


December 2024 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise Videos, Movies, and Table Games Available 1	10:00 SP Catholic Mass (TV) and Communion 2 11:30 PH Chair Aerobics 3:30 EM Decorating the Christmas Tree!	11:30 PH Seated Stretches 3 2:30 SO Candy Bingo 4:00 EM TV Lounge: Music with Steve (Live on TV)	10:00 EM Coffee & Donuts with Peggy 4 11:30 PH Chair Yoga 3:30 IN Reader's Theatre: Much Ado About Nothing, Act 5 Final Scene 4:30 SO Visits with Kim	10:00 VO Meet Your New Therapy Team: Aegis! 5 11:30 EM Music with Shannon 1:00 VO Food Committee Meeting 2:00 VO Resident Council	10:30 EM Pet visits with Lily & Ranger 6 11:30 PH Sit and Be Fit with Bethany 3:00 SO Snack Bingo	Betty Fischer's Birthday! 7 11:30 PH Exercise with Alexis 3:00 IN December Trivia with Alexis
11:30 PH Exercise with Alexis 8 12:00 SO Vikings vs. Cardinals Football Game 2:30 SO Bingo with Alexis	10:00 SP Catholic Mass (TV) and Communion 9 11:30 PH Chair Aerobics 2:30 EM Music with Kristin	11:30 PH Seated Stretches 10 2:30 SO Candy Bingo 5:45 SO Holiday Lights Bus Tour	10:00 EM Coffee & Donuts with Peggy 11 11:00 PH Chair Yoga with Allison 3:30 SO Holiday Happy Hour 4:30 SO Visits with Kim	10:00 EM TV Lounge: Sing-A-Long with Hannah (TV) 12 11:30 PH Walkin' and Rollin' Club 3:30 EM Crafternoon: Bouquet Stockings Door Decoration	10:30 EM Pet visits with Lily & Ranger 13 11:30 PH Sit and Be Fit with Bethany 3:00 VO Bus Outing: Shopping at Kohl's	2:00 EM Piano Concert with Kids! 14
Exercise Videos, Movies, and Table Games Available 15	10:00 SP Catholic Mass (TV) and Communion 16 11:30 PH Chair Aerobics 2:30 EM Music with Kristin (MC) 3:30 VO Coffee with Megan	11:00 SO Lunch Outing: Granite City 17 3:30 SO Candy Bingo 4:30 PH Seated Stretches	10:00 EM Coffee & Donuts with Peggy 18 11:00 SP Church & Communion with Pastor Cullen 3:30 SO Manicures 4:30 SO Visits with Kim 6:30 EM Pet Visits with Jax & Claire	10:00 IN TV Lounge: Carolina Basketball Championship 2017 (TV) 19 11:30 EM Music with Shannon 3:30 SO Resident Make Overs 5:30 SO Family Holiday Party!	10:30 EM Pet visits with Lily & Ranger 20 11:30 PH Sit and Be Fit with Bethany 3:30 SO 12 Days of Christmas Bingo	11:30 PH Exercise with Alexis 21 3:00 SO Bingo with Alexis
Exercise Videos, Movies, and Table Games Available 22	10:30 SO December Birthday Party with CODA 23 2:30 EM Music with Kristin (MC) 4:00 PH Chair Aerobics	Christmas Eve 24 10:30 VO Let's Bake: Christmas Cookies 11:30 PH Seated Stretches 3:30 SO Resident and Staff Holiday Festivities!	Merry Christmas! Christmas Day 25	10:00 EM TV Lounge: Ratpack Playlist Sing-A-Long (TV) 26 11:30 PH Walkin' and Rollin' Club 4:00 EM Rest & Relaxation	10:30 EM Pet visits with Lily & Ranger 27 11:30 PH Sit and Be Fit with Bethany 3:00 SO Quarter Bingo	Exercise Videos, Movies, and Table Games Available 28
Exercise Videos, Movies, and Table Games Available 29	10:00 SP Catholic Mass (TV) and Communion 30 11:30 PH Chair Aerobics 3:00 SO Candy Bingo	New Year's Eve 31 10:00 SP Protestant Church Service (TV) 11:30 SO "Noon" Years Eve Celebration! 4:00 PH Seated Stretches			Happy Birthday to 12/7 Betty Fischer	

- EM** Emotional
- EN** Environmental
- IN** Intellectual
- PH** Physical
- VO** Vocational
- SO** Social
- SP** Spiritual