

Sunday



Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

Title

5

- 9:00 ■ Exercise Chair Stands
- 10:00 ■ What is your favorite flower
- 10:15 ■ Catholic Mass
- 11:00 ■ Try not to laugh
- 1:00 ■ Daily Inspiration
- 3:30 ■ Move to your own beat
- 4:30 ■ Trivia
- 6:30 ■ Walking with friends

6

- 10:30 ■ Volleyball Tournament
- 11:00 ■ Armchair Travel
- 11:30 ■ What is in Today's News
- 1:00 ■ What's your favorite song
- 2:00 ■ Hand Massage with oils
- 3:00 ■ Flex your muscles
- 4:00 ■ Reminiscing with Kelly
- 6:30 ■ What was your tradition

7

- 9:00 ■ Spot the Difference
- 10:00 ■ Tai Chi
- 10:45 ■ Reminiscing
- 11:00 ■ Travel & Photography
- 1:00 ■ Karaoke with Jen
- 2:00 ■ Noodle Volleyball & music
- 4:00 ■ Art Class
- 6:00 ■ Life History Questions

8

- 9:00 ■ Exercise Chair Stands
- 10:00 ■ Meditation with Jen
- 11:00 ■ School Days Reminisce
- 1:00 ■ Funny Money Auction
- 1:30 ■ Barre Class
- 3:00 ■ Word Search
- 4:00 ■ Music Therapy
- 6:15 ■ Your favorite holiday

9

- 10:30 ■ What is that taste
- 10:30 ■ Volleyball Tournament
- 11:00 ■ Hang Man
- 1:00 ■ Sing Along with Jen
- 2:00 ■ Happy Hour
- 3:00 ■ Wii Bowling
- 4:00 ■ Happy Memories
- 6:00 ■ Lets learn together

10

- 10:00 ■ Your favorite puzzle
- 10:00 ■ Tai Chi
- 11:00 ■ Passages from the Bible
- 11:30 ■ What is in Today's News
- 1:00 ■ Walk down memory lane
- 2:00 ■ Washer Toss
- 3:00 ■ What's in the box
- 4:00 ■ Social Hour

11

- 9:00 ■ Exercise Chair Stands
- 11:00 ■ Clay Creations
- 1:00 ■ Fact or Fiction
- 2:00 ■ Hand Massage with oils
- 4:00 ■ Lets stretch our muscles
- 6:00 ■ Puzzle Party
- 7:00 ■ Your favorite movies

12

- 9:30 ■ Coffee and news
- 10:15 ■ Catholic Mass
- 10:30 ■ Volleyball Tournament
- 1:00 ■ Daily Inspiration
- 2:00 ■ You CAN teach old dogs
- 3:30 ■ Move to your own beat
- 4:30 ■ Trivia
- 6:30 ■ Walking with friends

13

- 10:00 ■ Tai Chi
- 10:30 ■ Bingo with Jen
- 11:00 ■ Armchair Travel
- 1:00 ■ What's your favorite song
- 2:00 ■ Hand Massage with oils
- 3:00 ■ Flex your muscles
- 4:00 ■ Reminiscing with Kelly
- 6:30 ■ Name that tune

14

- 9:00 ■ Exercise Chair Stands
- 9:30 ■ Spot the Difference
- 11:00 ■ Travel & Photography
- 11:30 ■ What is in Today's News
- 1:00 ■ Karaoke with Jen
- 2:00 ■ Noodle Volleyball & music
- 4:00 ■ Art Class
- 6:00 ■ Life History Questions

15

- 10:00 ■ Meditation with Jen
- 10:30 ■ Volleyball Tournament
- 11:00 ■ School Days Reminisce
- 1:00 ■ Funny Money Auction
- 1:30 ■ Barre Class
- 3:00 ■ Word Search
- 4:00 ■ Music Therapy
- 6:30 ■ History Trivia

16

- 9:30 ■ Flower arranging
- 10:00 ■ Tai Chi
- 11:00 ■ Hang Man
- 1:00 ■ Sing Along with Jen
- 2:00 ■ Play Monologues
- 3:00 ■ Wii Bowling
- 4:00 ■ Happy Memories
- 6:00 ■ Lets learn together

17

- 9:00 ■ Exercise Chair Stands
- 9:30 ■ Finish my Phrase
- 11:00 ■ Passages from the Bible
- 1:00 ■ Walk down memory lane
- 2:00 ■ Washer Toss
- 3:00 ■ What's in the box
- 4:00 ■ Social Hour
- 6:00 ■ Reflections Cafe

18

- 10:30 ■ Volleyball Tournament
- 11:00 ■ Clay Creations
- 11:30 ■ What is in Today's News
- 1:00 ■ Fact or Fiction
- 2:00 ■ Hand Massage with oils
- 4:00 ■ Lets stretch our muscles
- 6:00 ■ Puzzle Party
- 7:00 ■ Your favorite movies

