





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:45 Exercises 10:45 Walk Program 11:45 Room visit 1:45 Karaoke 1:45 Magic in Words 3:15 1:1 Sit to stand & Outdoor Walks	2 9:45 Exercises 11:00 Holy Mass 11:45 Room visits 1:45 Beauty Time 1:45 Art Therapy 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections	3 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 1:45 Fun Brain Games 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections	4 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections
5 9:45 Exercises 11:00 1:1 Mini Bike Exercise 1:45 Bible Study 3:00 Holy Mass 	6 9:45 Exercises. 10:45 Walk Program 11:45 Room visits 1:45 Bingo with chocolate 3:15 1:1 Sit to stand & Outdoor Walks 	7 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to stand & Outdoor Walks 5:00 1:1 Mini Bike Exercise 6:30 1:1 Connections	8 9:45 Exercises 10:45 Walk Program 11:45 Room visit 1:45 Karaoke 1:45 Magic in Words 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections	9 9:45 Exercises 11:00 Holy Mass 1:45 Indoor Snowball Fight (staff welcome) 1:45 Art Therapy 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections	10 9:45 Exercises. 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 1:45 Fun Brain Games 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections	11 9:45 Exercises 10 45 Walk Program 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections
12 9:45 Exercises 11:45 Room visits 2:00 Christmas Karaoke 3:15 1:1 Sit to stand & Outdoor Walks 3:00 Holy Mass	13 Today dress up in festive red and white 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to stand & Outdoor Walks	14 Today wear something shiny and shimmering 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to stand & Outdoor Walks	15 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Magic in Words 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections	16 9:45 Exercises 11:00 Holy Mass 11:45 Room visits 1:45 Beauty Time 1:45 Art therapy 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections	17 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 1:45 Fun Brain Games 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	18 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Happy Hour 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections
19 9:45 Exercises 11:00 Holy Mass on TV 11:45 Room visits 1:45 Bible Study 3:15 1:1 Sit to stand & Outdoor Walks	20 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to stand & Outdoor Walks	21 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 1:45 Baking 3:15 1:1 Sit to stand & Outdoor Walks 5:00 1:1 Mini Bike Exercise 6:30 1:1 Connections	22 9:45 Exercises 10:45 Walk Program 1:45 Magic in Words 1:45 Karaoke 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections	23 9:45 Exercises 11:00 Holy Mass 1:45 Beauty Time 1:45 Art Therapy 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections	24 WIGILIA  9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Let's get together & Reminisce of Christmas 4:30 Traditional Christmas Dinner - Wigilia	25 Christmas is the day that Holds All Time Together 9:45 Exercises 11:00 Holy Mass 1:30 Let's get together & sing Christmas Carols 3:15 1:1 Christmas movie Time on Netflix
26 9:45 Exercises 11:00 Holy Mass 11:45 Room visits 1:45 Bible Study 3:15 1:1 Sit to Stand & Outdoor Walks	27 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to stand Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections	28 9:00 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections	29 9:45 Exercises 10:45 Walk Program 1:45 Magic in Words 1:45 Karaoke 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Fly Ball 6:30	30 9:45 Exercises 11:00 Holy Mass 1:45 Beauty Time 1:45 Art Therapy 3:15 1:1 Sit to stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections	31 9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Party & Champagne Time! Let's celebrate New Year! 1:45 Fun Brain Games 3:15 1:1 Sit to stand & Outdoor Wal	** Daily Chronicles are provided daily ** Activity Calendar is subject to change Happy New Year 2022 Everyone!

CHRISTMAS GIVES US AN OPPORTUNITY TO PAUSE AND REFLECT ON THE IMPORTANT THINGS AROUND US