

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce MM - Mindful Moments 	<ul style="list-style-type: none"> M - Music to My Ears O - Out & About S - Signature Events V - Vitality 		<p>Do you have any talents or hobbies you would like to share with your peers? Contact the Life Enrichment team!</p>	<p>1</p> <ul style="list-style-type: none"> V 10:00 Group Exercise: Resistance Bands K 10:30 Word Games MM 11:30 Chef's Circle O 11:45 Out and About: Pudder's GG 3:30 BINGO S 6:00 Christmas Tree Lighting GF 6:30 Resident Program 	<p>2</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights M 10:30 Drummin' to the Beat GG 2:00 Group Games S 3:00 Happy Hour(Pub) 	<p>3</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Noodle Ball GG 11:00 BINGO GF 2:30 Cinema Time
<p>4</p> <ul style="list-style-type: none"> M 9:15 Sunday Hymns I 10:00 St. Mary's Mass (LR) I 11:00 Church Service (TS) GF 2:30 Treat Cart 	<p>5</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights GG 2:00 Card Club I 3:00 Church Service GF 6:00 BINGO Night 	<p>6</p> <ul style="list-style-type: none"> V 10:00 Group Exercise: Resistance Bands K 11:15 Trivia: EZ Does It (DR) O 2:00 Out and About: Let's Go Cruisin' CC 3:30 Creative Cooking: Christmas Cookies 	<p>7</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights CC 11:30 Ambassador's Club G 2:00 GCHS Show Choir Presentation A 3:30 DIY Craft: Paint Swirled Ornaments I 6:00 Spa Night 	<p>8</p> <ul style="list-style-type: none"> V 10:00 Group Exercise: Resistance Bands K 10:30 Word Games MM 11:30 Chef's Circle O 11:45 Out and About: Zaxby's GG 3:30 BINGO 	<p>9</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights M 10:30 Drummin' to the Beat GG 2:00 Group Games S 3:00 Happy Hour(Pub) 	<p>10</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Noodle Ball GG 11:00 BINGO GF 2:30 Cinema Time
<p>11</p> <ul style="list-style-type: none"> M 9:15 Sunday Hymns I 10:00 St. Mary's Mass (LR) I 11:00 Church Service (TS) S 11:00 Sunday Brunch GF 2:30 Treat Cart 	<p>12</p> <ul style="list-style-type: none"> S Trilogy's 25 Year Anniversary K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights GG 2:00 Card Club A 3:30 Canvas & Color: Winter Wonderland GF 6:00 BINGO Night 	<p>13</p> <ul style="list-style-type: none"> V 10:00 Group Exercise: Resistance Bands M 11:00 Entertainment: Susie Grelle K 11:15 Trivia: EZ Does It (DR) JG 12:00 Just the Guys (Act) O 2:00 Out and About: Let's Go Cruisin' CC 3:30 Creative Cooking: Christmas Cookie Dip 	<p>14</p> <ul style="list-style-type: none"> S 7:00 Taste of Town: Cornerstone K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights I 1:15 Rosary GG 2:00 Card Club A 3:30 DIY Craft: Christmas Wreaths I 6:00 Spa Night 	<p>15</p> <ul style="list-style-type: none"> V 10:00 Group Exercise: Resistance Bands K 10:30 Word Games O 11:00 Out and About: The Farmhouse Diner MM 11:30 Chef's Circle GG 3:30 BINGO 	<p>16</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Group Exercise: Weights M 10:30 Drummin' to the Beat G 1:15 Elementary School Student Carolers S 3:00 Happy Hour(Pub) 	<p>17</p> <ul style="list-style-type: none"> K 9:00 Aspen Talks History V 10:00 Noodle Ball GG 11:00 BINGO GF 2:30 Cinema Time

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<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce MM - Mindful Moments</p>	<p>M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>		<p>Do you have any talents or hobbies you would like to share with your peers? Contact the Life Enrichment team!</p>	<p>1 V 10:00 Stretching and Body Motion V 10:30 Tai Chi MM 11:45 Healthy Hands O 11:45 Out and About: Pudder's GG 3:30 BINGO S 6:00 Christmas Tree Lighting</p>	<p>2 K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands M 10:30 Drummin' to the Beat GG 2:00 Group Games S 3:00 Happy Hour(Pub)</p>	<p>3 K 9:00 Aspen Talks History V 10:00 Noodle Ball GG 11:00 BINGO GF 2:30 Cinema Time</p>
