

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Mindful Movement 9:45 Sip and Social 10:00 Pastor Paul Visits 1:30 Welcome December 6:00 Bingo	2 9:30 Gentle Stretch 9:45 Sip and Social 10:00 Paint therapy 1:30 You Pick Games	3 9:30 Rise and Stretch 9:45 Sip and Social 10:00 Baptist Church Group 1:30 Holiday Card Crafting 6:00 Craft and Create	4 9:30 Morning Motion 9:45 Sip and Social 10:00 Ornament Making 1:30 Happy Hour	5 9:30 Feel-Good Fitness 9:45 Sip and Social 10:00 Bingo 12:00 Movie and Popcorn	6 9:30 Chair Yoga 9:45 Sip and Social 10:00 Creation Station
7 Rest and Recharge Gaithers Sing Along	8 9:30 Mindful Movement 9:45 Sip and Social 10:00 Pastor Paul Visits 1:30 Nail Station 6:00 Bingo	9 9:30 Gentle Stretch 9:45 Sip and Social 10:00 String Art 1:30 Oh Christmas Tree	10 9:30 Rise and Stretch 9:45 Sip and Social 10:00 Paint Therapy 1:30 Winter Wonder Land 3:00 Librarian Visits 6:00 Movie and Treats	11 9:30 Morning Motion 9:45 Sip and Social 10:00 Therapy Pups Visit 1:30 Happy Hour	12 9:30 Feel-Good Fitness 9:45 Sip and Social 10:00 Bingo 1:30 Christmas Globe Making	13 9:30 Chair Yoga 9:45 Sip and Social 10:00 Craft and Create
14 Rest and Recharge Gaithers Sing Along  Hanukkah Begins	15 9:30 Mindful Movement 9:45 Sip and Social 10:00 Pastor Paul Visits 1:30 Grinch Day 6:00 Bingo	16 9:30 Gentle Stretch 9:45 Sip and Social 10:00 Music with Bumper 1:30 Chocolate Covered Treats	17 9:30 Rise and Stretch 9:45 Sip and Social 10:00 Baptist Church Group 1:30 Santa Gnomes 6:00 Christmas Lights	18 9:30 Morning Motion 9:45 Sip and Social 10:00 Music with Tim 1:30 Happy Hour 3:30 Sandra Visits	19 9:30 Feel-Good Fitness 9:45 Sip and Social 10:00 Bingo 1:30 Tree Top Glistening	20 9:30 Chair Yoga 9:45 Sip and Social 10:00 Creation Station
21 Rest and Recharge Gaithers Sing Along  Winter Begins	22 9:30 Mindful Movement 9:45 Sip and Social/Resident Council 10:00 Pastor Paul Visits 1:30 Christmas Goats 6:00 Bingo	23 9:30 Gentle Stretch 9:45 Sip and Social 10:00 Christmas Reindeer 1:30 Christmas Party 6:00 2nd Round Christmas Lights	24 9:30 Rise and Stretch 9:45 Sip and Social 10:00 Ginger Bread Man 1:30 Christmas Movie and Treats	25 9:30 ITS CHRISTMAS 10:00 Creation Station 1:30 Sweet Treats  Christmas	26 9:30 Feel-Good Fitness 9:45 Sip and Social 10:00 Bingo 1:30 Candy Cane Lane  Boxing Day (Canada) Kwanzaa Begins	27 9:30 Chair Yoga 9:45 Sip and Social 10:00 Craft and Create
28 Rest and Recharge Gaithers Sing Along	29 9:30 Mindful Movement 9:45 Sip and Social 10:00 Pastor Paul Visits 1:30 Lets Bowl 6:00 Bingo	30 9:30 Gentle Stretch 9:45 Sip and Social 10:00 Let it Snow 1:30 Snowmen Making	31 9:30 Rise and Stretch 9:45 Sip and Social 10:00 Ring the Bell 1:30 New Years Eve Party  New Year's Eve	 <h1>December</h1> <h1>2025</h1>		

Activities are held in dining room but are subject to change in date, location and time. Pop up activities may occur. Outside activities are weather dependent.