

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

30 December

- 9:00 Church Mass on TV
- 10:00 Morning Stretches
- 10:30 Scattergories
- 10:45 Eucharistic Minister
- 1:30 Fireside Friends
- 2:00 Puzzle Me This
- 3:00 Social Hour
- 4:00 Ring Toss
- 6:00 Parlor Games

31 December

New Year's Eve

- 9:45 In the News
- 10:30 Yoga with Marianne
- 1:30 Helping Hands
- 2:00 Life Stories
- 3:00 Social Hour
- 4:00 Hangman
- 6:00 Balloon Volleyball
- 7:00 Ringing in the New Year!

Fun Fact:
December was originally the 10th month in the Roman calendar



1

- 9:45 In the News
- 10:00 Simply Stretch
- 10:45 Trivia Trivia Trivia
- 1:30 Fireside Friends
- 2:00 Manicures and Hand Massages
- 3:00 Social Hour
- 4:00 Pictionary
- 6:00 Bowling

2

Hanukkah Begins

- 9:00 Church Mass on TV
- 10:00 Morning Stretches
- 10:30 What Am I?
- 10:45 Eucharistic Minister
- 1:30 Fireside Friends
- 2:00 Puzzle Me This
- 3:00 Social Hour
- 4:00 Put Puffers
- 6:00 Dealer's Choice Card Games

3

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Word Grid
- 1:30 Helping Hands
- 2:00 Color My World
- 3:00 Social Hour
- 4:00 Bull's Eye
- 6:00 Pokeno

4

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Word Mining
- 1:30 Afternoon Stroll
- 2:00 Tuesday Craft Corner
- 3:00 Social Hour
- 4:00 Puzzles in the Activity Room
- 6:00 Bottom's Up

5

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Mystery Ride
- 1:30 Helping Hands
- 2:00 Chaboom Zumba
- 3:00 Social Hour
- 4:00 Hangman
- 6:00 BINGO!

6

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Scattergories
- 1:30 Afternoon Stroll
- 2:00 What's Cooking?
- 3:00 Social Hour
- 4:00 Penny Ante
- 6:00 Parlor Games

7

Pearl Harbor Remembrance Day

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Scenic Drive
- 2:00 Sing in the Season with Wendee and Steve
- 3:00 Social Hour
- 4:00 Target Toss
- 6:00 Popcorn and a Movie

8

- 9:45 In the News
- 10:00 Simply Stretch
- 11:00 Music by Pattie Velluccima
- 1:30 Girl Scout Caroling Parade
- 2:00 Manicures and Hand Massages
- 3:00 Social Hour
- 4:00 Holiday Name 10
- 6:00 Left, Center, Right Dice Games

9

- 9:00 Church Mass on TV
- 10:00 Morning Stretches
- 10:30 Banagrams
- 10:45 Eucharistic Minister
- 1:30 Fireside Friends
- 2:00 Name 3 Ball Toss
- 3:00 Social Hour
- 4:00 Shuffleboard
- 6:00 Bowling

10

- 9:45 In the News
- 10:00 Trivia Trivia Trivia
- 10:30 Yoga with Marianne
- 1:30 Helping Hands
- 2:00 Shake Loose a Memory
- 3:00 Social Hour
- 4:00 Darts
- 6:00 PJ's and a Movie

11

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Word Grid
- 1:30 Afternoon Stroll
- 2:00 Music by Memory Laners
- 3:00 Social Hour
- 4:00 Color My World
- 6:00 Pokeno

12

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Mystery Ride
- 1:30 Helping Hands
- 2:00 Scattergories
- 2:30 Men's Group
- 3:00 Social Hour
- 4:00 Put Puffers
- 6:00 BINGO!

13

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Read My List
- 1:30 Afternoon Stroll
- 2:00 You Be the Judge
- 3:00 Social Hour
- 4:00 Jam with Me
- 6:00 Bottom's Up

14

Casual Friday Wear Holiday Colors

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Scenic Drive
- 1:30 Helping Hands
- 2:00 Life Stories
- 3:00 Social Hour
- 4:00 Horseshoes
- 6:00 Popcorn and a Movie

15

Holiday Celebration!

