

December 2021

Whitridge Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Morning Greetings with Danielle 10:15 Catholic Communion Service 11:00 Prayer Service with Maryellen- Chapel 2:00 Great Gardens of England – Channel 918 3:15 Music & Memory	2 10:00 Sweating to the Oldies 10:30 Aging with Art & Soul-Sunroom 2:00 Magazine Scavenger Hunt with CNA 3:15 Christmas Carols with Staff 5:00 Nature and Music – Channel 918	3 10:00 Stretching with CNA 11:00 Current Events with CNA 1:30 Find Your Winter Words with Staff 3:30 Moving Art - Smart TV 5:00 Sensory Stimulation – Channel 918	4 10:00 Sit and Fit - Channel 918 11:00 I Spy with CNA - WDR 2:00 Bingo – CR 3:00 Afternoon Documentary 6:00 Evening Movie - Channel 918
5 10:00 Sit and Fit - Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918	6 10:15 Stretching with CNA - WDR 11:00 Interactive Music 2:15 One to One Time with Norma 3:00 Name That Winter Object with Norma 5:00 Guided Imagery – Channel 918	7 Pearl Harbor Day 9:00 Cooking Breakfast 10:15 Pearl Harbor Questions and Answers – Sunroom 2:00 Trim Our Tree - WDR 3:30 Hot Coco Social - WDR 5:00 Music Appreciation - Channel 918	8 10:00 Morning Greetings with Danielle 10:15 Catholic Communion Service 11:00 Hymn Sing with Deirdre 2:00 Flower Arranging - Sunroom 3:15 Music & Memory	9 10:00 Sweating to the Oldies 10:30 Make Your Holiday Ornament 2:00 Decorate Your Ornament 3:15 Walks and Talks with Danielle 5:00 Nature and Music – Channel 918	10 Human Rights Day 10:00 Sit and Dance 11:00 What Are Human Rights? 2:00 Writing Holiday Cards for Loved Ones 3:15 Weekly Update 5:00 Sensory Stimulation – Channel 918	11 10:00 Sit and Fit - Channel 918 11:00 Holiday Sing Along - WDR 2:00 Puzzle Time with Staff - WDR 3:00 Afternoon Documentary 6:00 Evening Movie - Channel 918
12 10:00 Sit and Fit - Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918	13 10:15 Indoor Kickball Game - WDR 11:00 Interactive Music 2:00 Junk Drawer Detective 3:15 One to One Time with Danielle 5:00 Guided Imagery – Channel 918	14 9:00 Cooking Breakfast 10:15 Word Game - Sunroom 2:00 Sheffield Singers - Chapel 3:00 The Nutcracker Ballet - WDR 5:00 Music Appreciation - Channel 918	15 10:00 Morning Greetings with Danielle 10:15 Catholic Mass with Father Dawson 11:00 Episcopal Service with Rev. Christopherson 2:00 What Are Your Favorite Holiday Traditions? 3:15 Music & Memory	16 10:00 Sweating to the Oldies 11:00 Polishing Nails 2:00 Aging with Art & Soul-Wick Rm 3:15 Walks and Talks with Danielle 5:00 Nature and Music – Channel 918	17 10:00 Sit and Dance 10:30 Holiday Baking - WAR 2:00 Decorate Our Gingerbread House 3:15 Moving Art - Smart TV 5:00 Sensory Stimulation – Channel 918	18 10:00 Sit and Fit - Channel 918 11:00 Coloring with CNA - WDR 3:00 Afternoon Documentary 6:00 Evening Movie - Channel 918

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19 10:00 Sit and Fit - Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918	20 10:15 Balloon Racquetball 11:00 Interactive Music 2:00 Sensory Stimulation 3:00 Hand Massages 5:00 Guided Imagery - Channel 918	21 First Day of Winter 9:00 Current Events Discussion 10:15 Winter Word Scramble 2:30 Beach Themed Birthday Party with Tom Hanford - CR 5:00 Music Appreciation - Channel 918	22 10:00 Morning Greetings with Danielle 10:15 Catholic Communion Service 11:00 Congregational Service with Rev. Nelson 2:00 Scenic Ride 3:15 Music & Memory	23 9:00 Cooking Breakfast 10:00 Santa's Gift Giving Party 1:30 Coloring Your Christmas Tree 2:15 Winter Wonderland Art - Smart TV 3:30 Christmas Sing Along with CNA 5:00 Nature and Music - Channel 918	24 10:00 Sit and Dance 11:00 Fill In The Blank Word Game Challenge 2:15 Noble's Holiday Cheer Party - CR 5:00 Sensory Stimulation - Channel 918	25 Merry Christmas 10:00 Sit and Fit - Channel 918 2:00 Puzzle Time with Staff - WDR 3:00 Afternoon Documentary 6:00 Evening Movie - Channel 918
26 10:00 Sit and Fit - Channel 918 12:00 Catholic Mass - Channel 17 3:00 Afternoon Matinee - Channel 918 7:00 Sunday Evening Virtual Travel - Channel 918	27 10:15 Indoor Kickball Game-WDR 11:00 Interactive Music 2:00 Aroma Therapy 3:15 One to One Time with Danielle 5:00 Guided Imagery - Channel 918	28 9:00 Cooking Breakfast 10:15 Winter Bingo 1:30 Baking Dog Biscuits 5:00 Music Appreciation - Channel 918	29 10:00 Morning Greetings with Danielle 10:15 Catholic Communion Service 11:00 Prayer Service with Maryellen 2:00 My Favorite Prayers of Faith 3:15 Music & Memory	30 10:00 Sweating to the Oldies 11:00 What Are Your New Year Resolutions? 2:00 Polishing Nails 3:15 Walks and Talks with Danielle 5:00 Nature and Music - Channel 918	31 New Year's Eve 10:00 Stretching with CNA 2:00 New Year's Celebration-CR 3:15 Moving Art-Smart TV 5:00 Sensory Stimulation - Channel 918	