<p>4 M 9:15 Sunday Hymns I 10:00 St. Mary's Mass (LR) I 11:00 Church Service (TS) GF 2:30 Treat Cart</p>	<p>5 K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands M 10:30 Zumba: Dancin' to the Rhythm of Song MM 11:45 Through the Years GG 2:00 Card Club I 3:00 Church Service GF 6:00 BINGO Night</p>	<p>6 V 10:00 Group Exercise: Weights GG 10:30 Word Games K 11:15 Trivia: EZ Does It (DR) MM 11:45 Healthy Hands O 2:00 Out and About: Let's Go Cruisin' CC 3:30 Creative Cooking: Christmas Cookies</p>	<p>7 K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands MM 11:00 Chef's Circle CC 11:30 Ambassador's Club G 2:00 GCHS Show Choir Presentation A 3:30 DIY Craft: Paint Swirled Ornaments</p>	<p>8 V 10:00 Stretching and Body Motion V 10:30 Tai Chi MM 11:45 Healthy Hands O 11:45 Out and About: Zaxby's GG 3:30 BINGO</p>	<p>9 K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands M 10:30 Drummin' to the Beat GG 2:00 Group Games S 3:00 Happy Hour(Pub)</p>	<p>10 K 9:00 Aspen Talks History V 10:00 Noodle Ball GG 11:00 BINGO GF 2:30 Cinema Time</p>
<p>11 M 9:15 Sunday Hymns I 10:00 St. Mary's Mass (LR) I 11:00 Church Service (TS) S 11:00 Sunday Brunch GF 2:30 Treat Cart</p>	<p>12 K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands M 10:30 Zumba: Dancin' to the Rhythm of Song GG 2:00 Card Club A 3:30 Canvas & Color: Winter Wonderland GF 6:00 BINGO Night</p>	<p>13 V 10:00 Group Exercise: Weights GG 10:30 Word Games M 11:00 Entertainment: Susie Grelle K 11:15 Trivia: EZ Does It (DR) MM 11:45 Healthy Hands JG 12:00 Just the Guys (Act) O 2:00 Out and About: Let's Go Cruisin'</p>	<p>14 S 7:00 Taste of Town: Cornerstone K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands MM 11:00 Chef's Circle I 1:15 Rosary GG 2:00 Card Club A 3:30 DIY Craft: Christmas Wreaths</p>	<p>15 V 10:00 Stretching and Body Motion V 10:30 Tai Chi O 11:00 Out and About: The Farmhouse Diner MM 11:45 Healthy Hands GG 3:30 BINGO</p>	<p>16 K 9:00 Aspen Talks History MM 9:30 Through the Senses We Go V 10:00 Group Exercise: Resistance Bands M 10:30 Drummin' to the Beat G 1:15 Elementary School Student Carolers S 3:00 Happy Hour(Pub)</p>	<p>17 K 9:00 Aspen Talks History V 10:00 Noodle Ball GG 11:00 BINGO GF 2:30 Cinema Time</p>

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<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games JG - Just the Guys K - Keeping it Sharp/Reminisce V - Vitality</p>	<p>Kirsten Bouthier Long-Term Care Ombudsman 812-372-6918</p>	<p>Birthdays 12/1 - Laralee Y 12/3 - Susan C 12/3 - Michelle Y 12/4 - Elizabeth K 12/6 - Deloris M 12/8 - Evelyn H 12/13 - Carol S 12/18 - Frances M 12/18 - Jessica K 12/18 - Hayden B</p>	<p>Birthdays 12/19 - Monica P 12/21 - Melody S 12/22 - Joe V 12/25 - Shaylee S 12/27 - Barbara M 12/29 - Elizabeth L 12/31 - Ruth W</p>	<p>1 V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 German Chocolate Fudge 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Have a Gentle Conversation M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands GF 6:00 Relaxing Puzzle Time</p>	<p>2 V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Cheese Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Sandpaper Painting M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the Bessie 4:30 Healthy Hands GF 6:00 Time for Tea 7:00 Nighttime</p>	<p>3 V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Veggie Mini Pizzas 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - Starry Night M 3:30 Bust a Move GG 4:00 Corn Hole 4:30 Healthy Hands GF 6:00 Words that Begin with Christmas Time</p>
