

# December 2020

## In The Moment – Memory Support



**Location Keys**  
 Activity area AA  
 Common living space by the fish tank FT  
 Dining Room DR  
 Exercise Area EA  
 Outside O

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>1</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Today in history [AA] 3:30 <b>AE</b> Holiday crafts and Tea 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>2</b> 11:00 <b>LL</b> Music and Dancing with Ann VIA ZOOM 2:00 <b>CE</b> Today in history [AA] 3:00 <b>PE</b> Stretch & Flex [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>3</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Today in history [AA] 3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Coffee and Tunes with Don [AA] <b>4</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Afternoon Documentary [AA] 3:30 Happy Hour drinks and word games 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Old Time film Night [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>5</b> 11:00 <b>AE</b> Morning Exercises [O] 2:30 <b>CE</b> Today in history [AA] 3:00 <b>AE</b> Holiday crafts 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]
10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>6</b> 11:00 Morning Exercises 2:00 <b>AE</b> Baking with Madalyn [DR] 3:30 tunes and games [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>7</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Today in history [AA] 3:00 <b>AE</b> Fall Crafts and Tea [FT] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>8</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Today in history [AA] 3:30 <b>CE</b> Taste and Tell [DR] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>9</b> 11:00 <b>LL</b> Music and Dancing with Ann VIA ZOOM 2:00 <b>CE</b> Today in history [AA] 3:30 <b>PE</b> Stretch & Flex [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>10</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Today in history [AA] 3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Coffee and Tunes with Don [AA] <b>11</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Today in history [AA] 3:30 <b>LL</b> Happy Hour drinks and word games 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Old Time film Night [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>12</b> 11:00 <b>AE</b> Morning Exercises [O] 2:30 <b>CE</b> Today in history [AA] 3:00 <b>AE</b> Holiday crafts 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]
10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>13</b> 11:00 <b>PE</b> Morning Exercises [EA] 2:00 <b>AE</b> Baking with Madalyn [DR] 3:30 tunes and games [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>14</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Afternoon Documentary [AA] 3:00 <b>AE</b> Fall Crafts and Tea [FT] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>15</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Today in history [AA] 3:00 <b>AE</b> Holiday cookie baking 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>16</b> 11:00 <b>LL</b> Music and Dancing with Ann VIA ZOOM 2:30 <b>CE</b> Today in history [AA] 3:30 <b>PE</b> Stretch & Flex [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>17</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Today in history [AA] 3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>18</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Today in history [AA] 3:30 Happy hour & word games 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Old Time film Night [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>19</b> 11:00 <b>AE</b> Morning Exercises [O] 2:30 <b>CE</b> Today in history [AA] 3:00 <b>AE</b> Creative Creations 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]
10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>20</b> 11:00 <b>AE</b> Morning Exercises [DR] 2:00 <b>CE</b> Baking with Madalyn [AA] 3:30 tunes and games [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>21</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Afternoon Documentary [AA] 3:00 <b>AE</b> Fall Crafts and Tea [FT] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>22</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Taste and Tell Homemade hot chocolate [DR] 3:30 <b>CE</b> Today in history [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>23</b> 11:00 <b>LL</b> Music and Dancing with Ann VIA ZOOM 2:30 <b>CE</b> Today in history [AA] 3:30 <b>PE</b> Stretch & Flex [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	<b>Christmas Eve</b> <b>24</b> 10:00 <b>LL</b> Baking cookies for Santa [AA] 2:30 <b>CE</b> This day in history [AA] 3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	<b>Christmas Day</b> <b>25</b> 10:00 <b>LL</b> Good Morning coffee and convo [AA] 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CC</b> Hoilday Matinee [AA] 2:30 <b>CE</b> Holiday crafts & Cocoa [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Old Time film Night [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>26</b> 10:00 <b>AE</b> Morning Exercises [O] 2:30 <b>CE</b> Today in history [AA] 3:00 <b>AE</b> Creative Creations 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]
10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>27</b> 11:00 <b>PE</b> Morning Exercises [EA] 2:30 <b>CE</b> Baking with Madalyn [AA] 3:30 Chocolate hour [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>28</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Today in history [AA] 3:30 Tea and short stories 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 evening film [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>29</b> 11:00 <b>PE</b> Stretch & Flex [AA] 2:30 <b>CE</b> Today in history [AA] 3:30 <b>AE</b> Karaoke with Madalyn & Hydee 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	10:00 <b>LL</b> Good Morning coffee and convo [AA] <b>30</b> 11:00 <b>LL</b> Music and Dancing with Ann VIA ZOOM 2:30 <b>CE</b> Today in history [AA] 3:30 <b>PE</b> Stretch & Flex [AA] 6:00 <b>PE</b> Quick yoga stretch and mediation [AA] 6:30 <b>LL</b> Evening Movie [AA]	<b>New Year's Eve</b> <b>31</b> 10:00 <b>LL</b> Good Morning coffee and convo [AA] 11:00 <b>PE</b> Stretch & Flex [AA] 2:00 <b>CE</b> Today in history [AA] 3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA] 4:00 <b>LL</b> NYE Happy Hour 6:30 <b>LL</b> Evening Movie [AA]	Healthy Snacks & Hydration offered throughout each day! <b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	