00 Monday Outing: Grand America Tea (BUS)
2:30 Intermediate Ukulele Class (SUM)
2:30 Seated Exercise Dance (MT, V)
3:30 Stocking Decorations (SUM)
7:00 Christmas Lights Drive (Lobby)

9:00 COVID-19 Saliva Testing 10-12pm (GL) 14
9:30 Aquarobics (POOL)
10:15 Music in Motion (SUM)
11:00 Strength Class (FC)
1:30 Sagewood Bowling Alley (SUM)
2:30 Music & Memory (MT, V)
3:30 Social Hour with Wade (LOB)
4:30 Dinner Music with Lance (BIS)
7:00 Evening Movie: Woman in Gold (Chan 6)

9:30 "Sneaker Club Preschool" Performance (SUM) 15
10:00 Smith's Shopping Trip (BUS)
11:00 Performance by Am. Academy of Innovation Choir (SUM)
1:30 Farkle (GL)
2:30 Walking Tour (LOB)
3:30 Bean Bag Baseball (SUM)
7:00 Evening Movie: The Santa Clause (Chan 6)

9:30 Aquarobics (POOL) 16
11:00 Strength Class (FC)
11:00 Alzheimer's Support Group (SUM)
11:30 Sneaker Club Preschool Presents (Round 2) (LOB)
2:30 Music & Memory (MT, V)
3:30 Social Hour: Bingo (SUM)
7:00 Thursday Tunes: Wayne Hovey (SUM)

11:00 Advanced Balance (FC) 17
1:30 Art Class (ART)
1:30 Transportation by Appointment (BUS)
2:30 Seated Tai Chi (MT, V)
3:30 Christmas Portraits (LOB)
7:00 Evening Movie: The Santa Clause 2 (Chan 6)

9:30 Aquarobics Club (POOL) 18
10:15 Wake Up with Carmen & Sandy (Pet Friendly) (SUM)
11:00 Scenic Drive (BUS)
1:30 Ceramics Lessons (ART)
2:00 Bingo with Bibhor (MT, V)
3:30 Singer Saturday: New Fiddlers (SUM)
7:00 Evening Movie: The Santa Clause 3 (Chan 6)

10:00 Sacramento Meeting (SUM) 19
1:00 Beginning Ukulele Class (SUM)
2:00 Scenic Drive (BUS)
3:30 Community Music Group (SUM)
7:00 Evening Movie: Christmas for a Dollar (Chan 6)

9:30 Walmart Shopping Trip (BUS) 20
11:00 Advanced Balance (FC)
2:00 Monday Outing: See's Candy in Draper (BUS)
2:30 Intermediate Ukulele Class (SUM)
2:30 Seated Exercise Dance (MT, V)
3:30 Christmas Book Social (LOB)
5:00 Carolers (Independent Dining)
7:00 Rummikub & Scrabble (GL)

9:00 COVID-19 Saliva Testing 10-12pm (GL) 21
9:30 Aquarobics (POOL)
11:00 Strength Class (FC)
1:30 Craft: Quilling (GR)
2:30 Music & Memory (MT, V)
3:30 Social Hour with Wade: New Resident Introductions (LOB)
4:30 Dinner Music with Lance (BIS)
7:00 Evening Movie: The Polar Express (Chan 6)

10:00 Smith's Shopping Trip (BUS) 22
11:00 Stretch, Breathe, & Balance (FC)
1:30 Farkle (GL)
2:30 Walking Tour (LOB)
3:30 Christmas Violin Concert (SUM)
4:00 Wine Wednesday (FR)
7:00 Evening Movie: Elf (Chan 6)

9:30 Aquarobics (POOL) 23
11:00 Strength Class (FC)
1:30 Ambassador Training (FR)
3:30 Social Hour: Bingo (SUM)
7:00 Thursday Tunes: The Mixed Nuts (SUM)

Christmas Eve 24
1:30 Christmas Eve Reminiscing hour (Lobby)
1:30 Wood Shop Class (SHOP)
7:00 Evening Movie: Silent Night (Chan 6)

