

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears S - Signature Events V - Vitality</p>	<p>Calendar activities are subject to change. Please check the LifeShare Community television for the most up to date scheduled activities.</p>	<p>AR-Activity Room AL-Assisted Living HC-Health Center DR-Dining Room Arbor-HC Dining Room LR-Living Room BC-Bulldog Cafe</p>	<p>Channel #3 Programming -Our Daily Bread -Ted Ed's -Arm Chair Travel -Movie Time -Enrichment on Demand -American Heritage Series -Timeless Trivia -Inspired Sundays</p>	<p>1 K 10:30 Current Events K 1:30 Bingo 3:00 Resident Council/Inspired Living M 4:00 Vintage Music Hour</p>	<p>2 L 10:30 Lifelong Learning V 1:00 Group Exercise S 2:00 Happy Hour-Main Campus DR GG 6:00 Table Games</p>	<p>3 K 9:30 In The News V 10:00 Saturday Stretch & Tone K 1:30 Bingo -Activity Room GG 6:00 Group Table Games</p>
<p>4 K 9:30 Sunday Morning Memories M 10:00 Hymn Sing HC/AR GF 2:00 Tea Time AL/DR M 3:00 Name That Croon AL/AR</p>	<p>5 A 10:00 Christmas Crafts-AL V 1:00 Group yoga GF 2:00 Holiday Movie & Popcorn L 6:00 Trivia for the Brain</p>	<p>6 GF 1:00 Chef's Circle AL/DR K 2:00 Trivia Tuesday V 2:30 Exercise to the Oldies L 4:00 Photography Class</p>	<p>7 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Church-AL I 10:30 Lutheran Church-AL V 1:00 Thera-Band class GF 2:30 Ice Cream Social</p>	<p>8 K 10:30 Current Events K 1:30 Bingo V 3:00 Stretch & Tone M 4:00 Vintage Music Hour</p>	<p>9 L 10:30 Lifelong Learning V 1:00 Group Exercise S 2:00 Happy Hour-Main Campus DR GG 6:00 Table Games</p>	<p>10 K 9:30 In The News V 10:00 Saturday Stretch & Tone K 1:30 Bingo -Activity Room GG 6:00 Group Table Games</p>
<p>11 K 9:30 Sunday Morning Memories M 10:00 Hymn Sing HC/AR GF 11:00 Sunday Brunch/Craft Sale M 3:00 Name That Croon AL/AR</p>	<p>12 A 10:00 Christmas Crafts-AL V 1:00 Group yoga GF 2:00 Holiday Movie & Popcorn L 6:00 Trivia for the Brain</p>	<p>13 GF 1:00 Chef's Circle AL/DR K 2:00 Trivia Tuesday V 2:30 Group exercise class L 4:00 Photography Class</p>	<p>14 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Church-AL V 1:00 Thera-Band class GF 2:30 Ice Cream Social</p>	<p>15 K 10:30 Current Events K 1:30 Bingo V 3:00 Stretch & Tone M 4:00 Vintage Music Hour</p>	<p>16 L 10:30 Lifelong Learning V 1:00 Group Exercise S 2:00 Happy Hour-Main Campus DR GG 6:00 Table Games</p>	<p>17 K 9:30 In The News V 10:00 Saturday Stretch & Tone K 1:30 Bingo -Activity Room GG 6:00 Group Table Games</p>

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
18	Hanukkah Begins	19		20		21	Winter Begins	22		23		24	Christmas Eve	
K 9:30	Sunday Morning Memories	A 10:00	Christmas Crafts-AL	GF 1:00	Chef's Circle AL/DR	M 9:15	Sing a long-Spiritual hymns	K 10:30	Current Events	L 10:30	Lifelong Learning	K 9:30	In The News	
M 10:00	Hymn Sing HC/AR	V 1:00	Group yoga	S 2:00	Holiday Spa Day	CC 9:30	Catholic Church-AL	K 1:30	Bingo	V 1:00	Group Exercise	V 10:00	Saturday Stretch & Tone	
GF 2:00	Tea Time AL/DR	GF 2:00	Holiday Movie & Popcorn	V 2:30	Group exercise class	V 1:00	Thera-Band class	V 3:00	Stretch & Tone	S 2:00	Christmas Music with Sydney-AL	K 1:30	Bingo -Activity Room	
M 3:00	Name That Croon AL/AR	L 6:00	Trivia for the Brain		4:00	Photography Class	GF 2:00	Christmas Magic Show-HC	M 4:00	Vintage Music Hour	GG 6:00	Table Games	GG 6:00	Group Table Games
25	Christmas Day	26	Kwanzaa Begins	27		28		29		30		31	New Year's Eve	
K 9:30	Sunday Morning Memories	A 10:00	Christmas Crafts-AL	GF 1:00	Chef's Circle AL/DR	M 9:15	Sing a long-Spiritual hymns	K 10:30	Current Events	L 10:30	Lifelong Learning	K 9:30	In The News	
M 10:00	Hymn Sing HC/AR	V 1:00	Group yoga	K 2:00	Trivia Tuesday	CC 9:30	Catholic Church-AL	K 1:30	Bingo	V 1:00	Group Exercise	V 10:00	Saturday Stretch & Tone	
GF 2:00	Tea Time AL/DR	GF 2:00	Holiday Movie & Popcorn	V 2:30	Group exercise class	V 1:00	Thera-Band class	V 3:00	Stretch & Tone	S 2:00	Happy Hour-Main Campus DR	K 1:30	Bingo -Activity Room	
