

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2020

<p>9:45 Daily Chronicles & Staff Chats (S) 10:00 TV Mass (SP) 11:00 Handwash & Hydrate (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 Wine Cork Crafting (Snowman) (A) 2:00 Sunday afternoon snacks & chats 4:15 Dinner Crew (EDLS) 6:00 Christmas in Ct (TCM) (S)</p>	<p>9:30 Current Events & Reminisce (S) 10:30 Exercise for Arthritis 11:00 Handwash & Hydrate (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Word Search (C) 2:00 Cocoa & Crosswords (S & C) 4:00 Movie Charlie Browns Christmas (S) 4:00 - 5pm Christmas Lights Drive with Tracy (MS) 8:00 The Santa Clause (Freeform) (S)</p>	<p>National Sugar Plum Fairy Day 1 9:15 Daily Chronicles (C) 10:30 Ballet Steps and Stretches (E) 11:00 Fairies in the Kitchen (P) 11:30 Handwash & Hydrate (EDLS) 11:45 Lunch Bunch (EDLS) 1:00 Sugar Plum Fairy Mining (C) 1:30 Sugar Plum Fairy Craft 2:00 Treat & Tea (S) 3:30 Decorate Ballet Shoes 4:14 Dinner Club (EDLS) 6:00 A night at the Applewood Theater "The Nutcracker" (S) or 8:00 Rudolph (freeform) (S)</p>	<p>9:45 Daily Chronicles (S) 2 10:15 Silver Sneakers (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 JD Detective "Gift return" (C) 2:00 Holiday treats Sleigh (S) 3:30 Garland string along and Christmas & Music (MS) 4:15 Dinner Club (EDLS) 6:00 Polar Express (AMC) (S)</p>	<p>9:45 Daily Chronicles & Coffee (S) 3 10:00 Mass (SP) 10:30 Rosary (SP) 11:00 Deep in the heart of Texas (MS) 11:30 Handwash & Hydrate (EDLS) 11:45 Lunch Bunch (EDLS) 2:00 Sweet Delights & Christmas with the Kranks (MS & S) 4:15 Dinner Club (EDLS) 6:00 Relaxation & Meditation</p>	<p>9:45 Friday in Review (S) 4 10:30 Fuzion Fitness (E) 11:00 Hydration & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Bingo fun facts (C) 1:30 Nutcracker BINGO (C & S) 2:00 Friday Happy Hour Cart & Riddle me this (S&H) 4:15 Dinner Club (EDLS) 8:00 Movie Scrooged (S)</p>	<p>9:45 Daily Chronicles (S) 5 10:15 Group Chats and Social Visits (S) 11:00 Handwash & Hydrate (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 Chair Yoga (E) 2:00 Afternoon Pick me up (S) 2:30 Paint by Number (A) 4:15 Dinner Club (EDLS) 6:35 Santa Clause is coming to Town (Freeform) (S)</p>
<p>9:45 Daily Chronicles & Staff Chats (S) 6 10:00 TV Mass (SP) 11:00 Handwash & Hydrate (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 Wine Cork Crafting (Snowman) (A) 2:00 Sunday afternoon snacks & chats 4:15 Dinner Crew (EDLS) 6:00 Christmas in Ct (TCM) (S)</p>	<p>9:30 Current Events & Reminisce (S) 7 10:30 Exercise for Arthritis 11:00 Handwash & Hydrate (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Word Search (C) 2:00 Cocoa & Crosswords (S & C) 4:00 Movie Charlie Browns Christmas (S) 4:00 - 5pm Christmas Lights Drive with Tracy (MS) 8:00 The Santa Clause (Freeform) (S)</p>	<p>9:45 Daily Chronicles (S) 8 10:30 Good Morning Workout (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Christmas Plate Making (A) 2:00 Concentration & Snacks (S & C) 4:15 Dinner Crew (EDLS) 6:00 Scrooged (AMC)</p>	<p>9:45 Daily Chronicles & Happy New (S) 9 10:00 Christmas Card Making (P) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Glamour Shots W/ Nurse Jen (P) 1:30 Snack Sleigh (S) 2:00 A Christmas Carol (S) (freeform) 4:15 Dinner Club (EDLS)</p>	<p>9:45 Daily Chronicles (S) 10 10:00 Mass (SP) 10:30 Rosary (SP) 11:00 Noodle Ball (E) 11:30 Hydrate & Handwash (EDLS) 11:45 Lunch Bunch (EDLS) 1:30 Holly Jolly Xmas (M) 2:00 Mid day break (S) 4:15 Dinner Crew (EDLS) 6:00 Mindful Meditation (SM) 8:30 How the Grinch Stole Christmas (Free form) (S) Hanukkah Begins</p>	<p>9:30 Week in Review (S) 11 10:00 Creative Movement (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 BINGO (C & S) 2:00 Happy Hour Cart (S) 4:15 Dinner Crew (EDLS) 6:45 Home Alone (Freeform) (S)</p>	<p>9:45 Daily Chronicles (S) 12 10:00 Snow ball BLitz (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:15 Jack Frost (AMC) (S) 2:00 Snack Break (S) 4:15 Dinner Club (EDLS) 6:00 Moonlit Ballerina Adult Color (A)</p>
<p>National Cocoa Day 13 9:45 Chronicles & Chat (S) 10:00 Stir the cocoa (E) 10:30 The History Of Cocoa (MS) 11:00 Frosty's Winter Wonderland (AMC) 11:30 Handwash & Hydrate (EDLS) 11:45 Lunch Bunch (EDLS) 1:00 20 Things you didn't know about hot cocoa (S) 1:30 Green Grinchy Hot Cocoa with Cocoa dip & Crackers (S) 2:00 Christmas Carol Crossword (C)</p>	<p>9:45 Daily Chronicles 14 10:00 Egg Shakers (E) 10:30 Where in the World is Santa (MS) 11:00 Hydrate and Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Easy Cracker Cookie (P) 1:30 Star of the Month Patty Duke (MS) 2:00 Cookie Break (S) 4:15 Dinner Club 6:00 Home Alone 2 (Freeform)</p>	<p>9:30 Daily Chronicles & Good News daily.com (S) 15 10:15 Americas most historic square mile (MS) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Gingerbread House Making (P) 4:15 Dinner club (EDLS) 6:00 Tension Release Circle (SM) 6:30 Elf (AMC) (S)</p>	<p>9:30 Daily Chronicles (S) 16 10:30 Spiced Molasses Cookies (EDLS) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Where is Rudolph (S) 1:30 Christmas Cookie and Eggnog sleigh (S) 4:15 Dinner Crew (EDLS) 6:25 Santa Clause 2 (FreeForm)</p>	<p>9:45 Daily Chronicles 17 10:00 Mass 10:30 rosary 10:30 Miracle on 34th Street (Freeform) 11:00 Exercise for Arthritis (E) 11:30 Hydrate & Handwash (EDLS) 11:45 Lunch Bunch (EDLS) 1:00 trivia (C) 2:00 Mid day lift (S) 4:15 Dinner Club (EDLS) 6:00 Relaxation Group (SM)</p>	<p>9:45 Daily Chronicles (S) 18 10:15 Christmas Ornament Kick (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 2:00 Masked Singers Christmas (Via Zoom) (S) 4:15 Dinner Clun (EDLS) 6:55 Santa Clause 4 (Freeform)</p>	<p>9:45 Daily Chronicles (S) 19 10:00 Picture this Christmas theme (MS) 11:00 Hydrate & Handwash (EDLS) 11:30 Dinner Club (EDLS) 1:00 Whats Red & White (H) 1:30 Yoga Saturday Stretch (E) 2:00 Saturday afternoon pick me up (MD) 4:15 Dinner Club (EDLS) 8:00 Christmas Carousel (Hallmark)</p>
