


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Rosa Parks Day</u> <u>A Grinch Day</u> <b>1</b> 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Cyber Monday</u> <b>2</b> 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>International Day of Persons w/ Disabilities</u> <b>3</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR <b>1:00 Westfield Mall</b> 1:15 Trivia Tuesday- AR <b>2:30 Exercise w/ music for your mind, heart &amp; Soul - LR</b> 3:30 Poker- AR	<u>Tree Dressing</u> <u>Cocoa Day</u> <b>4</b> <b>9:00 Tree Dressing w/ Theresa- LR</b> <b>11:45 Resident's Trendy Sale- LR</b> 1:30 Bingo- AR 3:00 Arts & Crafts-AR 4:00 Rummikub- AR	<u>Deck The Halls Day</u> <b>5</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>St. Nicholas Day</u> <u>Green Day</u> <b>6</b> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Trader Joe's</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- AR</b> 2:30 Rummikub- AR 3:30 Poker- AR	<u>National Pearl Harbor Remembrance Day</u> <b>7</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advance Volleyball- LR 5:30 Movie Night- LR (See Posting)
<b>8</b> 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Wacky Holiday Socks Day</u> <b>9</b> 9:15 Morning Walk 10:30 Volleyball - LR <b>11:00 Green Apple Restaurant</b> 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>3:30 Painting w/ Oscar- AR</b>	<u>Int'l Animal Rights Day</u> <b>10</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR <b>2:30 Unity In Motion- LR</b> 3:30 Poker-AR	<u>Go Caroling Day!</u> <b>11</b> <u>Nat'l Workplace Day of Remembrance</u> 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo-AR 3:00 Rummikub- AR <b>5:00 Holiday Christmas Carols at The Gardens!</b>	<u>Paint Your Nails Day</u> <u>National Lager Day</u> <b>12</b> 9:15 Walk & Chat 10:30 Volleyball- LR <b>11:00 Celebration of Jewish Life w/ Rabbi Jim- AR</b> 11:15 Sit & Fit- LR <b>1:30 Bingo w/ Celso- AR</b> 3:00 Pretty Nails- AR 3:30 Advanced Volleyball- LR	<u>Christmas Card Day</u> <b>13</b> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>2:00 Marshall's</b> 2:15 Arts & Crafts- AR 3:30 Poker- AR	<u>The Price Is Right Day</u> <b>14</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)
<u>Shiny Nose Week</u> <u>Holiday Dress Up Week</u> <b>15</b> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Believe It Or Not Day</u> <b>16</b> 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Believe It Or Not!- DR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>Resident's Holiday Party</u> <b>17</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR <b>2:30 Exercise w/ music for your mind, heart &amp; soul - LR</b> <b>5:00 Resident's Holiday Party- DR</b>	<u>Ugly Sweater Day!</u> <u>Bowling Day!</u> <b>18</b> 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR <b>1:30 Arts &amp; Crafts- AR</b> <b>3:00 Happy Hour w/ Santa!- LR</b>	<u>Baking Cookies Day</u> <b>19</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Baking Cookies w/ Oscar! 2:00 Movie Matinee- LR	<u>Trivia Pursuit Day</u> <b>20</b> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>2:00 Walmart</b> 2:30 Trivia w/ Oscar- AR 3:30 Poker- AR	<u>Snow White Day</u> <b>21</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting) Winter Begins
