







BLUE GROUP | DECEMBER 2019

<p>2</p> <p>8:00 Current Events Discussion (S) 8:30 Puzzle Group w/ Fred (C) 9:00 Music Enhancement w/ Marilu (SE) 10:00 Music w/ Peter (S) 11:30 Simple Stretching w/ Susan (P) 11:45 The Price is Right w/ Tracy (S) (C) 12:15 Song Request Session w/ Carol (SE) (S) 1:30 Surprising Stories Discussion (S) 2:00 Exploring the Norfolk Naval Station w/ Cliff (S) 2:30 Discuss & Recall w/ Paul B.: Across the Generations (S) 3:00 Corn Hole (P) 3:30 Afternoon Snack & Music Social (S) 4:00 Music Exploration: Classic Rock Hit Singles (S) (C) 4:30 Combined Sing-Along w/ Arnie (SE) (S)</p>	<p>3</p> <p>8:00 Famous Faces Guessing Game w/ Marilu (C) 9:00 Coffee & Conversations (S) 10:00 Daily Chronicle Discussion (C) 10:15 Chair Exercise w/ Connie (P) 10:35 All About Cats w/ Kaye (S) (C) 11:30 Harp w/ Judy (SE) (S) 12:00 Brain Fitness w/ Rich: What Am I (C) 1:30 Surprising Stories Discussion (S) 2:00 Mozart Music Appreciation w/ Chrysta (C) 2:30 Travelogue w/ Karen: Venice (S) 3:15 Newscurrents (C) 3:30 Afternoon Music Social (SE) 4:00 Combined Geography Group: Maine (S) (C) 4:30 Piano Sing-Along (SE)</p>	<p>4</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Michael Jackson (SE) 10:00 Use Your Noodle Exercise w/ John (P) 10:30 Exploring Golf Legends w/ Casey (S) (C) 11:30 Men's Group w/ Tracy: Fixer Uppers (S) 11:30 Art w/ Crista (E) 12:00 Side by Side w/ Beth (C) 1:30 Surprising Stories Discussion (S) 2:00 Brain Fitness: Triple Treat Trivia (C) 2:30 Music w/ April (SE) (S) 3:30 Afternoon Snack and Music Social (S) 4:00 Combined Music Exploration: Doris Day (S) (SE) 4:30 Calamity Jane Sing-Along (S) (SE)</p>	<p>5</p> <p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank (C)</i> 10:00 Music w/ Peg (SE) 10:45 Meditative Movement (P) 11:30 Exotic Travel Photos w/ Alan (S) (SE) 12:00 Roll & Rhyme w/ Beth (C) 1:30 Surprising Stories Discussion (S) 2:00 Brain Game: Not So Trivial (S) (C) 2:30 Dicebreakers w/ Alan (S) 3:00 Bean Bag Tic-Tac-Toe w/ Kathryn (P) 3:30 Afternoon Music and Snack Social (S) 4:00 Combined Composer's Club: Donna Summers w/ Dan (S) (SE) 4:30 Andrea Bocelli Concert (SE)</p>	<p>6</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: The Beatles (SE) 10:00 Daily Chronicle Discussion (S) 10:15 70's Motown Movement (P) 10:30 Trivia w/ Alan (C) 11:30 Top 10 American History Moments w/ Paul H. (S) (C) 12:00 Military Group w/ Rich: Branches (S) 1:30 Timeslip Storytellers (E) 2:00 Discussion Group w/ Cora: Cultural Traditions (S) 2:20 Tai-Chi w/ Cynthia (P) (SP) 3:00 Decade's Top Singles w/ Carol (S) (C) 3:30 Snack and Music Social (S) 4:00 Bowling w/ Stuart (P) 4:30 Combined Musical Hits w/ Mary Anna (SE)</p>
<p>9</p> <p>8:00 Mandala Coloring Group w/ Marilu (E) 8:30 Puzzle Group w/ Fred (C) 9:00 Daily Chronicle and Current Events (C) 10:00 Moving Stories w/ Annette (S)(P) 11:30 Chair Exercise w/ Beth (P) 12:00 Brain Game: Name That President w/ Alan (C) 1:30 Surprising Stories Discussion (S) 2:00 Composer's Club w/ Karen: The Mamas and the Papas (S) 2:30 Star Exploration: Betty White (C) 3:00 Roll & Rhyme w/ Diane (C) 3:30 Afternoon Snack & Music Social (S) 4:00 Music Exploration: Latin Ballets w/ Susan (SE) (S) 4:30 Susie Q Sing-Along w/ Paul (SE) (S)</p>	<p>10</p> <p>8:00 Famous Faces Guessing Game w/ Marilu (C) 9:00 Coffee & Conversations (S) 10:00 Guitar w/ Steve (SE) (S) 11:30 Art w/ Annette (E) 12:15 Brain Fitness w/ Sharron: Name Something (S) 1:30 Surprising Stories Discussion (S) 2:00 Worldly Holiday Greetings w/ Jaqueline (S) (C) 