

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAILY ACTIVITIES 9:00 Morning Exercise 9:30 Morning Social & Headlines/News 1:30 to 2:30 In-room Visits/1:1 Bedside Activities 10:00 & 2:00 Snack Time 10:00 to 3:00 Please refer to this calendar.				1 10:00 National Geographic 10:00 Trivia 1:30 Hanafuda Club 3:00 Dancercise	2 10:00 BINGO! 1:30 Manicure Time 3:00 Chair Yoga 	3 10:00 Beach Ball Toss 10:30 Karaoke 1:30 Mini Games 3:30 Afternoon Stretch 
4  10:00 Story Time 10:30 Ring Toss 1:30 Color Therapy 3:00 Afternoon Stretch	5 10:00 BINGO! 1:30 Black Jack Club 3:00 Beachball Toss 	6 10:00 Visit to the Garden 10:30 Karaoke Time 1 :30 Puzzles 3 :00 Dancercise	7 9:45 Sing-a-long 10:00 BINGO! 1:30 Arts and Crafts 3:00 Chair Zumba	8 10 :00 Bullseye Target Toss 10:30 Painting Class 1 :30 Mini Games 3 :00 Silver Sneakers 	9 10:00 BINGO! 1:30 Casino Games 3:00 Afternoon Stretch 	10 10:00 Trivia 10:30 Karaoke 1:30 Arts & Crafts 3:00 Dancercise 
11 10:00 Virtual Buddhist Svc 11:00 Ring Toss 1:30 Card Games 3:00 Chair Yoga	12 10:00 BINGO! 1:30 Mini Games 3:00 Afternoon Stretch 	13  10:00 Movie Day 1 :30 Travel Tuesday 3:00 Toss Ball	14 9:45 Sing-a-long 10:00 BINGO! 1:30 Gift Wrapping 3:00 Chair Yoga	15 BIRTHDAY PARTY!  10:00 Birthday Party!!! 10:30 Party Games 1:30 Mini Games 3:00 Dancercise	16 NAT'L UGLY SWEATER DAY  10:00 BINGO! 1:30 Christmas Carols 3:00 Chair Yoga	17 10:00 Trivia 10:30 Karaoke 1:30 Arts & Crafts 3:30 Afternoon Stretch
18 9:30 Sing-a-long 10:00 Virtual Catholic Svc 1:30 Toss Ball 3:30 Chair Zumba	19  10:00 BINGO! 1:30 Manicure Time 3:00 Silver Sneakers	20 10 :00 Cookie Decorating 1 :30 Hanafuda Club 3 :00 Chair Zumba 	21  9:45 Sing-a-long 10:00 BINGO! 1:30 Mini Games 3:00 Afternoon Stretch	22 10:00 Cooking Demo 1:30 Card Games 3:00 Dancercise 	23  10:00 BINGO! 1:30 Christmas Carols 3:00 Beachball Toss	24 CHRISTMAS EVE! 10:00 Christmas Photo! 10:30 Sing-a-long 1:30 Mini Games 3:00 Dancercise 
25 MERRY CHRISTMAS!  10:00 Christmas Carols 10:30 Gift Opening! 1:30 Christmas Movie 3:00 Reindeer Toss	26 10:00 BINGO! 1:30 Card Games 3:00 Afternoon Stretch	27 10 :00 Travel Tuesday 11: 00 Travel Trivia 1 :30 Mini Games 3 :00 Dancercise 	28 9:45 Sing-a-long 10:00 BINGO! 1:30 Puzzles 3:00 Afternoon Stretch	29 10:00 Flower Arrangement 1:30 Mini Games 3:00 Toss Ball 	30 10:00 BINGO! 1:30 Casino Games 3:00 Chair Zumba	31 NEW YEAR'S EVE! 10:00 2022 Trivia 10:30 Sing-a-long 1:30 Mini Games 3:00 Silver Sneakers