

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 🧘 Morning Stretch 10:15 🎵 Music with Michael 1:15 BINGO	2 9:00 🩺 Weight & Blood Pressure 1:30 🎵 Musical Memories	3 10:00 🧘 Aromatherapy Yoga 10:30 🍵 Ceramic Class 1:15. BINGO	4 10:00 Balance/Strength 10:15 🎄 Christmas Trivia/Quiz 1:30. 🎄 Christmas Concert	5 9:00 🏠 Communion 10:30 🪑 Chair Dancing 11:00. Morning Chat 1:15 BINGO	6 10:00 Snack Cart 10:30. 🎄 Christmas Coloring 1:15. 🎵 Music with Michael Jasper
7 10:30 🎄 Christmas Sing-along 12:00 🍴 Lunch 1:30 🏠 Church Service-visual	8 9:45 🧘 Morning Stretch 10:15. 🎵 Music with Alfredo 1:15 BINGO	9 10:00 🧘 Chair Stretching 10:30 🎄 Christmas Crafts 1:15. 🖐 Hand Massages & Room Visits	10 10:00. 🧘 Aromatherapy Yoga 10:30. 🎄 Christmas Karaoke with Coreen 1 :15. BINGO	11 10:00 Balance/Strength 10:15 😊 Trivia/Quiz 1:15 🎵 Music with Julian	12 9:00 🏠 Communion 10:30 🪑 Chair Dancing 11:00 🎄 Christmas Word Search 1:15. BINGO	13 10:00 Snack Cart 10:30 🎄 Christmas Movie 1:15. 🎻 Violin Concert with Antonio
14 10:30. 🎄 Christmas Cookie Decorating 12:00 🍴 Lunch 1:30 🏠 Church Service 2:00 Snack Cart	15 9:45 🧘 Morning Stretch 10:15 🎵 Music with Michael 1:15 BINGO	16 10:00 🧘 Chair Stretching 10:30 🎄 Christmas Crafts 1:15 ML Spa Day	17 10:00 🧘 Aromatherapy Yoga 10:30. 🍴 Food Tasting 1:15. BINGO	18 10:00 Balance/Strength 10:30 🎄 Making Gingerbread House's 1:15. 📄 Resident Council Meeting 2:00. 😊 Board Games	19 9:00 🏠 Communion 10:30. 🪑 Chair Dancing 11:00. 🎄 Christmas Memory Lane 1:15. BINGO	20 10:00 Snack Cart 10:30. Christmas Flute Concert with Gail 1:30 🎄 Afternoon Christmas movie
21 10:30 🌸 Flower Arranging 12:00 🍴 Lunch 1:30 🏠 Church Service-visual 2:00 Snack Cart	22 10:00. 🎄 Residents Xmas Party with Alfredo 1:15 BINGO	23 10:00 🧘 Chair Stretching 10:30 🎄 Christmas Games 1:15 WL Spa Day	24 10:00. 🧘 Aromatherapy Yoga 10:30 🎄 Christmas Sing-Along 1 :15. BINGO (Door Prize)	25 • 🎄 Christmas Day. • 10:30. 📺 Gifts Opening By The Tree • 12:00. 🎄 Christmas Lunch • 1:30. Mix & Mingle •	26 • 9:00 🏠 Communion • 10:30 🪑 Chair Dancing • 11:00 🎄 Christmas Around • 1:15. BINGO •	27 10:00 Snack Cart 10:30 🎄 Christmas Coloring 1:15 🎻 Violin Concert with Antonio
28 10:30 🏐 Volleyball 12:00 🍴 Lunch 1:30 🏠 Church Service 2:00 Snack Cart	29 9:45 🧘 Morning Stretch 10:15. 🎵 Music with Alfredo 1:15 BINGO	30 10:00 🧘 Chair Stretching 10:30 🎉 Near Year's Trivia 1:30 🃏 Poker Club	31 • 🎉 New Year's Eve. • 10:00 🧘 Aromatherapy Yoga • 10:30. 🎉 New Year's Around The World • 1:30. 🎉 New Years Countdown •			