<b>22</b> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<b>23</b> 9:15 Morning Walk 10:30 Volleyball - LR <b>11:00 Gus's BBQ Restaurant</b> 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>3:30 Painting w/ Oscar- AR</b>	<u>Green &amp; Red Day</u> <b>24</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR <b>2:30 Unity In Motion- LR</b> 3:30 Rummikub- AR	<u>Hanukkah Begins</u> <u>Christmas Day</u> <b>25</b> 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR <b>11:30 Holiday Luncheon!- DR</b> 1:30 Movie Matinee- LR	<u>Kwanzaa Begins</u> <b>26</b> <b>9:00 Movie Theater Outing</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR <b>1:00 Resident Council Meeting</b> <b>1:30 Town Hall Meeting</b> <b>3:00 My Memoirs w/ Eugene Ward- LR</b>	<u>Blue Day</u> <b>27</b> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>2:00 Ross</b> <b>2:30 Suzanne's Travels- LR</b> 3:30 Poker- AR	<b>28</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)
<b>29</b> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<b>30</b> 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>New Year's Eve</u> <b>31</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Movie Matinee- LR <b>4:30 New Year's Eve Celebration!</b>	<div style="text-align: center;">  <p><b>DECEMBER 2024</b>            "Let's welcome December with warmth and cheer!"</p> <p>Key Note: Living Room=LR Dining Room= DR Activity Room: AR</p> </div>			

<p><u>A Grinch Day.</u> 1</p> <p>9:15 Sit &amp; Fit 9:45 Walk &amp; Chat 12:45 Bullseye 2:30 Sing-along 3:30 Racquetball</p>	<p>2</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art &amp; Impact 1:45 English 101 2:30 Bingo! <b>3:30 Math w/ Emma</b></p>	<p><u>International Day of Persons w/ Disabilities</u> 3</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Balloon Volleyball 12:45 History Lesson 1:45 Kickball 2:30 Bingo! <b>3:30 Exercise w/ music for your mind, heart &amp; soul.</b></p>	<p><u>Tree Decorating</u> 4</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Garden Chat 12:45 Tree Decorating 2:30 Sing-along 3:00 Racquetball</p>	<p><u>Deck The Halls Day.</u> 5</p> <p>9:15 Walk &amp; Chat 9:45 Sit &amp; Fit <b>10:30 Balloon Volleyball</b> 12:45 Bingo! 1:45 Lake Balboa Outing! 3:30 History Lesson &amp; Hot Chocolate</p>	<p><u>St. Nicholas Day.</u> 6</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Balloon Racquetball 12:45 Arts &amp; Crafts <b>2:30 Yoga w/ Jenny!</b> 3:30 Getting To Know You</p>	<p>7</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex <b>10:30 Sing-Along</b> 11:30 Balloon Volleyball 12:45 Home Trivia 2:00 Garden Ice Cream Social 3:00 Outdoor Reading 101</p>
<p>8</p> <p>9:15 Sit &amp; Fit 9:45 Walk &amp; Chat 12:45 Bullseye 1:45 Card Match 2:30 Sing-along 3:00 Travel w/ Emma</p>	<p><u>Wacky Holiday Socks Day.</u> 9</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick <b>12:45 Art &amp; Fun!</b> 1:45 Bingo! 3:30 Manicure Monday</p>	<p>10</p> <p>9:15 Stretch &amp; Flex 9:45 Let's Dance! 10:30 Sing-along 12:45 Trivia 101 1:45 Outdoor Volleyball 2:30 History 101 <b>3:30 Unity In Motion</b></p>	<p><u>Go Caroling Day.</u> 11</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Balloon Stamping <b>1:30 Ice Cream Sundaes</b> 2:30 History Lesson 3:00 Bingo! <b>5:30 Christmas Carols!</b></p>	<p><u>Paint Your Nails Day.</u> 12</p> <p>9:15 Walk &amp; Chat 9:45 Sit &amp; Fit <b>10:30 Porto's Outing</b> 12:45 Garden Chat 1:45 Balloon Volleyball 2:30 Pretty Nails 3:30 Bingo!</p>	<p><u>Christmas Card Day.</u> 13</p> <p>9:15 Happy Feet 9:45 Soothing Exercise <b>10:30 Let's Travel</b> 12:45 Show &amp; Tell 1:45 Garden Chat <b>2:30 Yoga w/ Jenny!</b> 3:30 Sing Along</p>	<p><u>The Price Is Right</u> 14</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Music Videos 12:45 Sing-Along 2:00 History Lesson <b>2:30 Volleyball</b></p>
