

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2023



<p>10am: Coffee &amp; Music (M) <b>3</b>                  11am: Activity of choice (M)                  1pm: Sunday Quiz (M)                  2pm: Gospel Music (M)                  3pm: Holiness Revival Movement (M)                  4pm: Brain/Table Games (M)</p>	<p>10am: Coffee &amp; Music <b>4</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Spa Day                  4pm: 1:1 Visits                  5pm: Mail Delivery  <b>National Santa's List Day</b></p>	<p>10am: Coffee &amp; Music <b>5</b>                  11am: Restorative Exercise                  2pm: Arts &amp; Crafts                  4pm: Movie &amp; Snack                  5pm: Mail Delivery                  6pm: Gentleman's Club</p>	<p>10am: Coffee &amp; Food <b>6</b>                  Committee                  11am: Restorative Exercise                  2pm: Beading                  3pm: Bible Study with Ms. Yobi  <b>National Mitten Tree Day</b></p>	<p>10am: Coffee &amp; Music <b>7</b>                  11am: Restorative Exercise                  2pm: Bingo!                  4pm: 1:1 Visits                  5pm: Mail Delivery                  6pm: Sip N Paint                  Hanukkah Begins</p>	<p>10am: Coffee &amp; Music <b>8</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Ornament Craft!                  4pm: 1:1 Visits                  5pm: Mail Delivery</p>	<p>10am: Saturday Devotions <b>9</b>                  11am: Trivia                  Challenge/Puzzles                  2pm: Bingo                  3pm: Saturday Movie                  4pm: 1:1 Visits  <b>National Christmas Card Day</b></p>
<p>10am: Coffee &amp; Music (M) <b>10</b>                  11am: Activity of choice (M)                  1pm: Sunday Quiz (M)                  2pm: Gospel Music (M)                  3pm: Holiness Revival Movement (M)                  4pm: Brain/Table Games (M)</p>	<p>10am: Coffee &amp; Music <b>11</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Spa Day                  4pm: 1:1 Visits                  5pm: Mail Delivery</p>	<p>10am: Coffee Social <b>12</b>                  11am: Restorative Exercise                  2pm: VolleyBall Game!                  3pm: Movie &amp; Snack                  6pm: Brain/Table Games  <b>National Poinsettia Day</b></p>	<p>10am: Coffee &amp; Music <b>13</b>                  11am: Restorative Exercise                  2pm: Art With Sue                  3:30pm: Baking Club                  5pm: Mail Delivery  <b>National Cocoa Day</b></p>	<p>10am: Coffee &amp; Music <b>14</b>                  11am: Restorative Exercise                  2pm: Resident Council Meeting                  4pm: 1:1 Visits                  5pm: Mail Delivery                  6pm: Sip N Paint</p>	<p>10am: Coffee &amp; Music <b>15</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Sweater Cookie decorating                  4pm: 1:1 Visits                  5pm: Mail Delivery  <b>National Ugly Sweater Day</b></p>	<p>10am: Saturday Devotions <b>16</b>                  11am: Trivia                  Challenge/Puzzles                  2pm: Bingo                  3pm: Saturday Movie                  4pm: 1:1 Visits</p>
<p>10am: Coffee &amp; Music (M) <b>17</b>                  11am: Activity of choice (M)                  1pm: Sunday Quiz (M)                  2pm: Gospel Music (M)                  3pm: Holiness Revival Movement (M)                  4pm: Brain/Table Games (M)</p>	<p>10am: Coffee &amp; Music <b>18</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Spa Day                  4pm: 1:1 Visits                  5pm: Mail Delivery  <b>National answer the phone like Buddy the elf day :</b></p>	<p>10am: Coffee &amp; Music <b>19</b>                  11am: Restorative Exercise                  2pm: Arts &amp; Crafts                  4pm: Movie &amp; Snack                  5pm: Mail Delivery                  6pm: Gentleman's Club</p>	<p><b>*Walmart Trip 10am*</b> <b>20</b>                  10am: Coffee &amp; Morning Shows                  11am: Restorative Exercise                  2pm: Beading                  3pm: Bible Study with Ms. Yobi                  4pm: 1:1 Visits  <b>National Go Caroling Day</b></p>	<p>10am: Coffee &amp; Music <b>21</b>                  11am: Restorative Exercise                  2pm: Birthday Celebration                  *with musical performance*                  5pm: Mail Delivery                  6pm: Sip N Paint                  Winter Begins</p>	<p>10am: Coffee &amp; Music <b>22</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Gingerbread &amp; Eggnog                  4pm: 1:1 Visits                  5pm: Mail Delivery</p>	<p>10am: Saturday Devotions <b>23</b>                  11am: Trivia                  Challenge/Puzzles                  2pm: Bingo                  3pm: Saturday Movie                  4pm: 1:1 Visits  <b>National Festivus Day</b></p>
<p>10am: Coffee &amp; Music (M) <b>24</b>                  11am: Activity of choice (M)                  1pm: Sunday Quiz (M)                  2pm: Gospel Music (M)                  3pm: Holiness Revival Movement (M)                  4pm: Brain/Table Games (M)</p>	<p><b>10am 25</b>                  Hot chocolate, Christmas movie, and gifts!  <b>Merry Christmas and Happy Holidays to all of our residents, families, and staff :</b>                  Christmas</p>	<p>10am: Coffee Social <b>26</b>                  11am: Restorative Exercise                  2pm: Bowling!                  3pm: Movie &amp; Snack                  6pm: Brain/Table Games                  Kwanzaa Begins                  Boxing Day (Canada)</p>	<p>10am: Coffee &amp; Music <b>27</b>                  11am: Restorative Exercise                  2pm: Art With Sue                  3:30pm: Baking Club                  5pm: Mail Delivery  <b>National Fruitcake Day</b></p>	<p>10am: Coffee &amp; Music <b>28</b>                  11am: Restorative Exercise                  2pm: Bingo!                  4pm: 1:1 Visits                  5pm: Mail Delivery                  6pm: Sip N Paint  <b>National Card Playing Day</b></p>	<p>10am: Coffee &amp; Music <b>29</b>                  11am: Restorative Exercise                  2pm: Yoga W/Gupta                  3pm: Glove Decorating Craft!                  4pm: 1:1 Visits                  5pm: Mail Delivery</p>	<p>10am: Saturday Devotions <b>30</b>                  11am: Trivia                  Challenge/Puzzles                  2pm: Bingo                  3pm: Saturday Movie                  4pm: 1:1 Visits</p>

10am: Coffee & Music (M) **31**  
 11am: Activity of choice (M)  
 2pm: Gospel Music (M)  
 3pm: Holiness Revival Movement (M)  
**7pm: New Years Eve Party :**  
 New Year's Eve

**KEY**  
 Main Dining Room: D  
 Gateway Dining Room: G  
 Multipurpose Room: M  
 Gateway Media Room: GM  
 Shenandoah Dining Room: S  
 Chesapeake Dining Room: C

**"It's not how much we give, but how much love we put into giving." -Mother Theresa**

All Activities are subject to change\*