

Assisted Living December 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION 2nd Floor Dining Room (2FDR) 2nd Floor Lobby (2FL) Activity Room 3rd Floor (AR3F) Cafe 2nd Floor (C2F) Dining Room 2nd Floor (DR2F) Fitness Room 3rd Floor (FR3F) Media Room (MR) Media Room 3rd Floor (MR3F) Private Dining Room (PDR) Spa Room 3rd Floor (SR3F)	HANGING OF THE GREENS 1 Hallmark Christmas (MR3F) 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 2:00 🟡 Rockefeller Center Christmas (MR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 4:00 🟢 Let's Play Spades (C2F)	HANGING OF THE GREENS 2 Hallmark Christmas (MR3F) 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟢 Wii Bowling (MR3F) 1:00 🟢 Movie "It's A Wonderful Life" (MR3F) 2:30 🟢 Happy Hour	HANGING OF THE GREENS 3 Hallmark Christmas (MR3F) Medical Appointment Transportation SOUTH 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 1:30 🟡 TAI CHI CLASS (MR3F) 2:00 🟢 Let Play Rummikub (AR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F)	HANGING OF THE GREENS 4 Hallmark Christmas (MR3F) 10:00 🟡 Chair Exercise/Stretch (AR3F) 2:00 🟢 Skipbo Card Game (AR3F) 3:30 🟢 Christmas Tree Lighting (2FDR)	Hallmark Christmas (MR3F) 5 10:00 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 10:00 🟡 Hand Crafted Christmas Card Kits (AR3F) 1:30 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 3:00 🟢 Test Your Word Knowledge with Drop In Scrabble (AR3F) 5:15 🟢 Saturday Evening Movie "ELF" (MR3F)
Hallmark Christmas (MR3F) 6 10:00 🟡 Catholic Mass 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟡 Open Door Baptist (MR3F) 10:45 🟡 Exercise Machines Core Strength (FR3F) 1:00 🟢 Seahawks vs Giants (MR3F) 2:45 🟡 Exercise Machines Core Strength (FR3F) 3:30 🟢 Poker Group (AR3F)	Decorate Apartment Doors 7 Hallmark Christmas (MR3F) Medical Appointment Transportation NORTH PEARL HARBOR DAY 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Walk in the Neighborhood (2FL) 2:00 🟡 Make Door Wreaths (AR3F) 2:30 🟢 Wii Bowling (MR3F) 3:00 🟢 Christmas Concert Video (MR) 3:00 🟢 YAHTZEE (C2F) 4:30 🟡 MINDFULNESS (MR3F)	Hallmark Christmas (MR3F) 8 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 1:30 🟡 Christmas in Europe Video (MR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 4:00 🟢 Let's Play Spades (C2F)	Hallmark Christmas (MR3F) 9 NATIONAL PASTRY DAY 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟢 Wii Bowling (MR3F) 11:00 🟢 December Birthdays Luncheon (PDR) 1:00 🟢 Movie "ELF" (MR3F) 2:30 🟢 Happy Hour	HANUKKAH BEGINS 10 SUNSET Hallmark Christmas (MR3F) Medical Appointment Transportation SOUTH 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 1:30 🟡 TAI CHI CLASS (MR3F) 2:00 🟢 Let Play Rummikub (AR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 4:00 🟢 Light 1st Candle Menorah (C2F)	Hallmark Christmas (MR3F) 11 NATIONAL GINGERBREAD HOUSE DAY 10:00 🟡 Chair Exercise/Stretch (AR3F) 2:00 🟢 Make Gingerbread Houses (AR3F) 2:00 🟢 Skipbo Card Game (AR3F) 2:30 🟢 Pictures with Santa (2FL)	Hallmark Christmas (MR3F) 12 10:00 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 10:00 🟡 Hand Crafted Card Kits (AR3F) 1:30 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 3:00 🟢 Test Your Word Knowledge with Drop In Scrabble (AR3F) 5:15 🟢 Saturday Evening Movie "Miracle on 34th Street" (MR3F)
Hallmark Christmas (MR3F) 13 NATIONAL HOT COCOA DAY 10:00 🟡 Catholic Mass 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟡 Open Door Baptist (MR3F) 10:45 🟡 Exercise Machines Core Strength (FR3F) 1:00 🟢 Seahawks vs. Jets (MR3F) 2:30 🟡 Hot Cocoa and Cookies (C2F) 2:45 🟡 Exercise Machines Core Strength (FR3F) 3:30 🟢 Poker Group (AR3F)	Hallmark Christmas (MR3F) 14 Medical Appointment Transportation NORTH 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Walk in the Neighborhood (2FL) 2:00 🟡 Let's Make It (AR3F) 2:30 🟢 Wii Bowling (MR3F) 3:00 🟢 Christmas Concert Video (MR) 3:00 🟢 YAHTZEE (C2F) 4:30 🟡 MINDFULNESS (MR3F)	Hallmark Christmas (MR3F) 15 NATIONAL WEAR YOUR PEARLS DAY 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 2:30 🟡 Christmas Carol Sing-a-Long with Marcie (DR2F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 4:00 🟢 Let's Play Spades (C2F)	Hallmark Christmas (MR3F) 16 