Christmas Day 25
1:30 Fireside Sing A Long (LOB)
3:30 Singer Saturday: Wyldwood (SUM)
7:00 Evening Movie: The Nativity Story (Chan 6)

10:00 Sacramento Meeting (SUM) 26
1:00 Beginning Ukulele Class (SUM)
2:00 Scenic Drive (BUS)
3:30 Community Music Group (SUM)
7:00 Evening Movie: Twister (Chan 6)

11:00 Advanced Balance (FC) 27
2:30 Intermediate Ukulele Class (SUM)
2:30 Seated Exercise Dance (MT, V)
3:30 New Year Resolutions (SUM)
7:00 Music Video Concert with Andrea Bocelli (Chan 6)

9:00 COVID-19 Saliva Testing 10-12pm (GL) 28
9:30 Aquarobics (POOL)
11:00 Strength Class (FC)
1:30 Sagewood Bowling Alley (SUM)
2:00 Town Hall - Independent Living & Assisted Living (SUM)
2:30 Music & Memory (MT, V)
3:30 Social Hour with Wade (LOB)
4:30 Dinner Music with Lance (BIS)
7:00 Evening Movie: Rebel without a Cause (Chan 6)

9:00 D.I. Giveaway (AL LOB) 29
10:00 Smith's Shopping Trip (BUS)
11:00 Stretch, Breathe, & Balance (FC)
1:30 Farkle (GL)
2:30 Walking Tour (LOB)
3:30 Social Hour: Birthday Celebration (LOB)
7:00 Evening Movie: Charlie and the Chocolate Factory (Chan 6)

9:30 Aquarobics (POOL) 30
11:00 Strength Class (FC)
1:30 Ambassador Training (FR)
2:30 Music & Memory (MT, V)
3:30 Social Hour: Bingo (SUM)
7:00 Thursday Tunes: MacKenzie Talk (SUM)

New Year's Eve 31
1:30 Art Class (ART)
3:30 It's Midnight Somewhere! (SUM)
7:00 Evening Movie: While You Were Sleeping (Chan 6)

All activities require a mask and safe social distancing practices.

December 2021



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Assisted Living Calendar Art of Living Well™	LOCATION KEY ART - Art Studio AL DR - Assisted Living Dining Room AL LIB - Assisted Living Library AL LOB - Assisted Living Lobby BIS - Bistro Chan 6 - Channel 6	FR - Family Room GL - Game Loft GR - Great Room LOB - Main Lobby MT. V - Mountain View Neighborhood SUM - Summit Room SHOP - Wood Shop	10:00 Smith's Shopping Trip (BUS) 1 10:15 Sit-n-Fit (SUM) 1:30 Farkle (GL) 2:00 Therapy Dog Visits (Lobby) 3:30 Bingo a Day Early (MT. V) 7:00 Evening Movie: Borrowed Hearts (Chan 6)	CMT Decorating Day 2 9:30 Christmas Decoration Day (All over Sagewood) 10:00 AL Vitals (AL LIB) 1:30 Book Club (FR) 2:00 West Jordan Band (SUM) 2:30 Music & Memory (MT. V) 4:30 Dinner Music with Lance (AL DR) 7:00 Video of Mixed Nuts on Channel 6 (Chan 6)	10:15 Sit-n-Fit (SUM) 3 11:00 Assisted Balance (MT. V) 1:30 Art Class (ART) 1:30 Transforming Grief & Loss (SUM) 1:30 Transportation by Appointment (BUS) 2:30 Seated Tai Chi (MT. V) 3:30 Tree Decorating (Mountain View Neighborhood, AL Lobby) 7:00 Musical Performance by Harmony Road (SUM)	10:15 Wake Up with Carmen & Sandy (Pet Friendly) (SUM) 4 11:00 Performance by String Students (SUM) 11:00 Scenic Drive (Nativity Gallery) (BUS) 1:30 Ceramics Lessons (ART) 2:00 Bingo (MT. V) 3:30 Singer Saturday: Kevin the Piano Animal (SUM) 7:00 Evening Movie: Broken Hill (Chan 6)
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