

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# December 2021

## Memory Care Activity Calendar

			<p><b>1</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Hot Cocoa Social</u> 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>2</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>3</b></p> <p>Pet Therapy 9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 <u>December Trivia</u> 3:00 Life Station Activity 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>4</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 <u>DIY Holiday Songs Garland</u> 3:00 Christmas Movie, Theater 6:00 Tea &amp; the Classics</p>
<p><b>5</b></p> <p>9:30 Morning Readings 10:00 <u>Christmas Caroling by the Girls Scouts</u> 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>6</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Armchair Travel</u> 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>7</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 Karaoke Fun 3:00 <u>Makeover Party</u> 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>8</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Hot Cocoa Social</u> 3:00 Reminiscing Therapy 4:00 Gardening 6:00 <u>Festival of Lights Outing</u></p>	<p><b>9</b></p> <p><u>Happy Birthday Janice!</u> 9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Butter Bean Auction 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>10</b></p> <p>9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 <u>December Trivia</u> 3:00 Life Station Activity 4:00 Nature Walk by the River 5:30 Community Holiday Party</p>	<p><b>11</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:30 <u>DIY Edible Christmas Trees</u> 3:00 Christmas Movie, Theater 6:00 Tea &amp; the Classics</p>
<p><b>12</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>13</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Armchair Travel</u> 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>14</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 Karaoke Fun 3:00 <u>Making Christmas Cards</u> 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>15</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Hot Cocoa Social</u> 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>16</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>17</b></p> <p><u>Pet Therapy</u> 9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 <u>Ugly Christmas Sweater Party</u> 3:00 Life Station Activity 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>18</b></p> <p>9:30 Morning Readings 10:00 Piano Music in the Bistro 10:30 Bingo 1:00 Relaxing Music 2:30 Snack Time 3:00 Christmas Movie, Theater 4:00 Nature Walk by the River 6:00 Tea &amp; the Classics</p>
<p><b>19</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>20</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Armchair Travel</u> 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>21</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 <u>Making Gingerbread Houses</u> 3:00 Karaoke Fun 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music <small>Winter Begins</small></p>	<p><b>22</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 11:00 <u>Men's Outing</u> 1:00 Relaxing Music 2:00 <u>Hot Cocoa Social</u> 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>23</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>24</b></p> <p>9:30 Morning Readings 10:30 Chair Dancing 11:00 <u>Short Story – How the Grinch Stole Christmas</u> 1:00 Relaxing Music 2:00 Karaoke Party – Christmas Music 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>25</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Classic Christmas Movie 4:00 Nature Walk by the River 6:00 Tea &amp; the Classics</p> <p style="text-align: right;"><small>Christmas</small></p>
<p><b>26</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p> <p><small>Kwanzaa Begins</small></p>	<p><b>27</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Armchair Travel</u> 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>28</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 <u>Who am I – December Ed</u> 3:00 Puzzles &amp; Coloring 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>29</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 1:00 Relaxing Music 2:00 <u>Hot Cocoa Social</u> 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>30</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>31</b></p> <p><u>Pet Therapy</u> 9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 New Year's Resolution 3:30 <u>Year in Review Party</u> 6:00 Late Snack with Soft Music</p> <p style="text-align: right;"><small>New Year's Eve</small></p>	<p><b>Morning Readings Include:</b> Chicken Soup for the Soul, The Daily Chronicles, and Morning Trivia.</p> <p><b>Activities are Subject to Change</b></p> 