19

- 9:00 ■ Happy News
- 10:00 ■ Tai Chi
- 10:15 ■ Catholic Mass
- 10:30 ■ Bingo with Jen
- 1:00 ■ Daily Inspiration
- 3:30 ■ Move to your own beat
- 4:30 ■ Trivia
- 6:30 ■ Walking with friends

20

- 9:00 ■ Exercise Chair Stands
- 10:30 ■ Bingo with Jen
- 11:00 ■ Armchair Travel
- 1:00 ■ What's your favorite song
- 2:00 ■ Hand Massage with oils
- 3:00 ■ Flex your muscles
- 4:00 ■ Reminiscing with Kelly

21

- 9:30 ■ Spot the Difference
- 10:00 ■ What's hot in the news
- 10:30 ■ Volleyball Tournament
- 11:00 ■ Travel & Photography
- 1:00 ■ Karaoke with Jen
- 2:00 ■ Noodle Volleyball & music
- 4:00 ■ Art Class
- 6:00 ■ Life History Questions

22

- 10:00 ■ Meditation with Jen
- 10:00 ■ Tai Chi
- 11:00 ■ School Days Reminisce
- 11:30 ■ What is in Today's News
- 1:00 ■ Funny Money Auction
- 1:30 ■ Barre Class
- 3:00 ■ Word Search
- 4:00 ■ Music Therapy

23

- 9:00 ■ Exercise Chair Stands
- 11:00 ■ Hang Man
- 1:00 ■ Sing Along with Jen
- 2:00 ■ Horse Racing
- 3:00 ■ Wii Bowling
- 4:00 ■ Happy Memories
- 6:00 ■ Lets learn together

24

- 10:00 ■ Your favorite puzzle
- 10:30 ■ Volleyball Tournament
- 11:00 ■ Passages from the Bible
- 1:00 ■ Walk down memory lane
- 2:00 ■ Washer Toss
- 3:00 ■ What's in the box
- 4:00 ■ Social Hour

25

- 9:00 ■ 20 years ago in the news
- 10:00 ■ Tai Chi
- 11:00 ■ Clay Creations
- 1:00 ■ Fact or Fiction
- 2:00 ■ Hand Massage with oils
- 4:00 ■ Lets stretch our muscles
- 6:00 ■ Puzzle Party
- 7:00 ■ Your favorite movies

26

- 9:00 ■ Exercise Chair Stands
- 10:15 ■ Catholic Mass
- 11:30 ■ What is in Today's News
- 1:00 ■ Daily Inspiration
- 2:00 ■ You CAN teach old dogs
- 3:30 ■ Move to your own beat
- 4:30 ■ Trivia
- 6:30 ■ Walking with friends

27

- 9:30 ■ Art
- 10:30 ■ Volleyball Tournament
- 11:00 ■ Armchair Travel
- 1:00 ■ What's your favorite song
- 2:00 ■ Hand Massage with oils
- 3:00 ■ Flex your muscles
- 4:00 ■ Reminiscing with Kelly
- 6:00 ■ Word in a word

28

- 9:30 ■ Spot the Difference
- 10:00 ■ News Reminiscing
- 10:30 ■ Tai Chi
- 11:00 ■ Travel & Photography
- 1:00 ■ Karaoke with Jen
- 2:00 ■ Noodle Volleyball & music
- 4:00 ■ Art Class
- 6:00 ■ Life History Questions

29

- 9:00 ■ Exercise Chair Stands
- 9:30 ■ Who am I
- 10:00 ■ Meditation with Jen
- 11:00 ■ School Days Reminisce
- 1:00 ■ Funny Money Auction
- 1:30 ■ Barre Class
- 3:00 ■ Word Search
- 4:00 ■ Music Therapy

30

- 10:00 ■ School Days
- 10:30 ■ Volleyball Tournament
- 11:00 ■ Hang Man
- 11:30 ■ What is in Today's News
- 1:00 ■ Sing Along with Jen
- 3:00 ■ Wii Bowling
- 4:00 ■ Happy Memories
- 6:00 ■ Lets learn together

31

- 9:30 ■ Your favorite music
- 10:30 ■ Tai Chi
- 11:00 ■ Passages from the Bible
- 1:00 ■ Walk down memory lane
- 2:00 ■ Washer Toss
- 3:00 ■ What's in the box
- 4:00 ■ Social Hour
- 6:00 ■ Rocking New Year



Birthdays in
December
Help us wish
them a
Happy Birthday

12/1 John H.
12/2 Steven S.
12/11 Betty D.
12/16 Mary W.
Theresa R. 12/22
Ronnie W. 12/1
Barbara J. 12/30

PROGRAM

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