







Sun	Mon	Tue	Wed	Thu	Fri	Sat
December: Birthstone: Turquoise 	December: Flower: Holly 					1 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups
2 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	3 10:30 Exercise 12:00 Sing-a-Long 2:15 Trivia 4:00 Memory Choir	4 10:30 Exercise 11:30 Scenic Drive 12:00 Word Games 2:15 Spa Day 2:15 Decorate for Christmas 4:00 Small Groups	5 10:30 Exercise 12:00 Crafts 2:15 Bingo 2:15 Old Gadgets 4:00 Small Groups 4:00 Book Club	6 10:30 Exercise 12:00 Bowling 2:15 Hymns /Tom 3:00 Happy Hour 2:15 Armchair Travel 4:00 Small Groups	7 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups	8 10:00 Exercise 10:40 Student Piano Recitals (L) 12:00 Games 2:00 Movie 4:00 Small Groups
9 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	10 10:30 Exercise 12:00 Sing-a-Long 2:15 Remember When 4:00 Memory Choir	11 10:30 Exercise 12:00 Garden Club 12:00 Christmas Traditions 2:15 Spa Day 3:30 Scenic Drive 4:00 Small Groups	12 10:30 Exercise 12:00 Crafts 2:15 Bingo 2:15 Word Game 4:00 Small Groups 4:00 Book Club	13 10:30 Exercise 12:00 Bowling 2:15 Hymns /Tom 3:00 Happy Hour 2:15 Armchair Travel 4:00 Small Groups	14 10:15 Exercise 12:00 12 Days of Christmas 2:30 Christmas Party (D) 3:45 Piano w/ John 4:00 Small Groups	15 10:30 Exercise 12:00 Games 2:00 Movie 3:00 Carolers (L) 4:00 Small Groups
16 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	17 10:30 Exercise 12:00 World of Words 2:15 Trivia 4:00 Memory Choir	18 10:30 Exercise 12:00 Symbols of Christmas 12:00 Word Games 2:15 Spa Day 3:30 Scenic Drive 4:00 Small Groups	19 10:30 Exercise 12:00 Crafts 2:15 Old Gadgets 2:15 Decorate Cookies 4:00 Small Groups 4:00 Book Club	20 10:30 Exercise 12:00 Bowling 2:15 Hymns /Tom 3:00 Happy Hour 2:15 Armchair Travel 4:00 Small Groups	21 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups	22 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups
23/30 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	24 10:30 Exercise 12:00 Sing-a-Long 2:15 Remember 4:00 Memory Choir <hr/> 31 same as above 7:30 New Years Eve Party (D)	25 	26 10:30 Exercise 12:00 Crafts 2:15 Music 4:00 Small Groups 4:00 Book Club	27 10:30 Exercise 12:00 Bowling 2:15 Hymns /Tom 3:00 Happy Hour 4:00 Armchair Travel 4:00 Small Groups	28 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups	29 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups



Daily Schedule:

- 9:00 Breakfast
- 10:00 Quiet Time and 1:1 Visits
- 10:30 Exercise
- 11:15 Morning Snack
- 12:00 See Calendar
- 1:00 Lunch
- 2:15 See Calendar
- 3:00 Afternoon Snack
- 4:00 Small Groups and 1:1 Visits
- 5:00 Afternoon Stretch
- 5:30 Dinner

Additional small groups and individual activities occur on an ongoing basis throughout the day and evening. Our goal is to enhance the natural rhythm of each resident's day. Changes to this calendar are sometimes necessary in order to accomplish this.