


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  | <p><i>Activities may be subject to change to accommodate the needs of the residents. Please see Life Enrichment for details.</i></p> | <p>8:30am Breakfast</p> <p>12:30pm Lunch</p> <p>3:00 Afternoon Snack</p> <p>5:30 Dinner</p> | <p>HAPPY BIRTHDAY!</p> <p>Margo B. December 14th Dotte H.- December 20th Peggy W. December 26th Aljean I.- December 30th</p> | <p>KEY</p> <p>LED= Life Enrichment Director LEA= Life Enrichment Assistant RR= Reservation Required UT= Upper Terrace= 3rd Floor</p> | <p>1</p> <p>9:30 Exercise 11:00 Reminisce/Discuss (LEA) 1:30 Science Club (LEA) 3:00 Cooking Creations (LEA) 3:45 Happy Hour</p> | <p>2</p> <p>9:30 Exercise (LEA) 10:45 Creative Writing 1:30 Bingo (LEA) 3:00 MIM Art Program 4:30 Men's Club (LEA)</p> |
| <p>3</p> <p>9:30 Accordion w/ Phil 10:30 Bible Study (LEA) 3:00 Dog Visit- "Cooper"</p> | <p>4</p> <p>9:30 Exercise (LED) 11:00 Brain Games (LED) 1:45 Activity w/ LED 3:00 Individual Visits (LED) 4:00 Activity w/ Hannah</p> | <p>5</p> <p>9:30 Exercise (LED) 11:00 Reminisce/Discuss (LED) 1:45 Fun & Games (LED) 2:30 Dog Visit- "Lucy" 3:00 Sing-A-Long (LED) 4:00 Activity w/ LED</p> | <p>6</p> <p>10:30-2:30 *OUTING to Artistic Portland (RR) 4:00 Bible Study w/ Steve & Ruthie</p> | <p>7</p> <p>9:30 Exercise (LEA) 11:00 Holistic Health Hour 2:00 *Art Therapy (RR) 4:00 Seasonal Activity (LEA)</p> | <p>8</p> <p>9:30 Exercise 11:00 Reminisce/Discuss (LEA) 1:30 Sports Series (LEA) 3:00 Cooking Creations (LEA) 4:00 Activity w/ LEA</p> | <p>9</p> <p>9:30 Exercise (LEA) 11:00 Book Club (LEA) 1:30 Bingo (LEA) 3:00 Crafter's Corner (LEA) 4:30 Men's Club (LEA)</p> |
| <p>10</p> <p>9:30 Guitar w/ Genie 10:30 Bible Study (LEA)</p> | <p>11</p> <p>10:00 NW Academy Guitar Students- Performance & Activity 1:45 Sports Series (LED) 3:00 Individual Visits (LED) 4:00 Activity w/ Hannah</p> | <p>12</p> <p>9:30 Exercise (LED) 11:00 Reminisce/Discuss (LED) 2:15 Music Therapy 4:00 Activity w/ LED</p> | <p>13</p> <p>10:30 Magic Show 1:30 Fun & Games (LEA) 2:45 Ice Cream Social & Accordion w/ Phil 4:00 Bible Study w/ Steve & Ruthie</p> | <p>14</p> <p>9:30 Exercise (LEA) 11:00 Holistic Health Hour 1:45 Activity w/ LEA 3:00 Spa Time (LEA) 4:00 Seasonal Activity (LEA)</p> | <p>15</p> <p>9:30 Exercise 11:00 Reminisce/Discuss (LEA) 11:30 Dog Visit- "Georgia" 1:30 Bunny Visit 3:00 Cooking Creations (LEA) 3:45 Happy Hour</p> | <p>16</p> <p>9:30 Exercise (LEA) 10:45 Creative Writing 1:30 Bingo (LEA) 3:30 Music w/ Elaine & Friends 4:30 Men's Club (LEA)</p> |
| <p>17</p> <p>9:30 Guitar w/ Genie 10:30 Bible Study (LEA) 3:00 Dog Visit- "Cooper"</p> | <p>18</p> <p>9:30 Exercise (LED) 11:00 Brain Games (LED) 1:45 Activity w/ LED 3:00 Horticulture Therapy 4:00 Activity w/ Hannah</p> | <p>19</p> <p>9:30 Exercise (LED) 11:00 Reminisce/Discuss (LED) 1:45 Fun & Games (LED) 3:00 Sing-A-Long (LED) 4:00 Activity w/ LED</p> | <p>20</p> <p>9:30 Exercise (LED) 11:00 Activity w/ LED 1:45 Sports Series (LEA) 3:00 Table Games (LEA) 4:30-7:30 *OUTING to PIR XMAS LIGHTS (RR) 4:00 Bible Study w/ Steve & Ruthie</p> | <p>21</p> <p>9:30 Exercise (LEA) 11:00 Holistic Health Hour 12:00 Alpaca Visit 2:00 *Art Therapy (RR) 4:00 Seasonal Activity (LEA)</p> | <p>22</p> <p>9:30 Exercise 11:00 Reminisce/Discuss (LEA) 2-3:30 HOLIDAY PARTY</p> | <p>23</p> <p>9:30 Exercise (LEA) 11:00 Book Club (LEA) 1:30 Bingo (LEA)</p> |
| <p>24</p> <p>9:30 Guitar w/ Dan</p> | <p>25</p> <p>9:30 Exercise (LED) 11:00 Brain Games (LED) 1:45 Sport Series (LED) 3:00 Individual Visits (LED) 4:00 Activity w/ Hannah</p> | <p>26</p> <p>9:30 Exercise (LED) 11:00 Reminisce/Discuss (LED) 2:15 Music Therapy 4:00 Activity w/ LED</p> | <p>27</p> <p>9:30 Exercise (LEA) 11:00 Activity w/ LEA 1:30 Fun & Games (LEA) 2:45 Ice Cream Social & Guitar w/ Dan 4:00 Bible Study w/ Steve & Ruthie</p> | <p>28</p> <p>9:30 Exercise (LEA) 11:00 Holistic Health Hour 1:45 Activity w/ LEA 3:00 Spa Time (LEA) 4:00 Seasonal Activity (LEA)</p> | <p>29</p> <p>9:30 Exercise 11:00 Reminisce/Discuss (LEA) 1:30 Science Club (LEA) 3:00 Cooking Creations (LEA) 4:00 Activity w/ LEA</p> | <p>30</p> <p>9:30 Exercise (LEA) 11:00 Book Club (LEA) 1:30 Bingo (LEA) 3:00 MIM Art Program 4:30 Men's Club (LEA)</p> |