



4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp



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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

News from New Dawn

December 2020 Newsletter



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Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

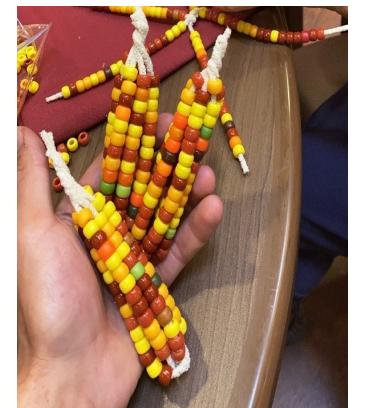
- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

Special Moments



November Crafting and Dessert Fun!

Happy Birthday!



Becca: Dec. 4
Antonia: Dec. 5
Nikisha: Dec. 13
Amanda: Dec. 23

Barbara: Dec. 5
Judy B: Dec. 15
Steve: Dec. 18
Becky: Dec. 22
Etelvina: Dec. 29

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

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| 01 Eat a Red Apple Day; Pie Day | 17 Maple Syrup Day; Wright Brothers Day |
| 02 Mutt Day; Fritters Day | 18 Twin Day; Ugly Christmas Sweater Day |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Sock Day; Dice Day | 20 Sangria Day |
| 05 Earmuff Day; Volunteer Day | 21 Winter Solstice; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day |
| 07 Cotton Candy Day | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa starts; Candy Cane Day |
| 11 Noodle Ring Day; App Day | 27 Fruitcake Day |
| 12 Gingerbread House Day | 28 Card Playing Day; Short Film Day |
| 13 Cocoa Day; Violin Day | 29 Pepper Pot Day |
| 14 Bouillabaisse Fish Stew Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Day | |

Regarding Covid-19: Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



"It is the life of the crystal, the architect of the flake, the fire of the frost, the soul of the sunbeam. This crisp winter air is full of it." – John Burroughs

WINTER WONDER...

"Snow flurries began to fall and they swirled around people's legs like house cats. It was magical, this snow globe world." – Sarah Addison Allen, "The Sugar Queen"



Staff Spotlight:
Alesia



Resident Spotlight:
Etelvina

Alesia was born in Gary, Indiana. She has a loving husband, Lance, and is the mother of 8 angels, 5 girls and 3 boys. She attended College America where she received her associates degree in medical. She has a passion for working with the elderly and enjoys what she does. In her free time she enjoys reading, puzzles, music, dancing, and trying new things. Thank you for all you do, Alesia!

Etelvina is a wonderful mother and friend. She is always smiling and willing to help anyone in need. She loves her children and her 8 great grandchildren dearly. She enjoys gardening and cooking, and has a big heart!

We're so happy to have you here at New Dawn, Etelvina!