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟢 Wii Bowling (MR3F) 2:30 🟢 Happy Hour 3:00 🟢 Dementia and Alzheimer's Support Group (MR3F)	Hallmark Christmas (MR3F) 17 Medical Appointment Transportation SOUTH 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 1:00 🟡 Wrap It Up (AR3F) 1:30 🟡 TAI CHI CLASS (MR3F) 2:00 🟢 Let Play Rummikub (AR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 4:00 🟢 Light Last Candle Menorah (C2F)	Hallmark Christmas (MR3F) 18 NATIONAL UGLY CHRISTMAS SWEATER DAY 10:00 🟡 Chair Exercise/Stretch (AR3F) 2:00 🟢 Skipbo Card Game (AR3F) 2:00 🟢 Ugly Christmas Sweater Party (C2F) 2:30 🟢 Announce Door Decor Winners (C2F)	Hallmark Christmas (MR3F) 19 9:00 🟡 Foot Care with Carrie Works (SR3F) 10:00 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 10:00 🟡 Hand Crafted Card Kits (AR3F) 1:30 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 3:00 🟢 Test Your Word Knowledge with Drop In Scrabble (AR3F) 5:15 🟢 Saturday Evening Movie "A Christmas Story" (MR3F)
Hallmark Christmas (MR3F) 20 10:00 🟡 Catholic Mass 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:00 🟢 Seahawks vs Washington (MR3F) 10:30 🟡 Open Door Baptist (MR3F) 10:45 🟡 Exercise Machines Core Strength (FR3F) 1:00 🟢 Movie "A Christmas Story" (MR3F) 2:45 🟡 Exercise Machines Core Strength (FR3F) 3:30 🟢 Poker Group (AR3F)	Hallmark Christmas (MR3F) 21 Medical Appointment Transportation NORTH National Crossword Puzzle Day WINTER BEGINS 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟢 Crossword Puzzle Challenge (C2F) 10:45 🟡 Walk in the Neighborhood (2FL) 2:00 🟢 Let's Make It (AR3F) 2:30 🟢 Wii Bowling (MR3F) 3:00 🟡 Piano Christmas Concert - Marcie (DR2F) 3:00 🟢 YAHTZEE (C2F) 4:30 🟡 MINDFULNESS (MR3F)	Hallmark Christmas (MR3F) 22 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 3:30 🟢 Candy Bar BINGO with Chad (MR3F) 4:00 🟢 Let's Play Spades (C2F)	Hallmark Christmas (MR3F) 23 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟢 Wii Bowling (MR3F) 1:00 🟢 Movie "A Christmas Carol" (MR3F) 2:30 🟢 Happy Hour	Christmas Eve 24 Hallmark Christmas (MR3F) Medical Appointment Transportation SOUTH NATIONAL EGGNOG DAY 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 1:30 🟡 TAI CHI CLASS (MR3F) 2:00 🟢 Eggnog Party (C2F) 2:00 🟢 Let Play Rummikub (AR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F)	CHRISTMAS DAY 25 Hallmark Christmas (MR3F) 10:00 🟡 Chair Exercise/Stretch (AR3F) 2:00 🟢 Skipbo Card Game (AR3F) 2:30 🟢 Movie Matinee "Knives Out" (MR3F)	BOXING DAY 26 Hallmark Christmas (MR3F) NATIONAL THANK YOU NOTE DAY 10:00 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 10:00 🟡 Hand Crafted Card Kits (AR3F) 1:30 🟡 Chair Exercise and Stretch - Resident Led Today (AR3F) 3:00 🟢 Test Your Word Knowledge with Drop In Scrabble (AR3F) 5:15 🟢 Saturday Evening Movie "Best Exotic Marigold Hotel" (MR3F)
Hallmark Christmas (MR3F) 27 NATIONAL FRUITCAKE DAY 10:00 🟡 Catholic Mass 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟡 Open Door Baptist (MR3F) 10:45 🟡 Exercise Machines Core Strength (FR3F) 1:00 🟢 Seahawks vs Rams (MR3F) 2:30 🟢 Fruitcake and Spiced Cider (C2F) 2:45 🟡 Exercise Machines Core Strength (FR3F) 3:30 🟢 Poker Group (AR3F)	Hallmark Christmas (MR3F) 28 Medical Appointment Transportation NORTH 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Walk in the Neighborhood (2FL) 2:30 🟢 Wii Bowling (MR3F) 3:00 🟢 YAHTZEE (C2F) 4:30 🟡 MINDFULNESS (MR3F)	Hallmark Christmas (MR3F) 29 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 2:00 🟢 New England Winter Video (MR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 4:00 🟢 Let's Play Spades (C2F)	Hallmark Christmas (MR3F) 30 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:30 🟢 Wii Bowling (MR3F) 1:00 🟢 Movie "Little Woman" (MR3F) 2:30 🟢 Happy Hour	Hallmark Christmas (MR3F) 31 Medical Appointment Transportation SOUTH NEW YEARS EVE 10:00 🟡 Chair Exercise/Stretch (AR3F) 10:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 1:30 🟡 TAI CHI CLASS (MR3F) 2:00 🟢 Let Play Rummikub (AR3F) 2:45 🟡 Exercise Machines Core/Hand Strengthening (FR3F) 3:30 🟢 NEW YEARS EVE Cocktail Party (C2F)	ACTIVITY LEGEND 🟡 Be Adventurous 🟢 Be Challenged 🟡 Be Connected 🟢 Be Family 🟡 Be Inspired 🟢 Be Social 🟡 Be Well	