<p>4 V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Toffee Cake 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Newspaper Art Collage M 3:30 Who Sang it Best GG 4:00 Color Wheel Trivia 4:30 Healthy Hands GF 6:00 Charades 7:00 Nighttime Traditions</p>	<p>5 V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Tomato Spinach Quiche 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Silhouettes M 3:30 Groovin to Songs with Numbers GG 4:00 Velcro Catch 4:30 Healthy Hands GF 6:00 Flower Arranging 7:00 Nighttime</p>	<p>6 V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 S'more Puppy Chow 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Snowfall Painting M 3:30 Music Trivia GG 4:00 Babbling Brook Word Game 4:30 Healthy Hands GF 6:00 Hangman 7:00 Nighttime</p>	<p>7 V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Cabbage Soup 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Snowman Painting M 3:30 Hippy Dance GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 LifeShare Games 7:00 Nighttime</p>	<p>8 V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Peanut Butter Fudge 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Poetry Writing M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands GF 6:00 Relaxing Puzzle Time 7:00 Nighttime</p>	<p>9 V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Braided Nutella Loaf 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Snow Sensory Bottle M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the Bessie 4:30 Healthy Hands GF 6:00 Time for Tea</p>	<p>10 V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Margherita Mini Pizzas 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - American Gothic M 3:30 Bust a Move GG 4:00 Corn Hole 4:30 Healthy Hands GF 6:00 Words that Begin with Christmas</p>
<p>11 V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Chocolate Chip Cake 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Opposites Collage M 3:30 Who Sang it Best GG 4:00 Color Wheel Trivia 4:30 Healthy Hands GF 6:00 Charades 7:00 Nighttime Traditions</p>	<p>12 V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Bacon Cheddar Quiche 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Collaborative Weaving M 3:30 Groovin to Songs with Numbers GG 4:00 Velcro Catch 4:30 Healthy Hands GF 6:00 Flower Arranging 7:00 Nighttime</p>	<p>13 V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Brownie Puppy Chow 11:30 Healthy Hands JG 12:00 Just the Guys (Act) 12:45 Relax & Recharge A 2:00 Cloth Tie Wreath M 3:30 Music Trivia GG 4:00 Babbling Brook Word Game 4:30 Healthy Hands GF 6:00 Hangman</p>	<p>14 V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Vegetable Soup 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Winter Scenery M 3:30 Hippy Dance GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 LifeShare Games 7:00 Nighttime Traditions</p>	<p>15 V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Mint Chocolate Oreo Fudge 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Deck of Wit & Wisdom M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands GF 6:00 Relaxing Puzzle Time</p>	<p>16 V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Stuffed Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Spice Painting M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the Bessie 4:30 Healthy Hands GF 6:00 Time for Tea 7:00 Nighttime Traditions</p>	<p>17 V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Hawaiian Mini Pizzas 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - Mona Lisa M 3:30 Bust a Move GG 4:00 Corn Hole 4:30 Healthy Hands GF 6:00 Words that Begin with Christmas</p>