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Happy Hanukkah</p>	 <p>Merry Christmas</p>	1 Pie Day 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:00 Reminiscing 1:30 Flower Arranging 2:00 Snack Attack 2:30 Walking Club 3:00 iN2L Trivia 6:00 Movie Night	2 Mutt Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Games 11:30 Today in History 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Manicures 3:30 Afternoon Stroll	3 UN Day of Persons with Disabilities 9:15 Dancing 10:00 Morning Munch 10:30 iN2L Trivia 11:30 Remember When 1:30 iN2L Games 2:00 Root Beer Floats 2:30 Bible Study 3:00 Cooking Video	4 Sock Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Trivia 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Crafty Corner 3:00 Walking Club 4:00 Game Show TV	5 Earmuff Day 9:15 Yoga 10:00 Morning Munch 10:30 Reminiscing 11:00 Laundry Folding 1:30 Take a Stroll 2:00 Snack Attack 2:30 Active Game 3:30 iN2L Music
6 Gazpacho Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Sports 1:30 Let's Walk 2:00 Snack Attack 3:00 Bible Reading 4:00 Hymns	7 Cotton Candy Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Dancing/Karaoke 3:00 1:1's and Music	8 Time Traveler Day 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:00 Reminiscing 1:30 Flower Arranging 2:00 Snack Attack 2:30 iN2L Game 3:00 Walking Club 6:00 Movie Nigh	9 Pastry Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Today in History 11:30 iN2L Games 1:30 Watercolor MIM 2:00 Snack Attack 2:30 iN2L Trivia 3:30 Afternoon Stroll	10 Hanukkah Begins 9:15 Dancing 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Trivia 1:30 iN2L Games 2:00 Happy Hour 3:00 Bible Study 3:30 Cooking Video	11 Noodle Ring Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Trivia 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Crafty Corner 3:00 Walking Club 4:00 Game Show TV	12 Gingerbread House Day 9:15 Yoga 10:00 Morning Munch 10:30 Reminiscing 11:00 Laundry Folding 1:30 Take a Stroll 2:00 Snack Attack 2:30 Active Game 3:30 iN2L Music
13 Cocoa Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 2:30 iN2L Sports 3:00 Bible Reading 4:00 Hymns	14 Boulonnais Fish Stew Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Take a Walk 3:00 1:1's and Music	15 Cupcake Day 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:00 Reminiscing 1:30 Flower Arranging 2:00 Snack Attack 2:30 Walking Club 3:00 iN2L Trivia 6:00 Movie Night	16 Chocolate Covered Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Games 11:00 Today in History 1:30 Watercolor MIM 2:00 Snack Attack 3:00 How it's Made Video 3:30 Afternoon Stroll	17 Wright Brothers Day 9:15 Dancing 10:00 Morning Munch 10:30 Baking Party: Cake 11:30 Remember When 1:30 iN2L Games 2:00 Root Beer Floats 2:30 Bible Study 3:00 Cooking Video	18 Ugly Christmas Sweater Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Trivia 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Crafty Corner 3:00 Walking Club 4:00 Game Show TV	19 Hard Candy Day 9:15 Yoga 10:00 Morning Munch 10:30 Reminiscing 11:00 Laundry Folding 1:30 Take a Stroll 2:00 Snack Attack 2:30 Active Game 3:30 iN2L Music
20 Sangria Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 2:30 iN2L Sports 3:00 Bible Reading 4:00 Hymns	21 Winter Solstice 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Take a Walk 3:00 Dancing/Karaoke 3:30 1:1's and Music	22 Date Nut Bread Day 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:00 Reminiscing 1:30 Flower Arranging 2:00 Snack Attack 2:30 Tossing Game 3:00 Walking Club 6:00 Movie Night	23 Forefathers Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Games 11:30 Today in History 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Bobby Jackson 3:00 How it's Made Video 3:30 Afternoon Stroll	24 Christmas Eve 9:15 Dancing 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Trivia 1:30 Bingo 2:00 Snack Attack 2:30 How it's Made Video 3:00 Cooking Video	25 Christmas Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Manicures 11:00 iN2L Trivia 1:00 Bingo 2:00 Snack Attack 2:30 Christmas Party 3:00 Manicures 4:00 Game Show TV	26 Candy Cane Day 9:15 Yoga 10:00 Morning Munch 10:30 Reminiscing 11:00 Laundry Folding 1:30 Take a Stroll 2:00 Snack Attack 2:30 Active Game 3:30 iN2L Music
27 Fruitcake Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Advent Wreath 2:00 Snack Attack 2:30 iN2L Sports 3:00 Bible Reading 4:00 Hymns	28 Card Playing Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Bingo 1:30 Manicures 2:00 Snack Attack 2:30 Dancing/Karaoke 3:00 1:1's and Music	29 Pepper Pot Day 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:00 Reminiscing 1:30 Flower Arranging 2:00 Snack Attack 2:30 Tossing Game 3:00 Walking Club 6:00 Movie Night	30 Bacon Day 9:15 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Games 11:30 Today in History 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Manicures 3:00 How it's Made Video 3:30 Afternoon Stroll	31 New Year's Eve 9:15 Dancing 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Trivia 1:30 Bingo 2:00 Snack Attack 2:30 New Year's Party 3:30 Ball Drop Video	 <p>Happy New Year</p>	<p>All activities subject to change per mandated health guidelines.</p>

