



# ACTIVITIES CALENDAR

TYPE FACILITY LOCATION HERE  
**December 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b> 10:15 Catholic Mass 1:30 Word Puzzles (U1) 2:00 Bowling	<b>LOCATION KEY:</b> <b>AR – ACTIVITY ROOM</b> <b>U1 – Unit 1</b> <b>U2 – Unit 2</b> <b>U3 – Unit 3</b> <b>CH - Chapel</b>				<b>1</b> 10:15 Move it or lose it 10:30 Crafty Corner – Tissue paper Holiday Lights 2:00 Happy Hour 4:15 Travelling Book Cart (U3)	<b>2</b> 10:15 Saturday Stretches 10:30 Holiday Short Stories 1:30 Bingo U2
<b>3</b> 10:15 Catholic Mass (CH) 1:30 Jeopardy 2:00 Balloon Volleyball  <b>Deck the Halls</b>	<b>4</b> 10:00 Tree Decorating (U1 Only) 1:30 Bingo (U1) 7:00 Card Games (U3)	<b>5</b> 10:15 Decorate Christmas Trees (U3 Only) 1:00 Decorate Tree (U2 Only) 3:45 Spa & Nails	<b>6</b> 10:15 Chair Stretching 1:30 Karaoke (AR) 3:45 Virtual tour – High Peaks of the Adirondacks	<b>7</b> 10:15 Chair Yoga (U1) 10:30 Crafty Hour– Door Wreath (U1) 1:30 Bingo (AR) 7:00 Card Games (U3)  <b>Hannukah Begins</b>	<b>8</b> 10:15 Catholic Mass 2:00 Happy Hour (U1) 4:15 Travelling Book Cart (U3)	<b>9</b> 10:15 Saturday Stretches 10:30 Holiday TV Show Trivia 1:30 Bingo U2
<b>10</b> 10:15 Catholic Mass (CH) 1:30 Deal or No Deal 2:00 Noodle Ball  <b>Lights in the Night</b>	<b>11</b> 10:15 Balloon Volleball 1:30 Bingo (U1) 3:45 Spa & Nails	<b>12</b> 10:15 Chair Zumba 10:30 Culinary - 1:30 Blinking Lights Game 2:30 Culinary Social	<b>13</b> 10:15 Sweating to the Oldies 10:30 Topic Talk - Winter Holidays around the World 2:00 Music with Dean (U2)	<b>14</b> 10:15 Parachute Pop 10:30 Resident Council (AR) 1:30 Bingo (AR) 7:00 Classic TV & Popcorn	<b>15</b> 10:15 Move it or lose it 10:30 Crafty Hour – Paper Candle 2:00 Happy Hour 4:15 Travelling Book Cart (U3)  <b>Hannukah Ends</b>	<b>16</b> 10:15 Saturday Stretches 1:30 Bingo U2 3:00 Hallmark Holiday Movie
<b>17</b> 10:15 Catholic Mass (CH) 1:30 I Dream of Jeanie 2:00 Bowling  <b>Holiday Cheer</b>	<b>18</b> 10:15 Whack-an-elf 1:30 Bingo (U1) 3:45 Spa & Nails 6:30 Holiday Light Tour	<b>19</b> 10:15 Baking – Holiday Sugar Cookies (U1) 2:30 Ginger Bread Cookie Social (U2) 3:30 Virtual Tour – Denali National Park	<b>20</b> 10:15 Reindeer Hunt (U2) 12:00 Dine In 1:30 Holiday Sing-a-long (U1) 3:45 Virtual Tour – North Pole	<b>21</b> 10:15 Chair Yoga (U2) 10:30 Tissue Paper mosaic (U2) 1:30 Bingo (AR)	<b>22</b> 10:15 Move it or lose it 10:30 Crafty Hour - Stocking 2:00 Happy Hour – Wassail 4:15 Travelling Book Cart (U3)	<b>23</b> 10:15 Saturday Stretches 10:30 Holiday Trivia 1:30 Bingo U2
<b>24</b> 10:15 Catholic Mass (CH) 1:30 Bewitched 2:00 Balloon Volleyball  <b>Winter Wonderland</b>	<b>25</b> 10:15 Catholic Mass 1:30 Christmas Bingo (U1) 3:45 Spa & Nails  <b>Christmas Day</b>	<b>26</b> 10:15 Snowflake Stretch 10:30 Culinary – Rice Krispie Treats 3:00 Snowman Plinko	<b>27</b> 10:15 Chair Zumba 10:30 Coffee Social 2:00 Music with Dean	<b>28</b> 10:15 Parachute Pop 10:30 Snowflake Craft 1:30 Bingo (AR)	<b>29</b> 10:15 Move it or lose it 10:30 Crafty Hour 2:00 Monthly Birthday Celebration 4:15 Travelling Book Cart (U3)	<b>30</b> 10:15 Saturday Stretches 10:30 Coffee Social – Reflections of 2023 1:30 Bingo U2