December 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
18	Hanukkah Begins	19		20		21	Winter Begins	22		23		24	Christmas Eve
V	9:00 Don't Worry, Be Happy	V	9:00 Move It Monday	V	9:00 Pump It Up	V	9:00 Mindfulness Matters	V	9:00 Let's Take A Trip	V	9:00 Laughter Yoga	V	9:00 Bandana Dance
K	9:30 Life Story	K	9:30 Football Frenzy	K	9:30 Message in a Bottle	K	9:30 Working with Letters	K	9:30 Categories Game	K	9:30 Turn-Over	K	9:30 American Landmarks
CC	10:45 Toasted Nuts Cake	CC	10:45 Mushroom Garlic Pepper Quiche	CC	10:45 Funfetti Puppy Chow	CC	10:45 Baked Potato Soup	CC	10:45 White Chocolate Peppermint Fudge	CC	10:45 Grandma's Irish Soda Bread	CC	10:45 Create Your Own Mini Pizzas
	11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands
	12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge
A	2:00 Picture Prompts	A	2:00 Tape Resist Watercolor Painting	A	2:00 Tie Wreath	A	2:00 Rock Birds	A	2:00 Ask a Beautiful Question	A	2:00 Nutty Christmas Gift Tag	A	2:00 Christmas Sponge Wreath
M	3:30 Who Sang it Best	M	3:30 Groovin to Songs with Numbers	M	3:30 Music Trivia	M	3:30 Hippy Dance	M	3:30 Music That Made Movies Famous	M	3:30 Happy Hour-Friday	M	3:30 Bust a Move
GG	4:00 Color Wheel Trivia	GG	4:00 Velcro Catch	GG	4:00 Babbling Brook Word Game	GG	4:00 State Plate Game	GG	4:00 Memory Matching	GG	4:00 Pin the Tail on the Bessie	GG	4:00 Corn Hole
	4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands
GF	6:00 Charades	GF	6:00 Flower Arranging	GF	6:00 Hangman	GF	6:00 LifeShare Games	GF	6:00 Relaxing Puzzle	GF	6:00 Time for Tea	GF	6:00 Words that Begin with Christmas
	7:00 Nighttime Traditions				7:00 Nighttime		7:00 Nighttime						
25	Christmas Day	26	Kwanzaa Begins	27		28		29		30		31	New Year's Eve
V	9:00 Christmas Scarf Dance	V	9:00 Move It Monday	V	9:00 Pump It Up	V	9:00 Mindfulness Matters	V	9:00 Let's Take A Trip	V	9:00 Laughter Yoga	V	9:00 Bandana Dance
K	9:30 Christmas Myths, Quotes and Jokes	K	9:30 Football Frenzy	K	9:30 Message in a Bottle	K	9:30 Working with Letters	K	9:30 Categories Game	K	9:30 Turn-Over	K	9:30 American Landmarks
CC	10:45 Fruitcake	CC	10:45 Ham and Cheese Quiche	CC	10:45 Flutternutter Puppy Chow	CC	10:45 Corn Chowder	CC	10:45 Chocolate Pecan Fudge	CC	10:45 Pretzels	CC	10:45 Pepperoni Mini Pizzas
	11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands		11:30 Healthy Hands
	12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge		12:45 Relax & Recharge
A	2:00 Christmas Tree Painting	A	2:00 Watercolor Bubble Art Tree	A	2:00 Clothespin Trivet	A	2:00 Thumbprint Dandelion	A	2:00 Creative Storytelling - Famous Painting	A	2:00 Winter Sugar Painting	A	2:00 Chihuly Inspired Glass Art
M	3:30 Who Sang it Best	M	3:30 Groovin to Songs with Numbers	M	3:30 Music Trivia	M	3:30 Hippy Dance	M	3:30 Music That Made Movies Famous	M	3:30 Happy Hour-Friday	M	3:30 Bust a Move
GG	4:00 Color Wheel Trivia	GG	4:00 Velcro Catch	GG	4:00 Babbling Brook Word Game	GG	4:00 State Plate Game	GG	4:00 Memory Matching	GG	4:00 Pin the Tail on the Bessie	GG	4:00 Corn Hole
	4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands		4:30 Healthy Hands
GF	6:00 Charades	GF	6:00 Flower Arranging	GF	6:00 Hangman	GF	6:00 LifeShare Games	GF	6:00 Relaxing Puzzle	GF	6:00 Time for Tea	GF	6:00 Words that Begin with Christmas
	7:00 Nighttime		7:00 Nighttime		7:00 Nighttime		7:00 Nighttime				7:00 Nighttime		

*This schedule is subject to change.
Kirsten Boutheir LTC Ombudsman (812)372-6918*