

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Lightfinder Church Services 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 New York Snack Making- Cheesecake 3:30 Hand Exercises 4:00 Beats & Balance w/ John 7:00 Silver Striders Walking Club w/ Carestaff	2 8:45 Early Morning Coloring 9:30 Catholic Communion 10:00 Rise & Energize- Weighted Chair Exercise 10:30 Decorating for Christmas 12:00 Chronicles & Puzzles 1:30 Bingo 2:00 Resident Council Meeting (TR) 3:00 Happy Hour & Karaoke 6:40 Christmas Carols with the Mighty Oaks Chorus 7:00 Silver Striders Walking Club w/Care Staff	3 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Egg Nog Tasting 12:00 Chronicles & Puzzles 1:30 Aroma Therapy Hand Massage 3:00 Christmas Cookie Baking- Peanut butter 4:00 Singfit Tuesdays 6:00 Outing- Christmas Lights 7:00 Puzzle Night w/ Carestaff	4 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Card Matching 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Bird Watching & Education 4:00 Beats & Balance w/ John 7:00 Movie Night	5 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Ping Pong w/ Jen 12:00 Chronicles & Puzzles 1:30 Hymns w/ Sophie 2:30 Arm Band Exercises 3:00 Making Handmade Gifts- Brownies in a Jar 7:00 Puzzle Night w/ Carestaff	6 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Glam Time! 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Dementia Care Support Group OR Paint and Sip 7:00 Silver Striders Walking Club w/Care Staff	7 Pearl Harbor Remembrance Cotton Candy Day 8:45 Sunny Days Stroll w/ Carestaff 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Creative Baking w/ John 12:00 Chronicles & Puzzles 1:30 Golfing 3:00 Making Cotton Candy 4:00 Singfit Saturdays 7:00 Silver Striders Walking Club w/ Carestaff
8 National Pepsi Day 9:30 Lightfinder Church Services 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Pepsi Taste Testing 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 New York Snack Making- Bagels 3:30 Hand Exercises 6:15 Men's Club- Floats w/ John 7:00 Silver Striders Walking Club w/ Carestaff	9 Pastry Day 8:45 Early Morning Coloring 9:30 Catholic Communion 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Donuts & Discussion 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Hand Exercise 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff	10 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Cider Taste Testing 12:00 Chronicles & Puzzles 1:00 Outing- See's Candy 1:30 Aroma Therapy Hand Massage 3:00 Christmas Cookie Baking- Chocolate Covered Oreos 4:00 Singfit Tuesdays 7:00 Puzzle Night w/ Carestaff	11 Mac & Cheese Day 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Card Matching 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Cooking- The Ultimate Mac&Cheese 4:00 Beats & Balance w/ John 7:00 Movie Night	12 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Ping Pong w/ Jen 12:00 Chronicles & Puzzles 1:30 Christmas Carols w/ Amanda & Sophie 2:30 Arm Band Exercises 3:00 Making Handmade Gifts- Ornaments 7:00 Puzzle Night w/ Carestaff	13 Cocoa Day 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Glam Time! 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Hot Cocoa Bar! 3:30 Live Performance- Raymond Pitts 7:00 Silver Striders Walking Club w/Care Staff	14 Grinch Day 8:45 Sunny Days Stroll w/ Carestaff 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Beaded Jewelry w/ Carestaff 12:00 Chronicles & Puzzles 1:00 Grinchmas Holiday Party 3:00 Creative Baking w/ John 4:00 Singfit Saturdays 7:00 Silver Striders Walking Club w/ Carestaff
