

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div><div><div>The Inn at Waveny</div></div><div></div></div>	10:00 Exercise & Balance 1 11:00 Tucker Murphy Speaking Engagement 1:00 Trim the Holiday Tree 4:00 Written Word 7:15 Treble Makers Performance	10:00 Exercise to Music 2 11:00 Inn-Notes Singers 12:00 Out to Lunch Bunch: An Italian Restaurant 2:00 Studio Art with John 3:00 Tree Lighting & Coco with Eric Thunem 4:00 Resident Gaming Hour 7:30 Evening Movie	10:00 Yoga with Tamara 3 10:45 UNO 11:30 Resident Meeting 2:00 December Trivia 3:00 Cooking Demo: Pumpkin Spice Latte and Chai 4:00 Resident Gaming Hour 7:30 Evening Movie	9:30 Fireplace Stories 4 10:00 Seated Exercise 10:45 Ted Talks Discussion 11:30 Meditation 2:30 Indoor Bocce 4:00 Gingerbread House Decorating with NCL 7:30 Evening Movie	9:30 Communion 5 10:00 Strength & Stretch 10:00 Inn-Notes to perform at Holiday Play at Waveny 3:00 Origami Santas 5:00 Happy Hour 7:30 Evening Movie	10:00 Chair Aerobics 6 11:00 Blown Away Christmas: Santa’s Elves (Netflix) 2:30 Matinee/Dance 3:00 Art Opening 4:45 Mass at St. Aloysius 7:30 Evening Movie	
	10:00 St. Mark’s Episcopal Livestream Service 7 1:30 Legos with Ethan 2:30 Netflix Docuseries: Life On Our Planet Ep 1 4:00 Resident Gaming Hour 5:00 St. Marks Cub Scout Carolers 7:15 Evening Movie	10:00 Exercise & Balance 8 11:00 Let’s Make Snowflakes 2:30 Wellness Chat on Allergies with Christine Burns, RN 4:00 Piano Concert with Maximillian 7:30 Evening Movie	10:00 Exercise to Music 9 11:00 Piano Duets 1:30 Studio Art with John 2:30 Origami Trees (L) 4:30 Inn Christmas Holiday Party 7:30 Evening Movie	10:00 Yoga with Tamara 10 10:30 Frances the Pup 10:45 Mass w/ Father Franklin 11:30 Resident Meeting 2:00 Emily Dickinson Poetry 3:00 Tea with Kathy Blance 4:30 Classical Guitarist Andrei Orasanu & Cellist Harry Tao 7:30 Evening Movie	9:30 Fireplace Stories 11 10:00 Seated Exercise 11:30 Meditation 1:00 Blood Pressure with Christine Burns, RN 2:30 Christmas Craft: Nutter Butter Santas 4:00 East School Kids Service Project Event 7:30 Evening Movie	9:30 Communion 12 10:00 Strength & Stretch 11:00 Resident Current Events 2:00 Library Techs 3:00 Handel & Messiah 5:00 Happy Hour 7:30 Evening Movie	10:00 Chair Aerobics 13 11:00 Blown Away Christmas: Festive Food (Netflix) 1:15 Bingo with SLOBS 3:00 Matinee: Mary Poppins 4:00 Resident Gaming Hour 4:45 Mass at St. Aloysius 7:30 Evening Movie
	Hanukkah 14 10:00 St. Mark’s Episcopal Livestream Service 2:30 Netflix Docuseries: Life On Our Planet Ep 2 4:00 Piano Recital/Kyong Hee Cho’s Students 7:15 Evening Movie <small>Hanukkah Begins</small>	10:00 Exercise & Balance 15 11:00 Crossword Club 2:00 Holiday Traditions, Origins, & Latkes with Harry Chopra 3:00 Written Word/A Christmas Memory Story 7:30 Evening Movie	Wear your Favorite Holiday Sweater Today 16 10:00 Exercise to Music 11:00 Inn-Notes Singers 2:00 Studio Art with John 3:00 Jazz’n It Up with Gabriel 4:00 Left, Right, Center 7:30 Evening Movie	10:00 Yoga with Tamara 17 10:45 Acey Duecey 11:30 Resident Meeting 2:00 Bingo Bonanza 3:00 Cider & Munchies 4:00 Christine Plays Carols 7:30 Evening Movie	9:30 Fireplace Stories 18 10:00 Seated Exercise 10:45 Ted Talk Discussion 11:30 Meditation 2:30 Let’s Talk w/Flannery 4:30 Nutcracker Excerpts From: New England Academy of Dance 7:30 Evening Movie	9:30 Communion 19 10:00 Strength & Stretch 11:00 Resident Current Events 1:15 Live Nativity Scene at Waveny 4:00 Holiday Social Sip and Pop-Up Shop 7:30 Evening Movie	10:00 Chair Aerobics 20 11:00 Blown Away Christmas: Oh Christmas Tree 3:00 Harp Concert 4:00 Resident Gaming Hour 4:45 Mass at St. Aloysius 7:30 Evening Movie
	10:00 St. Mark’s Episcopal Livestream Service 21 2:30 Netflix Docuseries: Life On Our Planet Ep 3 4:00 Resident Gaming Hour 7:15 Evening Movie <small>Winter Begins</small>	10:00 Exercise & Balance 22 11:00 Making Snowman Ornaments for Waveny 1:30 NCHS Madrigals go Caroling 3:00 Written Word: A Child’s Christmas in Wales Read by Dylan Thomas 7:30 Evening Movie	10:00 Exercise to Music 23 11:00 Inn-Notes Singers 2:00 Holiday Cookie Tasting 3:00 Lessons & Carols, 1918 King College Version 4:00 Resident Gaming Hour 7:30 Evening Movie	10:00 Yoga with Tamara 24 10:30 Frances the Pup 11:30 Resident Meeting 2:00 T’was the Night Before Christmas Poetry 3:00 Eggnog & Tea with A Twist 4:00 Resident Gaming Hour 7:30 Evening Movie	Christmas Day 25 10:00 Exercise 12:00 Christmas Dinner 2:30 Movie Matinee 7:30 Evening Movie <small>Christmas</small>	9:30 Communion 26 10:00 Strength & Stretch 11:00 Resident Current Events 2:00 Wheel of Fortune 4:00 Resident Gaming Hour 5:00 Happy Hour 7:30 Evening Movie <small>Boxing Day (Canada) Kwanzaa Begins</small>	10:00 Chair Aerobics 27 11:00 Blown Away Christmas: Winter Wonderland 2:30 Matinee/Dance 4:00 Resident Gaming Hour 4:45 Mass at St. Aloysius 7:30 Evening Movie
	10:00 St. Mark’s Episcopal Livestream Service 28 2:30 Netflix Docuseries: Life On Our Planet Ep 4 4:00 Resident Gaming Hour 7:15 Evening Movie	10:00 Exercise & Balance 29 11:00 Play Reading 1:30 Baking Demo: No Bake Pumpkin Pie 3:00 Written Word 7:30 Evening Movie	10:00 Exercise to Music 30 11:00 Inn-Notes Singers 12:00 Birthday Celebration 2:00 Studio Art with John 3:00 Corn Hole 4:00 Resident Gaming Hour 7:30 Evening Movie	10:00 Yoga with Tamara 31 10:45 Scattagories 11:30 Resident Inn Meeting 3:00 Tea with A Twist 4:00 Resident Gaming Hour 5:00 New Year’s Eve Party 7:30 Evening Movie <small>New Year’s Eve</small>	<div><div>December 2025</div><div></div></div>		

*Programs and times are subject to change