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Pie Day 9:15 Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 iN2L Games 3:30 Take a Stroll 6:00 Movie Night	2 Mutt Day 9:30 Ball Toss 10:00 Morning Munch 10:30 iN2L Trivia 11:00 Remember When 1:30 Flower Arranging 2:00 Snack Attack 2:30 Table Games 3:00 Afternoon Stroll	3 UN Day of Persons with Disabilities 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Reminiscing 11:30 Sports Trivia 1:30 Bowling 2:00 Snack Attack 2:30 Afternoon Stroll 4:00 How it's Made Video	4 Sock Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Travel Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Bingo 3:00 Manicures	5 Earmuff Day 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Take A Stroll 2:30 Root Beer Floats 3:00 Movie and Spa 4:00 iN2L Music
6 Gazpacho Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 3:30 Hymn Sing 6:20 Broncos vs Chiefs	7 Cotton Candy Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	8 Time Traveler Day 9:15 Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Manicures 3:30 iN2L Games 6:00 Movie Night	9 Pastry Day 9:30 Ball Toss 10:00 Morning Munch 10:30 iN2L Game 11:30 Remember When 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Flower Arranging 3:30 Afternoon Stroll	10 Hanukkah Begins 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Trivia 11:00 iN2L Games 1:30 Bowling 2:00 Happy Hour 3:00 Afternoon Stroll 4:00 How it's Made Video	11 Noodle Ring Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Travel Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Manicures 3:00 Crafty Corner	12 Gingerbread House Day 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 Root Beer Floats 3:00 Movie and Spa 4:00 iN2L Music
13 Cocoa Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Broncos vs Panthers 1:30 Let's Walk 2:00 Snack Attack 2:05 Reminisce 3:30 Hymn Sing	14 Boulonnais Fish Stew Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 2:30 iN2L Game 3:30 Tossing Game 4:00 Manicures	15 Cupcake Day 9:15 Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 iN2L Games 3:30 Take a Stroll 6:00 Movie Night	16 Chocolate Covered Day 9:30 Ball Toss 10:00 Morning Munch 10:30 iN2L Trivia 11:00 Remember When 1:00 Afternoon Stroll 2:00 iN2L Game 3:30 Flower Arranging 4:00 Table Games	17 Wright Brothers Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Reminisce 11:00 iN2L Games 1:30 Bowling 2:00 Snack Attack 2:30 Afternoon Stroll 4:00 How it's Made Video	18 Ugly Christmas Sweater day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Travel Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Bingo 3:30 Manicures	19 Hard Candy Day 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 Hot Chocolate 3:00 Movie and Spa 4:00 iN2L Music
20 Sangria Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 2:05 Reminisce 3:30 Hymn Sing	21 Winter Solstice 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	22 Date Nut Bread Day 9:15 Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Manicures 3:30 iN2L Games 6:00 Movie Night	23 Forefathers Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:30 Remember When 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Bobby Jackson 3:30 Flower Arranging	24 Christmas Eve 9:30 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 1:30 Bowling 2:00 Snack Attack 2:30 How it's Made Video 3:00 Afternoon Stroll	25 Christmas Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 iN2L Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Christmas Party 3:30 Manicures	26 Candy Cane Day 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 Root Beer Floats 3:00 iN2L Games 4:00 iN2L Music
27 Fruitcake Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Reminisce 2:00 Snack Attack 2:05 Reminisce 3:30 Hymn Sing	28 Card Playing Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 3:30 Manicures	29 Pepper Pot Day 9:15 Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Manicures 3:30 iN2L Games 6:00 Movie Night	30 Bacon Day 9:30 Ball Toss 10:00 Morning Munch 10:30 iN2L Games 11:30 Remember When 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Flower Arranging	31 New Year's Eve 9:30 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 1:30 Bowling 2:00 Snack Attack 3:00 New Year's Party 3:30 How it's Made Video		<p>All activities subject to change per mandated health guidelines.</p>

DECEMBER 2020

New Dawn

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4185 Briargate Parkway, Colorado Springs, CO 80918