15 Holiday Cheer- Favorite Holiday Shirt 9:30 Lightfinder Church Services 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations 11:30 Outing- Grinch Movie at Galaxy Theater 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Snack Making- Ranch Pretzels 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff	16 Polar Express- Ugly Sweater Day! 8:45 Early Morning Coloring 9:30 Catholic Communion 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Assembling Gingerbread Houses 12:00 Chronicles & Puzzles 1:15 Outing- Hannegan's Tree Farm 1:30 Bingo 2:30 Hand Exercise 3:00 Gingerbread House Decorating Competition	17 Mad for Plaid- Lumberjack Family 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Aroma Therapy Hand Massage 12:00 Chronicles & Puzzles 1:00 Christmas Trivia 2:00 Bean Bag Toss 3:00 Movie Matinee- Rudolph the Red Nose Reindeer 4:00 Singfit Tuesdays 7:00 Puzzle Night w/ Carestaff	18 Buddy the Elf- Santa's Helpers Day! 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Card Matching 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Bird Watching & Education 4:00 Beats & Balance w/ John 7:00 Movie Night	19 Holiday Magic- Disney Day! 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Ping Pong w/ Jen 12:00 Chronicles & Puzzles 1:30 Paint & Sip with Infinite Heart 2:30 Arm Band Exercises 3:00 Making Handmade Gifts- Hot Cocoa in a Jar 7:00 Puzzle Night w/ Carestaff	20 Polar Express- Pajama Day! 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Glam Time! 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Outing- Scenic Drive 7:00 Silver Striders Walking Club w/Care Staff	21 Winter Begins Candy Cane Day! 8:45 Sunny Days Stroll w/ Carestaff 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Craft in Garden 12:00 Chronicles & Puzzles 1:30 Golfing 3:00 Creative Baking w/ John 4:00 Singfit Saturdays 7:00 Silver Striders Walking Club w/ Carestaff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 9:30 Lightfinder Church Services 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 New York Snack Making- Pigs in a Blanket 3:30 Hand Exercises 4:00 Beats & Balance w/ John 7:00 Silver Striders Walking Club w/ Carestaff	23 8:45 Early Morning Coloring 9:30 Catholic Communion 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Snowmen 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Hand Exercise 7:00 Silver Striders Walking Club w/Care Staff	24 Christmas Eve 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Christmas Scavenger Hunt 12:00 Chronicles & Puzzles 1:30 Aroma Therapy Hand Massage 2:30 Christmas Carols with Victory Temple 3:30 Christmas Cookie Baking- Melted Snowman 4:00 Singfit Tuesdays 7:00 Puzzle Night w/ Carestaff	25 Christmas Day 8:45 Christmas Carols w/ Carestaff 10:00 Christmas Morning Celebration & Gift Exchange 12:00 Chronicles & Puzzles 1:30 Rise & Energize- Weighted Chair Exercise 3:00 Christmas Cookies 4:00 Beats & Balance w/ John 7:00 Movie Night	26 First Full Day - Hanukkah National Thank You Note Day 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Making Thank-You Notes 11:00 Ping Pong w/ Jen 12:00 Chronicles & Puzzles 1:30 Hymns w/ Sophie 2:30 Arm Band Exercises 3:00 Making Handmade Gifts- Brownies in a Jar 7:00 Puzzle Night w/ Carestaff	27 8:45 Early Morning Coloring 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Glam Time! 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Outing- Scenic Drive 7:00 Silver Striders Walking Club w/Care Staff	28 Chocolate Candy Day 8:45 Sunny Days Stroll w/ Carestaff 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Tony's Chocolonely Chocolate Tasting 12:00 Chronicles & Puzzles 1:30 Golfing 3:00 Creative Baking w/ John 4:00 Singfit Saturdays 7:00 Silver Striders Walking Club w/ Carestaff
29 Bowling Ball Day 9:30 Lightfinder Church Services 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Bowling Competition 2:30 Baking- New York Style Pizza 3:30 Hand Exercises 6:15 Men's Club- Floats w/ John 7:00 Silver Striders Walking Club w/ Carestaff	30 Have a Cup of Coffee Day 8:45 Early Morning Coloring 9:30 Catholic Communion 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Hand Exercise 3:00 Outing- Donating Cans from Grinchmas 7:00 Silver Striders Walking Club w/Care Staff	31 New Year's Eve 8:45 Sunny Days Stroll 10:00 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:15 Outing- Winter Wonderland 1:30 Aroma Therapy Hand Massage 3:00 Christmas Cookie Baking- Chocolate Chip 4:00 Singfit Tuesdays 6:15 New Year's Eve Party w/ John 7:00 Puzzle Night w/ Carestaff	Birthdays 12/5 - Bob Sc. 12/7 - Ray M. 12/8 - Maria P. 12/10 - Maria P.G. 12/11 - John S. 12/14 - Gail H. 12/14 - Elizabeth A. 12/19 - Dan G. 12/21 - Luis G. 12/26 - Lahoma B.	Birthdays 12/27 - Angie M. 12/29 - Bailey M.		

Activities are subject to change