M 3:00	Name That Croon AL/AR	L 6:00	Trivia for the Brain		4:00	Photography Class	GF 2:30	Ice Cream Social	M 4:00	Vintage Music Hour	GG 6:00	Table Games	GG 6:00	Group Table Games

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<p>A - Artisans CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About</p>	<p>S - Signature Events V - Vitality</p>	<p>AR-Activity Room AL-Assisted Living HC-Health Center DR-Dining Room HC Arbor-Dining Room LR-Living Room BC-Bulldog Cafe</p>		<p>1 9:30 Hospitality Cart MM 11:00 Resident Council/Inspired Living S 1:00 Chef's Circle HC/DR M 1:30 Jams with Jim-HCAR A 3:00 Creative Expressions</p>	<p>2 9:30 Hospitality Cart MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour HC/DR</p>	<p>3 9:30 Hospitality Cart K 9:30 In The News MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room</p>
<p>4 9:30 Hospitality Cart M 10:00 Hymn Sing HC/AR V 10:30 Movement & Music MM 11:00 Mindful Moments HC/AR L 2:00 Sunday History Time</p>	<p>5 9:30 Hospitality Cart A 10:00 Christmas Crafts-AL GG 1:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Holiday Movie</p>	<p>6 9:30 Hospitality Cart V 11:00 Music & Movement K 1:00 Christmas Choir Practice GG 3:00 Table Games</p>	<p>7 9:30 Hospitality Cart CC 9:30 Catholic Church-AL I 10:30 Lutheran Church-AL/ LR V 11:00 Bubble Catch V 1:45 Thera-band Class S 2:30 Ice Cream Social HC/DR</p>	<p>8 9:30 Hospitality Cart O 10:00 Out & About S 1:00 Chef's Circle HC/DR M 1:30 Jams with Jim-HCAR A 3:00 Creative Expressions</p>	<p>9 9:30 Hospitality Cart MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour HC/DR</p>	<p>10 9:30 Hospitality Cart K 9:30 In The News MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room</p>
<p>11 9:30 Hospitality Cart M 10:00 Hymn Sing HC/AR V 10:30 Movement & Music MM 11:00 Mindful Moments HC/AR GF 11:00 Sunday Brunch/Craft Sale</p>	<p>12 9:30 Hospitality Cart A 10:00 Christmas Crafts-AL GG 1:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Holiday Movie</p>	<p>13 9:30 Hospitality Cart V 11:00 Music & Movement K 1:00 Christmas Choir Practice GG 3:00 Table Games</p>	<p>14 9:30 Hospitality Cart CC 9:30 Catholic Church-AL V 11:00 Bubble Catch V 1:45 Thera-band Class S 2:30 Ice Cream Social HC/DR</p>	<p>15 9:30 Hospitality Cart O 10:00 Out & About S 1:00 Chef's Circle HC/DR M 1:30 Jams with Jim-HCAR A 3:00 Creative Expressions</p>	<p>16 9:30 Hospitality Cart MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour HC/DR</p>	<p>17 9:30 Hospitality Cart K 9:30 In The News MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room</p>

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	9:30 Hospitality Cart M 10:00 Hymn Sing HC/AR V 10:30 Movement & Music MM 11:00 Mindful Moments HC/AR L 2:00 Sunday History Time	9:30 Hospitality Cart A 10:00 Christmas Crafts-AL GG 1:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Holiday Movie Time	9:30 Hospitality Cart V 11:00 Music & Movement K 1:00 Christmas Choir Practice GG 3:00 Table Games	9:30 Hospitality Cart CC 9:30 Catholic Church-AL V 11:00 Bubble Catch V 1:45 Thera-band Class S 2:00 Christmas Magic Show	9:30 Hospitality Cart O 10:00 Out & About S 1:00 Chef's Circle HC/DR M 1:30 Jams with Jim-HCAR A 3:00 Creative Expressions	9:30 Hospitality Cart MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Christmas Happy Hour	9:30 Hospitality Cart K 9:30 In The News MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room						
