


December 2020

AL Monthly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>AE Artistic Expression CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>	<p>9:00 PE Put up the Christmas Tree 1 10:30 PE Chair Workout 11:00 LL Reading this day in History 1:00 LL Christmas sugar scrub making 2:00 LL Resident Council 3:00 LL Bingo 4:00 LL Holiday planning</p>	<p>9:30 CE Decorating the Christmas Tree 2 10:30 PE Sit & Fit 11:00 PE Inside Walking 1:00 AE Nail Art 2:00 PE Volleyball 3:00 LL Ice Cream Social</p>	<p>9:00 CE News you can use 3 10:30 LL Workout Time 1:00 AE Color Surprise 2:00 PE Bowling 3:00 LL Away with Numbers 4:00 CE Name that tune</p>	<p>9:00 LL Morning Walk 4 10:30 PE Yoga 1:00 LL Flash Cards 2:00 PE Soft ball toss 3:00 LL Lighting of the Christmas Tree 4:00 LL Cocktail Hour</p>	<p>9:30 LL Fire place talk 5 10:30 PE Leg Day 11:00 LL Story Time 1:00 LL Winter decorating 2:00 LL Making Natal Chart 3:00 LL Dance Music</p>
<p>9:30 LL Social Hour 6 10:30 PE Arm Day 11:00 CE Check out A book 1:00 LL Bingo 2:00 SS Massage Time 3:00 SS Outside Walk</p>	<p>9:00 LL Classical Music 7 10:30 PE Stretch & Flex 1:00 LL Mexican Train Domino's 2:00 AE Crafty Town 3:00 CE Scrabble Game 4:00 LL Puzzle Pieces</p>	<p>9:00 LL Coffee Talk 8 10:30 PE Exercise with Weights 1:00 LL Christmas sugar scrub making 2:00 LL Domino Game 3:00 LL Calling the numbers 4:00 LL Making holiday Cards</p>	<p>9:30 CE Good Morning America 9 10:30 PE Upper Body Workout 11:00 LL Nails 1:00 PE Farkle Dice Game 2:00 LL Resident family feud 3:00 LL Root Beer Floats and Talk</p>	<p>9:00 CE Word Search 10 10:30 LL Upper Arm Strength 1:00 LL Holiday Movies 2:00 LL Christmas Snacks 3:00 LL Bingo Time 4:00 CE Listening to the tunes</p>	<p>9:00 LL Patio Talk 11 10:30 PE Yoga 1:00 LL Getting to know you 2:00 LL Cooking Class 3:00 LL Black Jack Game 4:00 LL Cocktail Social</p>	<p>9:30 LL Daily News 12 10:30 PE Lower Body 11:00 LL Bowling 1:00 LL Making Sugar Scrub 2:00 LL Story by the fire place 3:00 LL Old maid card game</p>
<p>9:30 LL Bible Verses 13 10:30 PE Let's get active 11:00 Cone Day 1:00 LL 12 Days of Christmas 2:00 SS Away with Numbers 3:00 SS Christmas Music listening</p>	<p>9:00 LL News Time 14 10:30 PE Fitness Fun Exercise 1:00 LL Resident Council 2:00 AE Memory Box 3:00 CE Game Time 4:00 LL Cider and Company</p>	<p>9:00 LL News you can use 15 10:30 PE Yoga Class 1:00 LL Current event talk 2:00 LL Connect the dots 3:00 LL Away with Numbers 4:00 LL Hand Massage</p>	<p>LADIES WITH HEART 16 9:30 CE Coffee Talk 10:30 PE Fitness Fun 11:00 LL Scrabble Game 1:00 LL Ball Toss 2:00 LL Monthly Birthday Party by Interim health care 3:00 LL Trivia Games</p>	<p>9:00 CE Short Stories 17 10:30 LL Leg Exercises 1:00 AE What's New 2:00 PE Learn to play Bridge 3:00 LL Bingo with friends. 4:00 CE Word Search</p>	<p>9:00 LL Coffee to go 18 10:00 SS Music by Kelly Martin from Frontier Hospice 10:30 PE Fitness Fun Exercise 2:00 PE Resident Christmas Gathering!!!! 3:00 LL Sending Christmas cards 4:00 LL Bistro and Cocktails</p>	<p>9:30 LL Morning Walk 19 10:30 PE Exercise 11:00 LL UNO 1:00 LL Domino's 2:00 LL Cooking 3:00 Movie Showing</p>
<p>9:30 SS Morning Bible 20 10:30 PE Exercise standing behind your chair 11:00 CE Hand Therapy 1:00 LL Baking Holiday Goodies 2:00 SS Bingo with friends. 3:00 SS Dodge Ball</p>	<p>9:00 LL Hot Topics 21 10:30 PE Work Out with friends. 1:00 LL Christmas Auction 2:00 AE Crafts 3:00 CE Scrabble 4:00 LL Word Search</p>	<p>9:00 LL Todays News 22 10:30 PE Leg Exercises 11:00 LL Stories with friends 1:00 LL Christmas Drinks 2:00 LL Domino's 3:00 LL Resident Bingo 4:00 LL Puzzle Perfect</p>	<p>9:30 CE Tea Time 23 10:30 PE Stay Fit 11:00 LL Christmas Story 1:00 LL Clay Molding 2:00 AE Home Made Popcorn 3:00 LL Christmas Movies</p>	<p>Christmas Eve 24 9:00 CE Christmas Stories 10:30 PE Muscle toning 1:00 AE Color by Numbers 2:00 LL Connecting the pieces 3:00 LL Resident Bingo 4:00 CE Christian Music</p>	<p>Christmas Day 25 9:00 LL Holiday Movies 10:30 Christmas Cocoa 1:00 PE Spa nails 2:00 LL Christmas parade 3:00 LL Card Game 4:00 LL Eggnog and Cookies</p>	<p>9:30 LL Morning Walk 26 10:30 PE Sit & Fit 11:00 LL Two Truths and A Lie 1:00 LL Making hot Drinks 2:00 LL Air Hockey 3:00 LL Learning accessory</p>
<p>9:30 SS Early Morning Bible reading 27 10:30 PE Exercise with Weights 11:00 CE Check out A book 1:00 LL Christian Music 2:00 SS Let's play Bingo 3:00 SS Fire place & Hot chocolate</p>	<p>9:00 LL Good Morning America 28 10:30 PE Sit & Fit 1:00 LL UNO 2:00 AE Telling Silly Stories 3:00 CE Scrabble the words 4:00 LL Evening Stroll</p>	<p>9:00 PE Morning Walk 29 10:30 PE Chair Workout 11:00 LL Short Stories 1:00 LL Christmas Music listening 2:00 LL Domino Game 3:00 LL Bingo 4:00 LL Holiday planning</p>	<p>9:30 LL Morning Coffee 30 10:30 PE Sit & Fit 11:00 LL Spades 1:00 AE Decorating Cookies 2:00 LL Chip & Dip Fun 3:00 LL Sorry!!!</p>	<p>New Year's Eve 31 9:00 CE Social Talk 10:30 PE Moving and Grooving 1:00 AE Surprise Treats 2:00 LL Memory Box 3:00 LL Away with Numbers 4:00 CE Name the Celebrity</p>		