<p>9:45 Daily Chronicles (S) 20 10:00 Make Sant laugh (H) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 Midday Stretch & Strengthen (E) 2:00 Afternoon Treat (S) 3:25 Frosty the Snowman (S) (FREEFORM) 4:15 Dinner Club (EDLS)</p>	<p>7:30 Seet & Buttery Eggnog Bread 21 9:30 Daily Chronicles & Good news broadcasting .Com (S) 10:15 Silver Sneakers (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Dinner Club (EDLS) 1:00 Winter Solstice Crossword (C) 2:00 Holiday pick me up (S) 3:00 Nightmare Before Christmas (Freeform) 4:15 Dinner Club (EDSL) 6:00 Evening Manis & hand massage (P) Winter Begins</p>	<p>9:45 Daily Chronicles (S) 22 10:30 Snowball Roll (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Christmas Cookie Decorate (P) 2:00 Afternoon Break (S) 3:05 Disney's Christmas Carol (Freeform) (S) 4:15 Dinner Club (EDLS) 6:00 Mindful Stretching's (SM)</p>	<p>National Candy Cane 23 9:45 Daily Chronicles (S) 10:30 Fuzion Fitness (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Reminisce with scents (MS) 1:30 Candy Cane Cart (S) 2:30 Grab bag Bingo (MS) 4:15 Dinner Crew (EDSL) 6:00 Crafts & Staff create your own (A) Nation</p>	<p>Christmas Eve PJ's & Cocoa 24 9:30 Daily Chronicles (S) 10:30 Creative Movement (E) 11:00 Short Story "In the Spotlight" (C) 11:30 Handwash & Hydrate (EDLS) 11:45 Lunch Bunch (EDLS) 1:30 Finish the Lyrics (M) 2:00 Carols & Cocoa (s) 4:15 Dinner Club (EDLS) 8:00 Its a wonderful Life (NBC)</p>	<p>MERRY CHRISTMAS 25 9:45 Daily Chronicles (S) 10:00 Good Morning Stretch (E) 10:30 Jingle Bells Rock (E & M) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Happy Holiday Jumble (C) 2:00 Santas cookie & Tea & Christmas Story Movie (S) 2:45 - 3 Angel gift tree handout (P) 4:15 Dinner Club (EDLS) Christmas</p>	<p>9:45 Daily Chronicles (S) 26 10:30 Senior Gold Fitness (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 2:00 Word Search 2:30 Facetime and visits (S) 4:15 Dinner Club (EDLS) 6:00 Match up (C) Kwanzaa Begins Boxing Day (Canada)</p>
<p>9:45 Daily Chronicles (S) 27 10:00 Mass 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Gentle Yoga (E) 1:45 Spelling "Which Is Correct" (C) 4:15 Dinner Club (EDLS)</p>	<p>9:30 Daily Chronicles (S) 28 10:30 Creative Movement (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 Shaded art (A) 2:00 Afternoon snacks (S) 4:15 Dinner Club (EDLS) 6:00 Lets Bowl (E)</p>	<p>9:30 Coffee & Current Events 29 10:30 Silver Sneakers (E) 11:00 Hydrate & Handwash 11:30 Lunch Bunch 1:00 Reminisce "Gift Giving" 2:00 Tea time & Treats (S) 4:15 Dinner Club (EDLS) 6:00 Relaxation Circle (SM)"</p>	<p>9:45 Daily Chronicles (S) 30 10:30 Good Morning Workout (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:30 Ice cream treat Cat (S) 2:00 Word Search Wednesday (C) 3:00 Sights and Sounds of Nashville (MS) 4:15 Dinner crew (EDLS) 6:00 Popcorn time Movie of choice (MS)</p>	<p>9:30 Daily Chronicles (S) 31 10:30 Mid week Stretch (E) 11:00 Hydrate & Handwash (EDLS) 11:30 Lunch Bunch (EDLS) 1:00 Wacky Wordies (C) 1:30 Trivia Ring out the old Bring in the new (C) 4:15 Dinner Crew (EDLS) 6:00 Party Games (E) BALL DROP HAPPY NEW YEAR!!!! New Year's Eve</p>		

Keystone at Newbury Brook Activity Explanations - (S) Social, (C) Cognitive, (E) Exercise, (SM) Stress Management, (SP) Spiritual, (P) Purposeful, (H) Humor, (EDLS) Every Day Life Skills, (M) Music, (MS) Multi Sensory

ALL ACTIVITIES ARE SUBJECT TO CHANGE