


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30- Morning Stretch 11am- Healthy Snack 2pm – Holiday Trivia 2:30- Healthy Snack 3pm- Holiday Cookie Decorating- 2 <sup>nd</sup> Fl 4pm- Bingo 6:30 Movie and Snack	2 10:30- Wii exercise 11am- Hydration & Snack 2pm- Gingerbread Houses! 3pm- Discussion- Your best Holiday Memory– with Linda 4pm- Snack Social- Eggnog & Treats 6:30- Holiday Movie & Popcorn	3 10:30- Walking Group 11am- Healthy Snack 2pm- Gingerbread House continued 3pm- Healthy Snack 4pm- December Birthdays- Party For All! 6:30- Holiday Movie and Holiday Snacks	4 10:30- Seated Aerobics 11am- Healthy Snacks 2pm- Let's Make Snowflakes! 3pm- Activity Room Holiday Decorating- Celebrate the Christmas Lighting 4pm- Snack Social- Holiday Music 6:30 Holiday Movie of Choice	5 10:30- Morning Stretch 11am- Group Puzzles 2pm- Hair Salon w/staff 3:30pm- Christmas Art 4pm- Healthy Snack 6:30- Holiday Movie of Choice with Tea and scones
6 10am- Mass in Chapel 10:30- Dance Aerobics 11:30- Hydration & Snack 2pm- Nail Salon 3pm- Snack Social with music and dance 6:30pm- Movie of choice and evening snack	7 10:30- Wii exercise 11am- Healthy Snack & Beverage 2pm- Painting- Holiday Theme 4pm- Bingo 6:30pm- Movie of choice and evening snack	8 10:30- Morning Stretch 11am- Snack and discussion about Healthy Eating during Holidays 3pm- Holiday Gift Making- Jewelry 4:30- Light snack 6:30pm- Movie of choice and evening snack	9 10:30- Walking Group 11am- Healthy Snack- Apples & Caramel 3pm- Holiday Gift Making continued 4:30- Healthy Snack 6:30pm- Movie of choice and evening snack	10 10:30- Seated Aerobics 11am- Healthy Snack 2pm-Today is the First Day of Hanukkah- What is Hanukkah? 3:30- Snack honoring Hanukkah 6:30pm- Movie of choice and evening snack	11 10:30- Walking Group 11am- Healthy Snack & Beverage 2pm- Holiday Party Planning w/Residents 3:30- Social Hour 4:30- Bingo 6:30pm- Movie of choice and evening snack	12 10:30- Exercise Video w/Staff 11am- Healthy Snack 2pm- Menu planning w/Residents for Holiday Party 3:30- Holiday Art- Collage 4:30- Snack Social 6:30pm- Movie of choice and evening snack
13 10am- Mass in Chapel 10:30- Morning Stretch 11am- Healthy Snack 2pm- Christmas Decorating 3:30- Nail Salon 4:30- Snack Social Hour 6:30pm- Movie of choice and evening snack	14 10:30- Wii Exercise 11am-Scenic Drive- Holiday Decorations- Snack on Bus 2pm- Afternoon Movie and Snack 4pm- Bingo 6:30pm- Movie of choice and evening snack	15 10:30- Seated Exercise 11am- Healthy Snack 1:30- Christmas Around the World- A discussion of Holiday Celebrations in other Countries- Today is France 2:30-- A taste of France- Social Hour and Discussion 6:30pm- Movie of choice and evening snack	16 10:30- Walking Group 11am- Healthy Snack 1:30- A discussion of Christmas Tradition in Spain 2:30- A Taste of Spain- Social Hour 4pm- Bingo 6:30pm- Movie of choice and evening snack	17 10:30- Seated Aerobics 11am- Healthy Snack 1:30- Christmas Letters/Cards for Families 3:30- Snack Social- Christmas Celebrations in Russia- A taste of Russia 6:30pm- Movie of choice and evening snack	18 10:30- Morning Stretch 11am- Snack and Christmas Art 1:30- Family Christmas Cards Continued 2:30- Gingerbread House 4pm- A Taste and Discussion of Christmas in Germany 6:30pm- Movie of choice and evening snack	19 10:30- Seated Exercise 11am- Healthy Snacks 1:30- Gingerbread Houses continued 3:30- Snack Social w/ Holiday Song and Music 4:30- Weekend Bingo 6:30pm- Movie of choice and evening snack
20 10am- Mass in Chapel 10:30- Morning Stretch 11am- Healthy Snack 1:30- Hot Topics- Good News! 2pm- Christmas Movie Matinee 4pm- Social Hour- Tea and Cookies 6:30pm- Movie of choice and evening snack	21 10:30- Seated Exercise 11am- Healthy Snack 1:30- Christmas Around the World- England 2:30-- A taste of England Social Hour and Discussion 6:30pm- Movie of choice and evening snack	22 10:30- Seated Aerobics 11am- Healthy Snack 1pm- Small Tree Decorating 3pm- The Places We Have Been—Your Story ~ Discussion and Snack 6:30pm- Movie of choice and evening snack	23 10:30- Walking Group 11am- Finalize Resident Party Plans- Healthy Snack 1pm- Small Tree Decorating- complete 3:30- Social Hour- Egg Nog, Treats and Christmas Carols 4:30- Bingo 6:30pm- Movie of choice and evening snack	24 10:30- Morning Stretch 11am- Morning Snack 2pm- Resident Holiday Party- Christmas Carols, Dance, Games and Christmas Treats and Secret Santa Gift Exchange 4pm- Special Bingo 6:30pm- Movie of choice and evening snack	25 10:30- Holiday Exercise 11am- Morning Snack 12:30- Christmas Dinner 2pm- Christmas Calls with Families 4pm- Merry Christmas- Social Hour 6:30pm- Movie of choice and evening snack	26 10:30- Seated Aerobics 11am- Morning Snack 2pm- Who Am I? - Word Game 3pm- Social Hour 4pm- Weekend Bingo 6:30pm- Movie of choice and evening snack
27 10am- Mass in Chapel 10:30- Morning Stretch 11am- Healthy Snack 1:30- Dominos- Library 2pm- Afternoon Matinee 4pm- Social Hour- Tea and Cookies 6:30pm- Movie of choice and evening snack	28 10:30- Wii Exercise 11am- Healthy Snack 1:30- Let's Make Snowmen Window Decorations 2:30- A day in Alaska-Power point Travel Series 4pm- Bingo 6:30- Movie of choice and evening snack	29 10:30- Walking Group 11am Healthy Snack 1:30- Music with Alexa 2:30- Wii Bowling 3:30- Social Hour & Snack 4pm- Bingo 6:30pm- Movie of choice and evening snack	30 10:30 – Morning Stretch 11am- Health Snack & Hydration 1:30 –The Story of Ginger Rodgers & Fred Astaire 3pm – Social Hour- Conversation and Snacks 4pm – Ask Alexa Anything! 6:30- Movie & Snack	31 10:30- Wake up to Dance! 11am- Morning Snack 1:30 – New Year's Eve in New York- Documentary 3pm- New Years Eve Party! Food, Bubbly, Music and Conversation 6:30 - 6:30pm- Movie of choice and evening snack	<i>Merry Christmas! Happy Hanukkah! Happy Kwanza</i>  Everyone's December Birthday Party- 12/3 Lighting of The Christmas Tree – 12/4 Celebration of Hanukkah- 12/10 Introduction of our Travel Series! Begins 12/15 Secret Santa Gift Exchange 12/24 Christmas Day 12-25	