<p><u>Shiny Nose Week</u> <u>Holiday Dress Up Week</u> 15</p> <p>9:15 Sit &amp; Fit 9:45 Walk &amp; Chat 1:45 Karaoke 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma</p>	<p>16</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts &amp; Crafts 1:45 Bingo! 2:30 Let's Bake Cookies! 3:30 History w/ Emma</p>	<p><u>Resident's Holiday Party.</u> 17</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Ball Toss 12:45 Sing-along 1:45 Puzzle Pieces &amp; Hot Chocolate 2:30 Art with Impact <b>3:30 Exercise w/ music for your mind, heart &amp; soul.</b> <b>4:30 Resident's Holiday Party!</b></p>	<p><u>Ugly Sweater Day.</u> <u>Bowling Day.</u> 18</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Sing-along 12:45 Racquetball 1:30 Bingo! <b>3:30 Happy Hour w/ Santa</b></p>	<p><u>Baking Cookies Day.</u> 19</p> <p>9:15 Walk &amp; Chat 9:45 Sit &amp; Fit <b>11:00 Celebration of Jewish Life w/ Rabbi Jim- AR</b> <b>10:00 Donuts &amp; Sight Seeing</b> 12:45 Sing-along <b>1:30 Travel w/ Armando</b> 3:00 Card Match</p>	<p>20</p> <p>9:15 Happy Feet 9:45 Soothing Exercise <b>10:30 Let's Dance!</b> 12:45 Trivia w/ Emma <b>2:30 Yoga w/ Jenny!</b> 3:30 Lots of Dots</p>	<p><u>Snow White Day.</u> 21</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex <b>10:30 Aroma Therapy</b> 12:45 Sing-along 2:00 History Lesson 3:00 Kickball</p> <p>Winter Begins</p>
<p>22</p> <p>9:15 Sit &amp; Fit 10:30 Walk &amp; Chat 12:45 Bullseye <b>1:45 Let's Decorate Cupcakes</b> 2:30 Sing-along 3:30 Racquetball 4:00 Movie- Night</p>	<p>23</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Card Match 2:30 Bingo! 3:30 Manicure Monday</p>	<p><u>Green &amp; Red Day.</u> 24</p> <p>9:15 Happy Feet 9:45 Stretch &amp; Flex 10:30 Let's Dance! 12:45 Trivia Tuesday 1:30 Bingo! <b>3:30 Unity In Motion</b></p>	<p><u>Hanukkah Begins</u> <u>Christmas</u> 25</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Card Match <b>11:30 Resident's Holiday Luncheon</b> 1:30 Racquetball 3:00 Movie Matinee</p>	<p><u>Kwanzaa Begins</u> 26</p> <p>9:15 Walk &amp; Chat 9:45 Sit &amp; Fit 10:30 Puzzle Pieces 12:45 Sing-along <b>1:00 Resident Council Meeting</b> <b>1:30 Town Hall Meeting</b> 1:45 Lots of Dots Art 2:30 Math 101 <b>3:30 Aroma Therapy</b></p>	<p>27</p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Let's Travel <b>1:30 Drawing 101</b> <b>2:30 Yoga W/ Jenny!</b> 3:30 Bullseye!</p>	<p>28</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex <b>10:30 Sing-along</b> 12:45 History Lesson 2:00 Let's Bake Cookies 3:00 Show &amp; Tell</p>
<p>29</p> <p>9:15 Sit &amp; Fit 9:45 Walk &amp; Chat 1:45 Karaoke 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma</p>	<p>30</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts &amp; Crafts 1:45 Bingo! 2:30 Let's Bake Cookies! 3:30 History w/ Emma</p>	<p><u>New Year's Eve</u> 31</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Ball Toss 12:45 Sing-along 1:45 Puzzle Pieces &amp; Hot Chocolate 2:30 Art with Impact <b>3:30 Exercise w/ music for your mind, heart &amp; soul</b></p>	<p>Memory Care</p> <h1>December 2024</h1> <p>Activities may vary</p>			