2:30 Team Brain Game: Decorate the Tree (C) 3:15 Reading Circle w/ Candy: Winter Poems (S) 3:30 Afternoon Music Social (SE) 4:00 Combined Composer's Club w/ Carol: Judy Garland (S) (SE) 4:30 Songs from the Wizard of Oz (SE)</p>	<p>11</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Michael Jackson (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Chair Exercise w/ Muoi (P) 10:30 Jeopardy Trivia w/ Michael (C) 11:30 Where in the World w/ Ruth (S) (C) or 11:30 Spiritual Group w/ James (S) (SP) 12:15 Beach Boys Hits w/ Kathryn (SE) 1:30 Surprising Stories Discussion (S) 2:00 Brain Fitness: Holiday Song Matching (C) 2:30 Behind the Making Of w/ Jim: It's A Wonderful Life (S) (C) 3:30 Afternoon Snack and Music Social (S) 4:00 Bowling (P) 4:30 Combined Balloon Toss Trivia (P) (C)</p>	<p>12</p> <p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank (C)</i> 10:00 Music w/ Peg (SE) 10:45 Meditative Movement (P) 11:30 Men's Group w/ Cliff (S) (C) 11:30 Art w/ Sally (S) (E) 12:00 Cranium Crunch: Missing Vowels (C) 1:30 Surprising Stories Discussion (S) 2:00 All About Afghanistan w/ Sayed (S) (C) 2:30 Nature Fact or Fiction (C) 3:00 History of Jazz w/ Andy (S) (C) 3:30 Afternoon Music and Snack Social (S) 4:00 Holiday Party!</p>	<p>13</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Doris Day (SE) 10:00 Dancing w/ Garrey (P) 11:30 Violin w/ Anthony (S) (SE) 1:30 Surprising Stories Discussion (S) 2:00 Exploring Russian Ballets w/ Beth (S) (SE) 2:20 Tai Chi w/ Cynthia (P) (SP) 3:00 Discussion w/ Michael: Friday the 13th (S) 3:30 Afternoon Music and Snack Social (S) 4:00 Winter Songs Sing-Along (S) (C) 4:30 Combined Patriotic Sing-Along w/ Arnie (S) (C)</p>
<p>16</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Classic 40's w/ Ruth (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Use Your Noodle Exercises w/ Pam (P) 10:45 Discussion: Winter Around the World (S) 11:30 Sharpen Your Senses w/ Shirl (S) (SE) 12:00 Reminiscing w/ Paul: Holiday Traditions (S) 1:30 Surprising Stories Discussion (S) 2:00 Discussion w/ Beth: Yes, Virginia (S) 2:30 Brain Game: Guess the Logo (C) 3:00 Frank Sinatra Hits w/ Carol (S) (SE) 3:30 Afternoon Snack and Music Social (S) 4:00 Triple Treat Trivia (C) 4:30 Combined Opera Exploration (SE)</p>	<p>17</p> <p>8:00 Famous Faces Guessing Game w/ Marilu (C) 8:30 Current News Stories (S) 9:00 Adult Coloring Group w/ Sayed (E) 10:00 Dancing w/ Garrey (P) 11:30 This Day In History w/ Rich (S) (C) 11:45 Simple Stretching w/ Jim (P) 12:00 Musicals w/ Muoi: Singing in the Rain (S) (C) 1:30 Surprising Stories Discussion (S) or 1:30 Spiritual Group w/ Candy (S) (SP) 2:00 Large Card Bingo w/ John (C) 2:45 Musical Jazz Jeopardy w/ Andy (C) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Composer's Club: Elton John (S) (SE) 4:30 Top 70's Tracks w/ Nancy (SE)</p>	<p>18</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Classic 40's w/ Ruth (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Chair Jazzercise w/ Beth (P) 10:35 You Be The Judge w/ Susan (S) (C) 11:30 Brain Fitness w/ Cal: Who Am I (C) 12:00 Discuss & Recall w/ Kathryn: Legendary Spinsters (S) (C) 1:30 Surprising Stories Discussion (S) 1:45 Friendship Support Group w/ Ellie (SP) 2:00 Composer's Club: Luciano Pavarotti w/ Paul F. (SE) (S) 2:30 Discuss & Recall w/ Gordon: Man on the Moon (S) (C) 3:00 Time Slip Storytellers (E) 3:30 Afternoon Snack and Music Social (S) 4:00 Corn Hole w/ Gordon (P) 4:30 Combined Musical Appreciation: Mozart Piano Covers (SE)</p>	<p>19</p> <p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: Crosswords w/ Marilu (C) INSIGHT IN ACTION! 