The Heritage
Life Enrichment -Assisted Living

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Activity Locations AC- Activity Center HC- Health Center D- Dining Room L- Assisted Living Library			1 K 9:00 Group Games/ Word Search V 10:30 Exercise Movin To The Music K 1:00 Bingo - DR A 2:00 Arts and Crafts 2:00 Chefs Circle	2 K 9:00 Group Games/ Word Search V 10:30 Exercise Class/ Stretching Yoga- DR A 11:00 Color My world- L M 2:00 Entertainment- Kai and Sarah 2:30 Happy Hour-HC	3 K 9:00 Group Games/ Word Search GG 1:00 Bingo-DR 2:00 Movie Matinee - C
4 K 9:00 Group Games/ Word Search M 1:00 Hymn Sing -DR K 2:00 Movie Matinee I 2:00 Inspirations/Life share Church DR	5 K 9:00 Group Games/ Word Search O 9:45 Walmart GG 10:30 Pokeno-DR V 1:00 Exercise M 1:30 Music To My Ears- DR CC 2:30 Connecting With Family/ Cards and Letters-DR	6 K 9:00 Group Games/ Word Search V 10:30 Exercise Class-DR A 11:00 Culinary Creations-DR K 1:00 Bingo - DR V 2:00 Music Trivia O 5:45 Christmas Lights in Upper Sandusky	7 K 9:00 Group Games/ Word Search V 10:30 Exercise Class- DR I 11:00 Hand and Nail Spa-L I 1:00 Bible Study-CR M 1:30 Hymn Sing -CR	8 K 9:00 Group Games/ Word Search V 10:30 Exercise Movin To The Music K 1:00 Bingo - DR A 2:00 Arts and Crafts 2:00 Chefs Circle	9 K 9:00 Group Games/ Word Search V 10:30 Exercise Class/ Stretching Yoga- DR I 10:30 St. Mike's Mass-HC A 11:00 Color My world- L 2:30 Happy Hour-AL M 3:00 entertainment- The Harp	10 K 9:00 Group Games/ Word Search GG 1:00 Bingo-DR 2:00 Movie Matinee - C
11 K 9:00 Group Games/ Word Search M 1:00 Hymn Sing -DR K 2:00 Movie Matinee I 2:00 Inspirations/Life share Church DR	12 K 9:00 Group Games/ Word Search O 9:45 Scenic Drive- Outing GG 10:30 Pokeno-DR V 1:00 Exercise M 1:30 Music To My Ears- DR CC 2:30 Connecting With Family/ Cards and Letters-DR	13 K 9:00 Group Games/ Word Search V 10:30 Exercise Class-DR A 11:00 Culinary Creations-DR K 1:00 Bingo - DR V 2:00 Music Trivia	14 K 9:00 Group Games/ Word Search M 10:00 Christmas piano program V 10:30 Exercise Class- DR I 11:00 Hand and Nail Spa-L I 1:00 Bible Study-CR M 1:30 Hymn Sing -CR	15 K 9:00 Group Games/ Word Search CC 10:00 Hancock Park District-Pioneer Life -HC V 10:30 Exercise Movin To The Music K 1:00 Bingo - DR A 2:00 Arts and Crafts 2:00 Chefs Circle	16 K 9:00 Group Games/ Word Search V 10:30 Exercise Class/ Stretching Yoga- DR A 11:00 Color My world- L M 2:00 Entertainment- Paul Grover 2:30 Happy Hour-HC	17 K 9:00 Group Games/ Word Search GG 1:00 Bingo-DR 2:00 Movie Matinee - C

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Life Enrichment -Assisted Living