• 719-352-3069

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Happy Hanukkah</p>	 <p>Merry Christmas</p>	1 Pie Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Active Game 11:00 iN2L Game 1:30 Flower Arranging 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 1:1's and How it's made video 6:00 Movie Night	2 Mutt Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Reminiscing 11:00 iN2L Game 1:30 Tossing Game 2:00 Snack Attack 2:30 Manicures 3:00 Afternoon Stroll 3:30 Classic TV and 1:1's	3 UN Day of Persons with Disabilities 9:30 Ball Toss 10:00 Morning Munch 10:30 Reminiscing 11:30 Bingo 1:30 Active Game 2:00 Snack Attack 2:30 Walking Club 3:30 Cooking Video	4 Sock Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Game 11:00 Manicures 1:30 Dancing/Karaoke 2:00 Snack Attack 2:30 Crafty Corner 3:30 Balloon Toss	5 Earmuff Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 Take a Stroll 1:30 iN2L Games 2:00 Snack Attack 2:30 Root Beer Float 3:00 Movie and Spa
6 Gazpacho Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Snack Attack 3:00 Hymn Sing	7 Cotton Candy Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Watercolor MIM 3:30 Manicures	8 Time Traveler Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Active Game 11:00 iN2L Game 11:30 1:1's & Patriotic Music 1:30 Flower Arranging 2:00 Snack Attack 2:30 Manicures 3:30 Afternoon Stroll 6:00 Movie Night	9 Pastry Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Reminiscing 11:00 iN2L Game 1:30 Tossing Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Classic TV and 1:1's	10 Hanukkah Begins 9:30 Ball Toss 10:00 Morning Munch 10:30 Bingo 11:00 Remember When 1:30 Bingo 2:00 Happy Hour 3:00 Walking Club 4:00 Cooking Video	11 Noodle Ring Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Game 11:00 Manicures 1:30 Dancing/Karaoke 2:00 Snack Attack 2:30 Crafty Corner 3:30 Balloon Toss	12 Gingerbread House Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 Take a Stroll 1:30 iN2L Games 2:00 Snack Attack 2:30 Root Beer Float 3:00 Movie and Spa
13 Cocoa Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 2:30 Sunday Sports 3:00 Hymn Sing	14 Boulognais Fish Stew Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Winter Craft 3:30 Manicures	15 Cupcake Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Active Game 11:00 iN2L Game 1:30 Flower Arranging 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 1:1's and How it's Made video 6:00 Movie Night	16 Chocolate Covered Day 9:30 iN2L Exercise 10:00 Snack Attack 10:30 Mickey Video 11:00 Mickey Trivia 1:30 Tossing Game 2:00 Manicures 3:00 Afternoon Stroll 3:30 Classic TV and 1:1's	17 Wright Brothers Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Baking Party: Cake 11:00 Remember When 1:30 Bingo 2:00 Snack Attack 2:30 Walking Club 3:00 Cooking Video	18 Ugly Christmas Sweater Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Game 11:00 Manicures 1:30 Dancing/Karaoke 2:00 Snack Attack 2:30 Crafty Corner 3:30 Balloon Toss	19 Hard Candy Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 Take a Stroll 1:30 iN2L Games 2:00 Snack Attack 2:30 Root Beer Float 3:00 Movie and Spa
20 Sangria Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 2:05 Sunday Sports 3:00 Hymn Sing	21 Winter Solstice 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	22 Date Nut Bread Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Active Game 11:00 iN2L Game 11:30 1:1's and How it's Made video 1:30 Flower Arranging 2:00 Snack Attack 2:30 Manicures 3:30 Afternoon Stroll 6:00 Movie Night	23 Forefathers Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Reminiscing 11:00 iN2L Game 1:30 Tossing Game 2:00 Snack Attack 2:30 Bobby Jackson 3:00 Afternoon Stroll 3:30 Classic TV and 1:1's	24 Christmas Eve 9:30 Ball Toss 10:00 Morning Munch 10:30 Reminiscing 11:00 iN2L Game 1:30 Active Game 2:00 Snack Attack 2:30 How it's Made Video 3:00 Cooking Video	25 Christmas Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Game 11:00 Manicures 1:30 Dancing/Karaoke 2:00 Snack Attack 2:30 Christmas Party 3:30 Balloon Toss	26 Candy Cane Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 Take a Stroll 1:30 iN2L Games 2:00 Snack Attack 2:30 Root Beer Float 3:00 Movie and Spa
27 Fruitcake Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Manicures 2:00 Snack Attack 2:05 Sunday Sports 3:00 Hymn Sing	28 Card Playing Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Watercolor MIM 3:30 Manicures	29 Pepper Pot Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Active Game 11:00 iN2L Game 11:30 1:1's and How it's Made video 1:30 Flower Arranging 2:00 Snack Attack 2:30 iN2L Music 3:30 Afternoon Stroll	30 Bacon Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Reminiscing 11:00 iN2L Game 1:30 Tossing Game 2:00 Snack Attack 2:30 iN2L Music 3:00 Afternoon Stroll 3:30 Classic TV and 1:1's	31 New Year's Eve 9:30 Ball Toss 10:00 Morning Munch 10:30 iN2L Game 11:00 Manicures 1:30 Active Game 2:00 Snack Attack 2:30 New Years Party 3:00 Cooking Video	 <p>Happy New Year</p>	<p>All activities subject to change per mandated health guidelines.</p>