

DECEMBER 2016 Channing House Events AUD=Auditorium WW=Wellness Wing ACT=Activity Center HC=Health Center

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Menu 3 | | | | 1 9am Floor Reps. 5 th Floor Lounge 7:10pm BINGO, 11 th floor | 2 | 3 |
| 4 Menu 4 | 5 11:00am BOOK TALK: "Ice Shear" & "Flame Out" – M.P. Cooley (author) AUD | 6 10:00am CONCERT: Addison School Children's Chorus - AUD | 7 2:30pm TRIP – CH bus trip to Creche Exhibit at LDS Church (sign up sheet in lobby) 4:30pm CONCERT Silicon Valley BoyChoir – 1 st Lutheran Church (across the street) 7:00pm LECTURE: "Remembering Local Stories"- Jay Thorwaldson AUD | 8 | 9 7:00pm CHORAL CONCERT – Gunn High School Chorus AUD | 10 3:00pm MOVIE – "Zootopia" – computer Animated buddy comedy AUD |
| 11 Menu 5 | 12 9:00am RESIDENT ASSOCIATION MEETING - AUD | 13 7:00pm NIGHT AT THE MOVIES "Intermezzo" – Ingrid Bergman, Leslie Howard (1939) AUD | 14 10:00am and 7:00pm CH SINGERS HOLIDAY PROGRAM AUD 7:45pm EGGNOG & TGIF party in Lobby | 15 7:00pm TRAVELOGUE "The Middle East (Arabian Peninsula–Oman&Yemen) AUD | 16 <u>Draft Calendar Due</u> 11am Buddies Committee ACT/WW 7pm GAMES NIGHT 11 th floor | 17 3:00 pm OPERA AT CHANNING HOUSE "La Traviata" AUD |
| 18 Menu 1 | 19 10am Entertainment Coordinators – AUD 7:00pm CONCERT- "Piano Trios" – Sarah Fiene and Friends AUD | 20 | 21 3:30pm Channing House Readers – 9 th floor lounge 5:30pm December Birthday dinner | 22 | 23 | 24 <u>Calendar Deadline</u> |
| 25 Menu 2 MERRY CHRISTMAS | 26 | 27 7:00pm ART FILM "O'Henry's Full House" – Short story adaptations (1952) AUD | 28 | 29 | 30 12-2pm Expired Medications Collection – Medication Room WW | 31 7:00pm-10pm NEW YEAR'S EVE PARTY – 11 th Floor |

DECEMBER 2016 GROUP FITNESS CLASSES

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------|---------------------------------|-----------------------------|---------------------------------|-----------------------------|---------------------------------|
| 8:30-9:30am Activity Ctr WW | | Gentle Moves (Faith) | | Gentle Moves (Faith) | |
| 9:00-10am 11 th floor | | Tai Chi (Lisette) | | Tai Chi (Lisette) | |
| 9:15-10:30am 11 th floor | Strength and Balance (Clark) | | Strength and Balance (Clark) | | Strength and Balance (Clark) |
| 10:15-11:00 11 th floor | | Gentle Tai Chi (Lisette) | | Gentle Tai Chi (Lisette) | |
| 10:15-11am Pool Center | | Aquatic Exercise (Char) | | Aquatic Exercise (Char) | |
| 11:15 -noon Activity Ctr WW | Strength and Balance (Char) | | Strength and Balance (Char) | | Strength and Balance (Char) |
| 1:30-2:15pm Fitness Center | | Na Kupuna Hula | | | |

CLASS LOCATION AND DESCRIPTION

STRENGTH AND BALANCE Monday/Wednesday/ Friday (11th floor/ACT 2nd floor) –

- Emphasis on functional exercises to improve upper/lower body muscular strength & endurance, flexibility, core & performing static/dynamic balance activities.
- Functional fitness exercises are designed to train your muscles to work together and prepare them for daily tasks by simulating movements that individuals might do at home.

GENTLE MOVES Tuesday/Thursday (ACT 2nd floor)

- Emphasis on strength exercises sitting & standing, using whole body movement.
- Using free weights to improve upper body strength

AQUATIC EXERCISE Tuesday/Thursday (Pool Center) –

- Functional exercises that emphasize improving cardiovascular endurance, muscular strength & endurance, flexibility & balance training.

TAI CHI Tuesday/Thursday (11th floor)

- The goal of the class is to engage in physical exercise, understand body alignment, and enhance mind/body fitness and well being.
- The Tai Chi traditional first form is practiced in smooth and graceful movements, which allows the individual to break down the movement into multiple stages and encourages the understanding of how to control body moves.

GENTLE TAI CHI CLASS Tuesday/Thursday (11th floor)

- The class will provide basic Tai Chi exercises focused on flexibility and relaxation that can be practiced sitting down or standing up. The Tai Chi movements are designed to improve body coordination and alignment, to ease body stiffness and to develop strength.

DVD CHAIR EXERCISE CLASS - Saturday only (11th floor)

- Residents perform chair exercises while watching exercise video

CHANNING HOUSE WEEKLY ACTIVITY SCHEDULE - MONDAY THROUGH SUNDAY

| | | |
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| Monday | 10:00-12:00am 4:00 pm | MAH JONG - 1 st floor game room MEDITATION - 10 th floor lounge |
| Tuesday | 11:00-noon | CHANNING HOUSE WRITERS - 8 th floor lounge |
| Wednesday | 9:00 am 11:00am 11:30-3:30pm 2:00-3:00 pm 4:00 pm | SHOPPING - Safeway, CVS, Walgreens (CH van- meet in lobby) BANKING (CH van- meet in lobby) Wilma Reichard, BEREAVEMENT CARE, Meditation Rm WW 12/7, 12/21, 12/28 CHANNING HOUSE KNITTERS, 10 th floor lounge MEDITATION - 10 th floor lounge |
| | 10:30-11:30 3:00-4:00 | SING-ALONG - HC 1 ST Floor CURRENT EVENTS - 11 th floor (middle area) |
| Friday | 10:00am 10:00am-12:00 4:00 pm | ART EXPLORATION - Aud \$ 12/2, 12/9, 12/16 MAH JONG - 1 st floor game room MEDITATION - 10 th floor lounge |
| Saturday | 9:15-10:00am 10:00-10:45am 7:00 pm | VIDEO EXERCISE - 11 th floor HARMONICA PLAYERS - 7 th floor lounge DOMINOES - 1 st floor game room |
| Sunday | 3:00pm | ECUMENICAL SERVICE - Activity Center, Wellness Wing |