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Hanukkah Begins K 9:00 Group Games/ Word Search M 1:00 Hymn Sing -DR K 2:00 Movie Matinee I 2:00 Inspirations/Life share Church DR	**19** K 9:00 Group Games/ Word Search GG 10:30 Pokeno-DR O 11:00 Lee's Chicken V 1:00 Exercise M 1:30 Music To My Ears-DR CC 2:30 Connecting With Family/ Cards and Letters-DR M 7:00 Barberhop Quartet- Dining room	**20** K 9:00 Group Games/ Word Search V 10:30 Exercise Class-DR A 11:00 Culinary Creations-DR K 1:00 Bingo - DR V 2:00 Music Trivia CC 2:00 Bingo store	**21** Winter Begins K 9:00 Group Games/ Word Search V 10:30 Exercise Class- DR CC 11:00 Bookmobile - RR I 11:00 Hand and Nail Spa-L I 1:00 Bible Study-CR M 1:30 Hymn Sing -CR	**22** K 9:00 Group Games/ Word Search V 10:30 Exercise Movin To The Music K 1:00 Bingo - DR A 2:00 Arts and Crafts 2:00 Resident Council/Inspired Living - L 2:00 Chefs Circle	**23** K 9:00 Group Games/ Word Search V 10:30 Exercise Class/ Stretching Yoga-DR A 11:00 Color My world- L M 2:00 Entertainment-Tim Holt 2:30 Happy Hour-HC	**24** Christmas Eve K 9:00 Group Games/ Word Search GG 1:00 Bingo-DR 2:00 Movie Matinee - C
25 Christmas Day K 9:00 Group Games/ Word Search M 1:00 Hymn Sing -DR K 2:00 Movie Matinee I 2:00 Inspirations/Life share Church DR	**26** Kwanzaa Begins K 9:00 Group Games/ Word Search O 9:45 Scenic Drive-Outing GG 10:30 Pokeno-DR V 1:00 Exercise M 1:30 Music To My Ears-DR CC 2:30 Connecting With Family/ Cards and Letters-DR	**27** K 9:00 Group Games/ Word Search V 10:30 Exercise Class-DR A 11:00 Culinary Creations-DR K 1:00 Bingo - DR V 2:00 Music Trivia	**28** K 9:00 Group Games/ Word Search V 10:30 Exercise Class- DR I 11:00 Hand and Nail Spa-L I 1:00 Bible Study-CR M 1:30 Hymn Sing -CR	**29** K 9:00 Group Games/ Word Search V 10:30 Exercise Movin To The Music K 1:00 Bingo - DR A 2:00 Arts and Crafts 2:00 Chefs Circle	**30** K 9:00 Group Games/ Word Search V 10:30 Exercise Class/ Stretching Yoga-DR A 11:00 Color My world- L M 2:00 Entertainment-Trombone guy 2:30 Happy Hour-HC	**31** New Year's Eve K 9:00 Group Games/ Word Search S 12:00 Noon Year's Eve Party GG 1:00 Bingo-DR 2:00 Movie Matinee - C

The Heritage Health Center

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events	V - Vitality			1 MM 9:15 Mindful Moments - AC A 10:30 Arts and Crafts K 2:00 Bingo-HCDR V 3:15 Get Movin/ Ring Toss	2 MM 9:15 Mindful Moments O 9:45 Walmart V 10:00 Stretching to music M 2:00 Entertainment/ Kai and Sarah S 2:30 Happy Hour	3 MM 9:00 Mindful Moments 2:00 Matinee Movie K 2:30 Bingo-DR
4 MM 9:00 Mindful Moments I 2:00 Inspirations - LR/Lifeshare church M 2:30 Hymn Sing	5 MM 9:15 Mindful Moments V 10:00 Get Movin' Bowling - HDR A 11:00 Arts and Crafts-AC M 1:30 Music To My Ears K 2:00 Pokeno K 5:30 Cards and Games	6 MM 9:00 Mindful Moments I 10:00 Bible Study A 11:00 Creative Cooking K 2:00 Bingo-HCDR CC 3:00 Bingo store 3:00 chefs circle	7 I 10:00 Color Me Pretty Nails -AC L 10:00 Movie Matinee I 2:00 Church Service/ Upper Room M 2:30 Hymn Sing K 5:30 Cards and Games	8 MM 9:15 Mindful Moments - AC A 10:30 Arts and Crafts 10:30 Resident Council K 2:00 Bingo-HCDR V 3:15 Get Movin/ Ring Toss	9 MM 9:15 Mindful Moments O 9:45 Scenic Drive-O V 10:00 Stretching to music I 10:30 St. Mike's mass-HC M 2:00 Entertainment/ The Harp S 2:30 Happy Hour	10 MM 9:00 Mindful Moments 2:00 Matinee Movie K 2:30 Bingo-DR
11 MM 9:00 Mindful Moments I 2:00 Inspirations - LR/Lifeshare church M 2:30 Hymn Sing	12 MM 9:15 Mindful Moments V 10:00 Get Movin' Bowling - HDR JG 10:45 Just the guys-Danny Ray A 11:00 Arts and Crafts-AC M 1:30 Music To My Ears K 2:00 Pokeno K 5:30 Cards and Games	13 MM 9:00 Mindful Moments I 10:00 Bible Study A 11:00 Creative Cooking K 2:00 Bingo-HCDR 3:00 Chefs circle O 5:45 Christmas Lights Upper Sandusky	14 I 10:00 Color Me Pretty Nails -AC L 10:00 Movie Matinee A 1:00 Awakening MInds I 2:00 Church Service/ Upper Room M 2:30 Hymn Sing K 5:30 Cards and Games	15 MM 9:15 Mindful Moments - AC CC 10:00 Hancock Park District-Pioneer Life-HC A 10:30 Arts and Crafts K 2:00 Bingo-HCDR V 3:15 Get Movin/ Ring Toss	16 MM 9:15 Mindful Moments V 10:00 Stretching to music O 10:45 Lee's Chicken M 2:00 Entertainment/ Paul Grover S 2:30 Happy Hour	17 MM 9:00 Mindful Moments 2:00 Matinee Movie K 2:30 Bingo-DR

Activities are subject to change. Any changes will be posted to the community Lifeshare monitors.

