

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

ALL ACTIVITIES ARE SUBJECT TO CHANGE

							1	2
							10:30 – Holiday Decorating 2:00-Refreshment Cart 2:30 – The Nightmare Before Christmas 6:30 – Seated Yoga	10:30 – Rise & Shine 2:00-Refreshment Cart 2:30 – Baking Spirits Bright 6:30 – Relax & Unwind
3	4	5	6	7	8	9		
10:00 – Coffee Talk 2:30 – Bingo 7:00 – Movie Night	10:00 – Music Therapy 10:30 – Communion 11:00 – Talk & Trivia Strollin' Communion 2:30 – Sports Club 7:00 – Menu Assist	10:30 – Crockpot Creations 1:30 – 1:1 Visits 2:30 – Chicken Soup for the Soul 6:30-Refreshment Cart 6:30 – Table Talk	10:30 – Arts & Crafts 10:30 – Leisure Cart 2:00 – Urban Zen 2:30 – Table Games 2:30 – Art for Life 6:30-Refreshment Cart 6:30 – Sit & Stretch	10:00 – Mind Body Soul 10:30 – Leisure Cart 1:30 – 1:1 Visits 2:30 – <i>Hanukkah Celebration</i> 6:30-Virtual Nature Walk <small>Hanukkah Begins</small>	10:30 – Reindeer Hunting 2:00-Refreshment Cart 2:30 – All Aboard the Polar Express 6:30 – Seated Yoga	10:30 – Rise & Shine 2:00-Refreshment Cart 2:30 – Baking Spirits Bright 6:30 – Relax & Unwind		
10	11	12	13	14	15	16		
10:00 – Coffee Talk 2:30 – Bingo 7:00 – Movie Night	10:00 – Strolling Music with Vance 10:30 – Communion 11:00 – Talk & Trivia (2) Strollin' Communion (1) 2:30 – Sports Club 7:00 – Menu Assist	10:30 – News & Brews 1:30 – 1:1 Visits 2:30 – Casino Games 6:30-Refreshment Cart 6:30 – Table Talk	10:30 – Arts & Crafts 10:30 – Leisure Cart 2:00 – Urban Zen 2:30 – Table Games 2:30 – Art for Life 6:30-Refreshment Cart 6:30 – Sit & Stretch	10:00 – Mind Body Soul 10:30 – Leisure Cart 1:30 – 1:1 Visits 2:30 – <i>Gingerbread House Decorating</i> 6:30-Virtual Nature Walk	10:30 – Let's Make Reindeer Food 2:00-Refreshment Cart 2:30 – <i>Merry Grinchmas!</i> 6:30 – Seated Yoga	10:30 – Rise & Shine 2:00-Refreshment Cart 2:30 – Baking Spirits Bright 6:30 – Relax & Unwind		
17	18	19	20	21	22	23		
10:00 – Coffee Talk 2:30 – Bingo 7:00 – Movie Night	10:00 – Music Therapy 10:30 – Communion 11:00 – Talk & Trivia (2) Strollin' Communion (1) 2:30 – Sports Club 7:00 – Menu Assist	10:30 – Crockpot Creations 1:30 – 1:1 Visits 2:30 – Chicken Soup for the Soul 6:30-Refreshment Cart 6:30 – Table Talk	<i>10:30- Musical Journeys</i> 2:00 – Urban Zen 2:30 – Table Games 2:30 – Art for Life 6:30-Refreshment Cart 6:30 – Sit & Stretch	10:00 – Mind Body Soul 10:30 – Leisure Cart 1:30 – 1:1 Visits 2:30 – <i>Sugar Cookie Decorating</i> 6:30-Virtual Nature Walk <small>Winter Begins</small>	10:30 – Reindeer Games 2:00-Refreshment Cart 2:30- <i>Holiday Celebration</i> 6:30 – Seated Yoga	10:30 – Rise & Shine 2:00-Refreshment Cart 2:30 – Baking Spirits Bright 6:30 – Relax & Unwind		
24	25	26	27	28	29	30		
10:00 – Coffee Talk 2:30 – Bingo 7:00 – Movie Night	10:00 – Christmas Morning Reminiscing 2:30 – Hot Coco & A Holiday Movie <small>Christmas</small>	10:30 – News & Brews 1:30 – 1:1 Visits 2:30 – Casino Games 6:30-Refreshment Cart 6:30 – Table Talk <small>Boxing Day (Canada) Kwanzaa Begins</small>	10:30-Paper Snowflakes 10:30 – Leisure Cart 2:00 – Urban Zen 2:30 – BirthMonth Party 6:30-Refreshment Cart 6:30 – Sit & Stretch	1:30 – 1:1 Visits 2:00 – Food Committee 2:30 – Resident Council 6:30-Virtual Nature Walk	10:30 – New Year Resolutions 2:00-Refreshment Cart 2:30 - <i>New Year Party!</i> 6:30 – Seated Yoga	10:30 – Rise & Shine 2:00-Refreshment Cart 2:30 – Baking Spirits Bright 6:30 – Relax & Unwind		
31	<p>PROGRAMS IN BOLD WILL TAKE PLACE ON UNIT 1.</p> <p>YOU CAN REACH THE RECREATION DEPARTMENT AT EXTENSION 3201</p>							
10:00 – Coffee Talk 2:30 – Bingo 7:00 – Movie Night								
<small>New Year's Eve</small>								