

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Rosa Mary Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Special Education Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Santa's List Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Sock Day</b>
10:00-10:45	Music Time <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Musical Hangman <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> Magic Broom <sup>S, C</sup>	Christmas Art & Craft <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>P, S, C</sup> Big Word Small Word <sup>C, S</sup>
10:55-11:40	Candy Corn Toss Conversation <sup>S, C</sup> Target Toss <sup>S, C</sup>	Hungry Hungry Hippo <sup>S, C,</sup> Story Writing <sup>C, S</sup>	Karaoke <sup>S, C</sup> Word Charts <sup>S, C</sup>	Bean Bag Toss <sup>P, C</sup> Balloon Crash <sup>P, C</sup>	Jeopardy <sup>S, C</sup> One on one projects <sup>Pr.</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie/ Card Games <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Art/ Obie/ Games <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Puzzle & coloring
2:00-2:45	Exercise <sup>P, S</sup> Bulldozer <sup>P, S, C</sup>	Exercise <sup>P, S</sup> Table Hockey <sup>S, C</sup>	Life Stories <sup>C, S</sup> Game of Choose <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> / Cycling <sup>P, S</sup>	Warm up Exercise <sup>P, S</sup> Paddle Drum <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Person <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Spin the Wheel <sup>S, C</sup> Christmas Sing along <sup>S, C</sup> Connect 4 <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Ring Toss <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Whack a mole <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Crossword Solvers Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Carol!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Rita &amp; Jose!</b>
10:00-10:45	Music Time <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> Christmas Door Hangers <sup>S, C</sup>	Big Word Small Word <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Jeopardy <sup>P, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Nerf Tower <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>P, C</sup> Holiday Story Writing <sup>Pr.</sup>	Wheel of Fortune <sup>C, S</sup> Morning Exercise <sup>P, S, C</sup>	Music Bowling <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Art & Craft: Salt Dough Cookie Decoration <sup>C, S</sup> One on one projects <sup>Pr.</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Coloring/ Puzzles <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie/ Card/ Games <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Art/ Obie/ Games <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Christmas Bingo <sup>C, S, P</sup> Exercise <sup>Pr.</sup>	Paddle Drum Balloon Toss <sup>P, C</sup> Life Stories <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	True or False Lawn Darts <sup>P, C</sup> Penny Ante <sup>S, C</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Spin the Wheel <sup>C, S</sup> Connect 4 <sup>S, C</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Magic Broom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	100 or Bust <sup>C, S</sup> Balloon Crash <sup>P, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Word Scramble <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Farkle <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Ella Mae!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Wright Brothers Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Hard Candy Day</b>
10:00-10:45	Music Time <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Pool Noodle Drop <sup>P, C</sup> Best 10 <sup>S, C</sup>	Intergenerational <sup>Pr., S, C</sup> Paddle Drum Exercise <sup>P, S, C</sup>	Story Writing <sup>C, S</sup> Word Chart <sup>S, C</sup>	Chimes <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Name that Tune <sup>P, S</sup> One on one projects <sup>Pr.</sup>	100 or Bust <sup>C, S</sup> Run Run Rudolph (paper race) <sup>C, S</sup>	Bible Trivia <sup>S, C</sup> Ring Toss <sup>S, C</sup>	Jeopardy <sup>C, S</sup> Bean Bag Toss <sup>P, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Coloring/ Puzzles <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie/ Card/ Games <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Art/ Obie/ Games <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Christmas A to Z <sup>C, S</sup> Family Feud <sup>C, S</sup>	Chair Volleyball <sup>P, C</sup> Magic Broom <sup>S, C, P</sup>	Bingo <sup>C, S</sup> Paper Airplane Race <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Candy Shaker Craft <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Balloon Tennis <sup>P, S</sup> Hungry Hungry Hippos <sup>P, S</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Table Hockey <sup>P, S</sup> Whack a Mole True or False <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Uno Game <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	<b>Merry Christmas! We are closed.</b>		Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Christmas Name That Tune <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Christmas Story Writing <sup>S, C</sup> Christmas Wheel of Fortune <sup>C, S</sup>			Christmas Bowling <sup>C, S</sup> iPad Jeopardy <sup>S, C</sup>
10:55-11:40	Reindeer Hunt <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Christmas Bingo <sup>C, S</sup> People Say <sup>C, S</sup>			Scatergorries <sup>S, C</sup> Pinecone Centerpieces <sup>C, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Coloring/ Puzzles <sup>C, S</sup>			Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Christmas Photo Frame Craft <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Table Hockey <sup>P, C, S</sup> Snowball Toss <sup>C, S</sup>			Holiday Word Chart <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments			Refreshments
3:30-4:00	Big Word Small Word <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Christmas Movies on Demand <sup>R</sup> One on one projects <sup>Pr.</sup>			Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Farkle <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Christmas Movies on Demand <sup>R</sup> One on one projects <sup>Pr.</sup>			Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	29	30	31		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Tick Tock Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Bacon Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy New Year's Eve!</b>		
10:00-10:45	Karaoke <sup>C, S</sup> New Year Art & Craft <sup>S, C</sup>	Bacon Word Chart <sup>S, C</sup> Crosswords <sup>S, C</sup>	Price is Right <sup>S, C</sup> One on one projects <sup>Pr.</sup>		
10:55-11:40	Hangman <sup>C, S,</sup> True or False Lawn Dart <sup>S, C</sup>	Rainbow Toss <sup>C, S, P</sup> Bean Bag Toss <sup>S, C, P</sup>	New Year A to Z One on one projects <sup>Pr.</sup>		
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Coloring/ Puzzles <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie/ Card Games <sup>C, S</sup>		
2:00-2:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S,</sup>	Family Feud <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>C, S</sup> Best 10 <sup>C, S</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Spin the Wheel <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Matinee (Kevin Bacon) <sup>R</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>		
4:10-4:30	Penny Ante <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>		

\*Alternative activities will be offered as requested

December is...

- Learn A Foreign Language Month
- National Tie Month
- Spiritual Literacy Month
- Universal Human Rights Month
- National Pear Month
- Root Vegetables and Exotic Fruit Month

### Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

\*\*Offered throughout the day to ensure person centered care\*\*

### Exercise & Wellness Groups:

\*2 choices are offered to participants daily\*

Upper Body: Weight lifting  
Medicine Balls  
Theraband  
Hand Grippers

Wellness (Mind & Body): Chair Yoga  
Core Focus: Chair Pilates  
Lower Extremity: Virtual Cycling Club  
Active ROM: Parachute  
Fun band  
Armchair Exercise