

ACTIVITY CALENDAR – DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Hot Chocolate & Muffin Social 3:00 p.m. Manicure and Hand Massage 4:00 p.m. Happy Half 6:45 p.m. Christmas Bingo	2 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Weight Class - 3 11:15 a.m. Fitness Class - 2 12:00 p.m. Weight Class - 4 2:30 p.m. Tree Decorating with Lorraine Smith 4:00 p.m. Happy Half	3 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:15 a.m. Fitness - 2 11:30 a.m. Picnic Lunch – 2 2:00 p.m. Family Christmas Party with Natasha – 2nd Floor Residents 4:00 p.m. Happy Half	4 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Chair Yoga 3 11:10 a.m. Fitness Class – 2 11:40 a.m. Chair Yoga 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Christmas Karaoke 4:00 p.m. Happy Half 7:00 p.m. Family Christmas Party with Robert Sproviero – 3 rd & 4 th Floor Residents	5 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 p.m. Zumba– 4 12:50 p.m. Walks/1-1 - 2 2:00 p.m. Music Therapy – 2 2:00 p.m. Tea & Toast 2:00 p.m. Floor Dart Game 3:10 p.m. Ring Toss Game - 2 4:00 p.m. Happy Half 6:45 p.m. A Good Read	6 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness - 3 11:10 a.m. – Fitness – 2 12:00 p.m. Fitness - 4 2:30 p.m. Christmas Carols with Patrick Ray 4:00 p.m. Happy Half 6:45 p.m. Movie Night “Home Alone 4”	7 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Christmas Carols with Christopher & Victoria 3:90 p.m. Reminiscing - 2 4:00 p.m. Happy Half 6:45 p.m. Arts & Crafts
8 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Los Parranderos & Viene Sonando – Venezuelan Choir 4:00 p.m. Happy Half 6:45 p.m. Christmas Bingo	9 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 11:15 a.m. Fitness Class - 2 12:00 p.m. Weight Class – 4 2:00 p.m. Christmas Card Making 4:00 p.m. Happy Half	10 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2 11:30 a.m. Picnic Lunch - 3 2:00 p.m. Soup Club – 2 2:00 p.m. Sing along – 3 2:00 p.m. Domino – 4 3:00 p.m. Sing along- 4 3:15 p.m. 1:1 Visits 4:00 p.m. Happy Half	11 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Chair Yoga - 3 11:15 a.m. Fitness Class - 2 11:40 a.m. Chair Yoga - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Birthday Party Luna Rossa 4:00 p.m. Happy Half 6:45 p.m. Christmas Karaoke	12 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 p.m. Zumba– 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Music Therapy - 2 2:00 p.m. Men’s Club 2:00 p.m. Christmas Karaoke 3:10 p.m. Sensory Program 4:00 p.m. Happy Half 6:45 p.m. A Good Read	13 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 11:15 a.m. – Fitness – 2 12:00 p.m. Fitness - 4 2:30 p.m. Christmas Carols with Anna de Pansacola 4:00 p.m. Happy Half 6:45 p.m. Movie Night “The Nightmare Before Christmas”	14 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Cello Concert (Vancouver Academy of Music) 4:00 p.m. Happy Half 6:45 p.m. Art Class Christmas Theme

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<p>15 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness - 4 12:50 p.m. Walks/1-1 - 2 2:30 p.m. Apple Choir Christmas Concert 4:00 p.m. Happy Half 6:45 p.m. A Good Read - Christmas Theme</p>	<p>16 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Weight Class– 3 11:15 a.m. Fitness Class - 2 12:00 p.m. Weight Class – 4 2:30 p.m. Music with Leela Holt 4:00 p.m. Happy Half</p>	<p>17 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy -2 11:15 a.m. Fitness - 2 11:30 a.m. Men’s Picnic Lunch 2:00 p.m. Crofton House School Intermediate Choir Christmas Concert 4:00 p.m. Happy Half</p>	<p>18 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy -2 11:00 a.m. Mindfulness Meditation -3 11:15 a.m. Fitness Class – 2 12:00 p.m. Mindfulness Meditation - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Christmas Carols with Bob Collins 4:00 p.m. Happy Half 6:45 p.m. Hot Apple Cider Social</p>	<p>19 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 p.m. Zumba – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Music Therapy -2 2:00 p.m. Christmas Men’s Club Social 3:15 p.m. Christmas Coloring - 2 4:00 p.m. Happy Half 6:45 p.m. Hangman Game Christmas Theme</p>	<p>20 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:15 a.m. – Fitness – 2 12:00 p.m. Fitness 4 2:30 p.m. Christmas Music with Yuliya 4:00 p.m. Happy Half 6:45 p.m. Movie Night “Frosty the Snowman”” 1969</p>	<p>21 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 – 2 1:45 p.m. Basketball – 2 2:00 p.m. Christmas Cabin Building Kit 4:00 p.m. Happy Half 6:45 p.m. Art Class “Creating Christmas Cards”</p>
<p>22 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Sea Island Ballet School Presents: “A Christmas Story” 4:00 p.m. Happy Half 6:45 p.m. Christmas Trivia</p>	<p>23 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness Class - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:00 p.m. A Christmas Reading by Bernard Cuffling “Christmas Memories” 4:00 p.m. Happy Half</p>	<p>24 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2 11:30 a.m. Christmas Picnic Lunch - 4 2:00 p.m. Christmas Baking– 2 2:00 p.m. Christmas Sing Along - 3 2:00 p.m. Domino - 4 3:00 p.m. Christmas Sing Along - 4 4:00 p.m. Happy Half</p>	<p>25 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Mindfulness Meditation - 3 11:15 a.m. Fitness Class – 2 12:00 p.m. Mindfulness Meditation - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Christmas Day Party & Welcome New Residents with Hand Over Heart 4:00 p.m. Happy Half 6:45 p.m. Christmas Hot Cinnamon Tea Social</p>	<p>26 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise with Aubrie 10:30 a.m. Fitness – 2 11:00 a.m. Fitness– 3 12:00 p.m. Zumba – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Music Therapy 2:00 p.m. Documentary Theme: Boxing Day 3:15 p.m. Manicure & Hand Massage 4:00 p.m. Happy Half 6:45 p.m. Hangman Game Theme: Boxing Day</p>	<p>27 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness -3 11:15 a.m. – Fitness – 2 12:00 p.m. Fitness 4 2:30 p.m. Classical Christmas Concert with Rebecca Blair 4:00 p.m. Happy Half 6:45 p.m. Movie Night “New Year’s Eve” (2011)</p>	<p>28 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 - 2 2:00 p.m. Flower Arranging 1:45 p.m. Ball Catching - 2 4:00 p.m. Happy Half 6:45 p.m. Art Class Theme: New Year</p>

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<p>29</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 12:50 p.m. Walks/1-1 – 2 1:45 p.m. Coloring – 2 2:00 p.m. Karaoke Theme: New Year 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Manicure & Hand Massage</p>	<p>30</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness Class - 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Documentary Theme: New Year 4:00 p.m. Happy Half</p>	<p>31</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2 11:30 a.m. New Year Picnic Lunch - 3 2:30 p.m. New Year's Party with Robert Sproviero 4:00 p.m. Happy Half</p>		<p>NOTE: SCCHEDULE OF ACTIVITIES/PROGRAMS MAY CHANGE WITHOUT NOTICE. THANK YOU!</p>		