- 9:45 In the News
- 10:00 Simply Stretch
- 11:00 Holiday Family Brunch
- 11:00 Music by Brian Kane on Sax
- 2:00 Manicures and Hand Massages
- 3:00 Eggnog Social
- 4:00 Winter Hangman
- 6:00 Parlor Games

16

- 9:00 Church Mass on TV
- 10:00 Morning Stretches
- 10:30 Banagrams
- 10:45 Eucharistic Minister
- 1:30 Fireside Friends
- 2:00 Puzzle Me This
- 3:00 Social Hour
- 4:00 Target Toss
- 6:00 Dealer's Choice Card Games

17

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Word Mining
- 1:30 Helping Hands
- 2:30 Tony Funches Performance
- 3:00 Social Hour
- 4:00 My Story Studio
- 6:00 Bowling

18

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Paint Chip Poetry
- 1:30 Afternoon Stroll
- 2:00 Tuesday Craft Corner
- 3:00 Social Hour
- 4:00 Movie Selection Committee
- 6:00 Pokeno

19

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Mystery Ride
- 1:30 Helping Hands
- 2:00 Color My World
- 3:00 Social Hour
- 4:00 Trivia Trivia Trivia
- 6:00 BINGO!

20

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Word Grid
- 1:30 Afternoon Stroll
- 2:00 What's Cooking?
- 3:00 Social Hour
- 4:00 Puzzles in the Activity Room
- 6:00 Outing: Saugus Lights

21

Winter Begins "Ugly Sweater" Day

- 9:45 In the News
- 10:00 Morning Exercise
- 11:00 Crosswords
- 2:30 Caleb's Piano Performance
- 3:00 Social Hour
- 4:00 Ring Toss
- 6:00 Popcorn and a Movie

22

- 9:45 In the News
- 10:00 Simply Stretch
- 10:45 Scattergories
- 1:30 Fireside Friends
- 2:00 Manicures and Hand Massages
- 3:00 Social Hour
- 4:00 Put Puffers
- 6:00 Bottom's Up

23

- 9:00 Church Mass on TV
- 10:00 Morning Stretches
- 10:30 Word Mining
- 10:45 Eucharistic Minister
- 1:30 Fireside Friends
- 2:00 Bull's Eye
- 3:00 Social Hour
- 4:00 Hangman
- 6:00 Left, Center, Right Dice Games

24

Christmas Eve

- 9:45 In the News
- 10:00 Morning Exercise
- 10:30 Banagrams
- 1:30 Helping Hands
- 2:00 Holiday Hot Potato
- 3:00 Candy Cane Social
- 4:00 Penny Ante
- 6:00 Parlor Games

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Christmas Day

- 9:45 In the News
- 10:00 Gentle Tai Chi
- 11:00 Festive Word Grid
- 11:30 Christmas Feast Begins
- 2:00 Jam with Me
- 3:00 Milk and Cookies Social
- 4:00 Snow Bowl
- 6:00 Cocoa and a Movie

26

Kwanza Begins

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Mystery Ride
- 1:30 Helping Hands
- 2:30 BINGO Mania
- 3:00 Social Hour
- 4:00 Target Toss
- 6:00 Shake Loose a Memory

27

- 9:45 In the News
- 10:00 Tai Chi
- 11:00 Read My List
- 1:30 Afternoon Stroll
- 2:00 Music by Jack Glennon
- 3:00 Social Hour
- 4:00 Color My World
- 6:00 Pokeno

28

- 9:45 In the News
- 10:00 Morning Exercise
- 10:45 Scenic Drive
- 1:30 Helping Hands
- 2:00 You Be the Judge
- 3:00 Social Hour
- 4:00 Darts
- 6:00 Popcorn and a Movie

29

- 9:45 In the News
- 10:00 Simply Stretch
- 10:45 Trivia Trivia Trivia
- 1:30 Fireside Friends
- 2:00 Manicures and Hand Massages
- 3:00 Social Hour
- 4:00 Horseshoes
- 6:00 Bottom's Up

Reminders

A Eucharistic Minister is Available every Sunday!

Be sure to join us for our Family Holiday Celebration on December 15th!

The hairdresser and nail technician is available every Thursday!

For questions or concerns, see Reflections Director Shamika Johnson-Adams

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.

Events are subject to change.