# ACTIVITIES CALENDAR

FACILITY LOCATION HERE  
**SEASONS**

**December 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b>	<b>LOCATION KEY:</b> AR – ACTIVITY ROOM CA – CAFETERIA					<b>1</b>
					10:00 Sensory Wakeup 10:30 Music with Coorie 2:00 Sensory Balance	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10:15 Catholic Mass 11:30 Classic TV 3:45 Cardio Drumming  <b>Deck the Halls</b>	10:00 Sensory Wakeup 10:30 Word Seek 2:00 Sensory Balance 4:00 Reminiscing	10:00 Noodle Ball 10:30 Craft – Paper Holiday Lights 2:00 Sensory Balance 3:30 Travelogue – Adirondack High Peaks	10:00 Wakeup to the Oldies 10:30 Happy Holidays wall poster 2:00 Sensory Balance 4:00 Hands on Happiness	10:00 Bowling 10:30 History Of Hannukah 2:00 Sensory Balance 4:00 Holiday Music Dancing and shakers  <i>Hannukah Begins</i>	10:00 Sensory Wakeup 10:30 Tangram 2:00 Sensory Balance	11:30 Saturday Stretches 3:00 Aroma Therapy & Relaxation 3:30 How to draw a bell
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
10:15 Catholic Mass 11:30 Classic TV 3:45 Cardio Drumming  <b>Lights in the Night</b>	10:00 Sensory Wakeup 10:30 Holiday Reminiscing 2:00 Sensory Balance 4:00 Reminiscing	10:00 Ring Toss 10:30 Craft – Door Wreath 2:00 Sensory Balance 3:30 Winter Constellations in the Night Sky	10:00 Wakeup to the Oldies 10:30 Life Skills 2:30 Sensory Balance 3:00 Hands on Happiness	10:00 Balloon Volleyball 10:30 History of Santa 2:00 Sensory Balance 3:30 Beanbag Toss	10:00 Sensory Wakeup 10:30 Puzzle 2:00 Sensory Balance  <i>Hannukah Ends</i>	11:30 Saturday Stretches 3:00 Aroma Therapy & Relaxation 3:30 Life Skills
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10:15 Catholic Mass 11:30 Memory Magic 3:45 Cardio Drumming  <b>Holiday Cheer</b>	10:00 Sensory Wakeup 10:30 Word Seek 2:00 Sensory Balance 4:00 Reminiscing	10:00 Noodle Ball 10:30 Baking – Sugar Cookies 2:00 Sensory Balance 4:00 Travelogue – Denali National Park	10:00 Wakeup to the Oldies 10:30 Holiday Sing-A-Long 2:15 Sensory Balance 3:00 Hands on Happiness	10:00 Bowling 10:30 History of Solstice Celebrations 2:00 Sensory Balance 3:30 Holiday Music Dancing and shakers	10:00 Sensory Wakeup 10:30 Christmas around the World Video 2:00 Sensory Balance	11:30 Saturday Stretches 3:00 Aroma Therapy & Relaxation 3:30 Christmas Cards
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
10:15 Catholic Mass 11:30 Christmas Memory Magic 3:45 Cardio Drumming	10:15 Catholic Mass 2:45 Sensory Balance 4:00 Reminiscing  <i>Christmas Day</i>	10:00 Ringtoss 10:30 Drawing - Snowman 2:00 Sensory Balance 4:00 Culture - New Years Celebrations around the world	10:00 Wakeup to the Oldies 10:30 Life Skills 2:30 Sensory Balance 3:00 Hands on Happiness	10:00 Balloon Volleyball 10:30 Happy New Year Poster 2:00 Sensory Balance 4:00 Beanbag Toss	10:00 Sensory Wakeup 2:00 Sensory Balance 2:30 Monthly Birthday Celebration	11:30 Saturday Stretches 3:00 Aroma Therapy & Relaxation 3:30 Life Skills