9:45 Daily Chronicle Discussion (C) 10:00 Music w/ Peg (SE) 10:45 Meditative Movement (P) 11:30 Art Class w/ Elba (E) or 11:30 Travelogue w/ Karen: Canary Island (S) 12:15 Short Story Group w/ Kaye (S) 1:30 Surprising Stories Discussion (S) 2:00 Toss & Talk: Past Presents (S) (P) 2:30 Indoor Winter Olympics w/ Alan (S) (P) 3:15 Song Request Session (S) (SE) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Geography Group: Greece w/ Despina (S) (C) 4:30 Country Western Oldies w/ Arnie (SE)</p>	<p>20</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: The Shirelles w/ Lucille (SE) 10:00 Music w/ Jessica (S) 10:45 Daily Chronicle (C) 11:30 Reminiscing: Holiday Songs w/ Connie (S) 12:00 Hanukkah True or False (C) 1:30 Surprising Stories Discussion (S) 2:00 Holiday Sing-Along w/ Carol (S) (SE) 2:20 Tai Chi w/ Cynthia (P) (SP) 3:00 Discussion: Would You Rather (S) 3:30 Afternoon Snack & Music Social (S) 4:00 Dicebreakers (S) 4:30 Combined Piano Sing-Along (SE)</p>
<p>23</p> <p>IMCC IS CLOSED!</p> 	<p>24</p> <p>IMCC IS CLOSED!</p> 	<p>25</p> <p>IMCC IS CLOSED!</p> 	<p>26</p> <p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank (C)</i> 10:00 Music w/ Peg (SE) 10:45 Racing Through the Decades (P) 11:30 Art w/ Sally (E) or 11:30 Guess That Dance w/ Kaye (C) 12:00 Short Story Group w/ Jaqueline (S) 1:30 Surprising Stories Discussion (S) 2:00 Discussion Group: Tales of Kwanaa (S) 2:30 Roll and Rhyme w/ James (C) 3:00 Cornhole w/ Michael (P) 3:30 Afternoon Snack and Music Social (S) 4:00 Combined Geography Group: Paris (C) 4:30 Fiddle Music & Movement w/ Arnie (SE) (P)</p>	<p>27</p> <p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: The Beatles (SE) 10:00 Daily Chronicle Discussion (S) 10:15 60's Hits Dance Fitness w/ Connie (P) 10:35 Triple Treat Trivia (C) 11:30 Forbidden Descriptions w/ Thomas (S) (C) 12:00 Johnny Cash Biography w/ Dick (S) (C) 1:30 Surprising Stories Discussion (S) 2:00 Finish the Lyric w/ Carol (C) 2:20 Tai Chi w/ Cynthia (P) (SP) 3:00 Learning Circle: Famous Navy Bases w/ Cliff (S) (C) 3:30 Snack and Music Social (S) (SE) 3:45 Bowling (P) 4:30 Combined Composer's Club: Elvis w/ Ruth (SE)</p>
<p>30</p> <p>8:00 Mandala Group w/ Marilu (E) 8:30 Puzzle Group w/ Fred (C) 9:00 Current Events (C) 10:00 Morning Greetings & Daily Chronicle (S) (C) 10:15 Nifty Fifty Exercise w/ Ellie (P) 10:30 Reminiscing w/ Sayed: Radio Hit Singles (S) 11:30 Art w/ Annette (E) 1:30 Surprising Stories Discussion (S) 2:00 Discuss & Recall w/ Kathryn: Friends (S) 2:30 Modern Jeopardy Trivia w/ Casey (C) 3:30 Motown Music Social (S) 4:00 America's Favorite Beaches w/ Diane (S) (SE) 4:30 Piano Sing-Along (SE)</p>	<p>31</p> <p>8:00 Famous Faces Guessing Game w/ Marilu (C) 8:30 Daily Chronicle Discussion (S) 9:00 Adult Coloring Group w/ Sayed (E) 10:00 Music w/ Frank (S) (SE) 11:30 Simple Stretching w/ Susan (P) 11:45 Reminiscing: Family Photos (S) 12:00 History of the Camera w/ Alan (S) (C) 1:30 Surprising Stories Discussion (S) 2:00 NYE Traditions Around the Globe w/ Beth (S) 2:30 Reminiscing: New Year's Traditions (S) 3:00 Dicebreakers w/ Jim(S) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Geography Group: South Africa w/ Chrysta (S) (C) 4:30 60's Hits w/ Nancy (SE)</p>	<p>HAPPY NEW YEAR!</p> <p>IMCC IS CLOSED!</p> 	 <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)</p>	<p>Happy Birthday!</p>  <p>Jean 12/01 Paul F. 12/08 Mary Anna 12/11 Carol 12/11 Shirl 12/12 Richard 12/13 Maria 12/17</p>