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<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce S - Signature Events V - Vitality</p>	<p>Activities are subject to change. Please check the LifeShare Community television for the most up to date scheduled activities.</p>	<p>Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon 12:45 Relax & Recharge 2:00 Artisans</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions Note: Housekeeping can take place throughout the day at various times</p>	<p>1 V Let's Take A Trip K Categories Game CC German Chocolate Fudge Healthy Hands Relax & Recharge A Have a Gentle Conversation M Music That Made Movies Famous GG Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions</p>	<p>2 V Laughter Yoga K Turn-Over CC Cheese Bread Healthy Hands Relax & Recharge GF Popcorn Time! A Sandpaper Painting M Happy Hour-Friday GG Pin the Tail on the Bessie Healthy Hands GF Time for Tea Nighttime Traditions</p>	<p>3 V Bandana Dance K American Landmarks CC Veggie Mini Pizzas Healthy Hands Relax & Recharge A Art Appreciation - Starry Night M Bust a Move GG Corn Hole Healthy Hands GF Words that Begin with Christmas Time Nighttime Traditions</p>
<p>4 V Don't Worry, Be Happy K Life Story CC Toffee Cake Healthy Hands Relax & Recharge A Newspaper Art Collage M Who Sang it Best GG Color Wheel Trivia Healthy Hands GF Charades Nighttime Traditions</p>	<p>5 V Move It Monday K Football Frenzy CC Tomato Spinach Quiche Healthy Hands Relax & Recharge A Watercolor Silhouettes M Groovin to Songs with Numbers GG Velcro Catch Healthy Hands GF Flower Arranging Nighttime Traditions</p>	<p>6 V Pump It Up K Message in a Bottle CC S'more Puppy Chow Healthy Hands Relax & Recharge A Snowfall Painting M Music Trivia GG Babbling Brook Word Game Healthy Hands GF Hangman Nighttime Traditions</p>	<p>7 V Mindfulness Matters K Working with Letters I Catholic Services CC Cabbage Soup Healthy Hands Relax & Recharge A Snowman Painting S Ice Cream Social M Hippy Dance GG State Plate Game Healthy Hands GF LifeShare Games Nighttime Traditions</p>	<p>8 V Let's Take A Trip K Categories Game CC Peanut Butter Fudge Healthy Hands Relax & Recharge A Poetry Writing M Music That Made Movies Famous GG Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions</p>	<p>9 V Laughter Yoga K Turn-Over CC Braided Nutella Loaf Healthy Hands Relax & Recharge GF Popcorn Time! A Snow Sensory Bottle M Happy Hour-Friday GG Pin the Tail on the Bessie Healthy Hands GF Time for Tea Nighttime Traditions</p>	<p>10 V Bandana Dance K American Landmarks CC Margherita Mini Pizzas Healthy Hands Relax & Recharge A Art Appreciation - American Gothic M Bust a Move GG Corn Hole Healthy Hands GF Words that Begin with Christmas Time Nighttime Traditions</p>
<p>11 V Don't Worry, Be Happy K Life Story CC Chocolate Chip Cake Healthy Hands Relax & Recharge A Opposites Collage M Who Sang it Best GG Color Wheel Trivia Healthy Hands GF Charades Nighttime Traditions</p>	<p>12 V Move It Monday K Football Frenzy CC Bacon Cheddar Quiche Healthy Hands Relax & Recharge A Collaborative Weaving M Groovin to Songs with Numbers GG Velcro Catch Healthy Hands GF Flower Arranging Nighttime Traditions</p>	<p>13 V Pump It Up K Message in a Bottle CC Brownie Puppy Chow Healthy Hands Relax & Recharge A Cloth Tie Wreath M Music Trivia GG Babbling Brook Word Game Healthy Hands GF Hangman Nighttime Traditions</p>	<p>14 V Mindfulness Matters K Working with Letters I Catholic Services CC Vegetable Soup Healthy Hands Relax & Recharge A Winter Scenery S Ice Cream Social M Hippy Dance GG State Plate Game Healthy Hands GF LifeShare Games Nighttime Traditions</p>	<p>15 V Let's Take A Trip K Categories Game CC Mint Chocolate Oreo Fudge Healthy Hands Relax & Recharge A Deck of Wit & Wisdom M Music That Made Movies Famous GG Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions</p>	<p>16 V Laughter Yoga K Turn-Over CC Stuffed Bread Healthy Hands Relax & Recharge GF Popcorn Time! A Spice Painting M Happy Hour-Friday GG Pin the Tail on the Bessie Healthy Hands GF Time for Tea Nighttime Traditions</p>	<p>17 V Bandana Dance K American Landmarks CC Hawaiian Mini Pizzas Healthy Hands Relax & Recharge A Art Appreciation - Mona Lisa M Bust a Move GG Corn Hole Healthy Hands GF Words that Begin with Christmas Time Nighttime Traditions</p>

