

DECEMBER 2021

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Sit & Fit – Channel 918 10:15 Catholic Communion Service 11:00 Prayer Service with MaryEllen - Chapel 2:00 Great Gardens of England Program & Discussion – Channel 918	2 10:00 Seated Chair Exercises – Wick RM 10:30 Aging with Art & Soul - Sunroom 2:00 Music and Memory 5:00 Nature and Music – Channel 918	3 10:00 Seated ROM & Muscle Toning – Wick Rm 10:30 Current Events – Wick Rm 3:00 Afternoon Movie – Channel 918 5:00 Sensory Stimulation – Channel 918	4 10:00 Sit & Fit – Channel 918 11:00 Puzzle Group – Wick Rm 2:00 Bingo - CR 6:00 Evening Movie - Channel 918
5 10:00 Sit & Fit – Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918	6 10:00 Seated Yoga – Wick Rm 11:00 Interactive Music 2:00 Bingo – CR 3:15 Social - Clubhouse 5:00 Guided Imagery – Channel 918	7 Pearl Harbor Day 10:00 Seated Upper & Lower Body Workout – Wick Rm 11:00 Trivia – Wick Rm 1:30 Library Cart 3:00 Afternoon Tea and Treats & Poetry Reading Featuring Emily Dickinson – Wick Rm 5:00 Music Appreciation - Channel 918	8 10:00 Sit & Fit – Channel 918 10:15 Catholic Communion Service 11:00 Hymn Sing with Deirdre 2:00 Great Gardens of Italy Program & Discussion – Channel 918 2:00 Scenic Ride – Wag Ent 3:30 One to One Visits	9 10:00 Seated Chair Exercises – Wick RM 11:00 Baking – Wick Rm 2:00 Decorate Your Ornament & Sweet Treat Social – Wick Rm 3:30 Board Games – Wick Rm 5:00 Nature and Music – Channel 918	10 Human Rights Day 10:00 Seated ROM & Muscle Toning – Wick Rm 11:30 Cooking Lunch – Wick Rm 2:00 Sending Holiday Cards Social – Wick Rm 5:00 Sensory Stimulation – Channel 918	11 10:00 Sit & Fit – Channel 918 11:00 Holiday Sing Along - WDR 2:00 Bingo – CR 3:00 Afternoon Documentary 3:15 Social - Clubhouse 6:00 Evening Movie - Channel 918
12 10:00 Sit & Fit – Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918	13 10:00 Seated Yoga 11:00 Interactive Music Carol Sing Along – Whit DR 2:00 Bingo – CR 3:15 Social - Clubhouse 5:00 Guided Imagery – Channel 918	14 10:00 Seated Upper & Lower Body Workout – Wick Rm 11:00 Word Games – Wick Rm 1:30 Library Cart 2:00 Sheffield Singers - Chapel 3:00 Afternoon Tea and Treats & Poetry Reading Featuring William Wordsworth – Wick Rm 5:00 MusicAppreciation - Channel 918	15 10:00 Sit & Fit – Channel 918 10:15 Catholic Communion Service 11:00 Episcopal Service with Rev. Christopherson 2:00 Great Gardens of Holland Program & Discussion – Channel 918 3:30 One to One Visits	16 10:00 Seated Chair Exercises – Wick RM 11:00 Pictionary – Wick Rm 2:00 Aging with Art & Soul - Wick Rm 5:00 Nature and Music – Channel 918	17 10:00 Seated ROM & Muscle Toning – Wick Rm 11:00 Hot Chocolate & Current Events – Wick Rm 2:00 Decorating Gingerbread Houses – Wick Rm 5:00 Sensory Stimulation – Channel 918	18 10:00 Sit & Fit – Channel 918 11:00 Word Games – Wick Rm 2:00 Bingo – CR 3:00 Afternoon Documentary 3:15 Social - Clubhouse 6:00 Evening Movie - Channel 918

DECEMBER 2021

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>10:00 Sit & Fit – Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918</p>	<p>20</p> <p>10:00 Seated Yoga 11:00 Interactive Music 2:00 Bingo – CR 3:15 Social - Clubhouse 5:00 Guided Imagery – Channel 918</p>	<p>21</p> <p>First Day of Winter 10:00 Seated Upper & Lower Body Workout – Wick Rm 11:00 Trivia – Wick Rm 1:30 Library Cart 2:30 Beach Themed Birthday Party with Tom Hanford – CR 5:00 Music Appreciation - Channel 918</p>	<p>22</p> <p>10:00 Sit & Fit – Channel 918 10:15 Catholic Communion Service 11:00 Congregational Service with Rev. Nelson 2:00 Flower Arranging – Wick Rm 2:00 Great Gardens of New England Program & Discussion – Channel 918 3:30 One to One Visits</p>	<p>23</p> <p>10:00 Seated Chair Exercises – Wick RM 11:00 Arts & Crafts - Wick Rm 2:00 Music and Memory 3:00 Cottager’s Christmas Party – CR 5:00 Nature and Music – Channel 918</p>	<p>24</p> <p>10:00 Seated ROM & Muscle Toning – Wick Rm 11:00 Hot Chocolate & Current Events – Wick Rm 2:15 Cobble, Wagner, & Riga, Holiday Cheer Party – CR 5:00 Sensory Stimulation – Channel 918</p>	<p>25</p> <p>Merry Christmas 10:00 Sit & Fit – Channel 918 3:00 Afternoon Documentary 6:00 Evening Movie - Channel 918</p>
<p>26</p> <p>10:00 Sit & Fit – Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918</p>	<p>27</p> <p>10:00 Seated Yoga 11:00 Interactive Music 2:00 Bingo – CR 3:15 Social - Clubhouse 5:00 Guided Imagery – Channel 918</p>	<p>28</p> <p>10:00 Seated Upper & Lower Body Workout – Wick Rm 11:00 Word Games – Wick Rm 1:30 Library Cart 3:00 Afternoon Tea and Treats & Poetry Reading Featuring Langston Hughes – Wick Rm 5:00 Music Appreciation - Channel 918</p>	<p>29</p> <p>10:00 Sit & Fit – Channel 918 10:15 Catholic Communion Service 11:00 Prayer Service with Maryellen 2:00 Great Gardens of Hawaii Program & Discussion – Channel 918 3:30 One to One Visits</p>	<p>30</p> <p>10:00 Seated Chair Exercises – Wick RM 11:00 Baking – Wick Rm 2:00 New Year Resolutions & Sweet Treat Social 3:30 Scrabble - Wick Rm 5:00 Nature and Music – Channel 918</p>	<p>31</p> <p>New Year’s Eve 10:00 Cottager’s New Year’s Eve Brunch 2:00 Cobble, Wagner, Riga, & Whitridge New Year’s Celebration – CR 5:00 Sensory Stimulation – Channel 918</p>	