The Heritage Health Center

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Hanukkah Begins MN 9:00 Mindful Moments I 2:00 Inspirations - LR/Lifeshare church M 2:30 Hymn Sing	**19** MN 9:15 Mindful Moments V 10:00 Get Movin' Bowling - HDR A 11:00 Arts and Crafts-AC M 1:30 Music To My Ears K 2:00 Pokeno K 5:30 Cards and Games	**20** MN 9:00 Mindful Moments I 10:00 Bible Study A 11:00 Creative Cooking K 2:00 Bingo-HCDR 2:00 Chefs Circle	**21** Winter Begins I 10:00 Color Me Pretty Nails -AC L 10:00 Movie Matinee K 11:00 Bookmobile - RR I 2:00 Church Service/ Upper Room M 2:30 Hymn Sing K 5:30 Cards and Games	**22** MN 9:15 Mindful Moments - AC A 10:30 Arts and Crafts K 2:00 Bingo-HCDR V 3:15 Get Movin/ Ring Toss	**23** MN 9:15 Mindful Moments O 9:45 Scenic Drive-O V 10:00 Stretching to music M 2:00 Entertainment/ Tim Holt S 2:30 Happy Hour	**24** Christmas Eve MN 9:00 Mindful Moments 2:00 Matinee Movie K 2:30 Bingo-DR
25 Christmas Day MN 9:00 Mindful Moments I 2:00 Inspirations - LR/Lifeshare church M 2:30 Hymn Sing	**26** Kwanzaa Begins MN 9:15 Mindful Moments V 10:00 Get Movin' Bowling - HDR IG 10:45 Just the guys-Danny Ray A 11:00 Arts and Crafts-AC M 1:30 Music To My Ears K 2:00 Pokeno K 5:30 Cards and Games	**27** MN 9:00 Mindful Moments I 10:00 Bible Study A 11:00 Creative Cooking K 2:00 Bingo-HCDR 2:00 Chefs Circle	**28** I 10:00 Color Me Pretty Nails -AC L 10:00 Movie Matinee I 2:00 Church Service/ Upper Room M 2:30 Hymn Sing L 3:00 Life Long Learning- AC K 5:30 Cards and Games	**29** MN 9:15 Mindful Moments - AC A 10:30 Arts and Crafts K 2:00 Bingo-HCDR V 3:15 Get Movin/ Ring Toss	**30** MN 9:15 Mindful Moments O 9:45 Scenic Drive-O V 10:00 Stretching to music M 2:00 Entertainment/ Trombone Guy S 2:30 Happy Hour	**31** New Year's Eve MN 9:00 Mindful Moments S 12:00 Noon Year's Eve Party-DR 2:00 Matinee Movie K 2:30 Bingo-DR

Activities are subject to change. Any changes will be posted to the community Lifeshare monitors.

The Heritage
Legacy Lane

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 V 9:00 Let's Take A Trip K 9:00 Past & Present 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 K 3:30 Bingo M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands	**2** V 9:00 Laughter Yoga K 9:00 Past & Present 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	**3** V 9:00 Bandana Dance K 9:00 Past & Present 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
4 V 9:00 Don't Worry, Be Happy K 9:00 Past & Present 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	**5** V 9:00 Move It Monday K 9:00 Past & Present 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	**6** K 9:00 Past & Present 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 K 3:30 Bingo M 3:30 Music Trivia GG 4:00 Babbling Brook Word Game 4:30 Healthy Hands	**7** V 9:00 Mindfulness Matters K 9:00 Past & Present 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	**8** V 9:00 Let's Take A Trip K 9:00 Past & Present K 9:30 Categories Game CC 10:45 Peanut Butter Fudge 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Poetry Writing K 3:30 Bingo M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands GF 6:00 Relaxing Puzzle	**9** V 9:00 Laughter Yoga K 9:00 Past & Present 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	**10** V 9:00 Bandana Dance K 9:00 Past & Present 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
11 V 9:00 Don't Worry, Be Happy K 9:00 Past & Present 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	**12** V 9:00 Move It Monday K 9:00 Past & Present 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	**13** K 9:00 Past & Present V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Brownie Puppy Chow 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Cloth Tie Wreath K 3:30 Bingo M 3:30 Music Trivia GG 4:00 Babbling Brook Word Game 4:30 Healthy Hands	**14** V 9:00 Mindfulness Matters K 9:00 Past & Present 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	**15** V 9:00 Let's Take A Trip K 9:00 Past & Present 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 K 3:30 Bingo M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands	**16** V 9:00 Laughter Yoga K 9:00 Past & Present 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	**17** V 9:00 Bandana Dance K 9:00 Past & Present 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

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Legacy Lane

December 2022

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

The Heritage Legacy

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 V 9:00 Let's Take A Trip K 9:00 Past & Present 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 K 3:30 Bingo M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands	**2** V 9:00 Laughter Yoga K 9:00 Past & Present 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	**3** V 9:00 Bandana Dance K 9:00 Past & Present 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
4 V 9:00 Don't Worry, Be Happy K 9:00 Past & Present 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	**5** V 9:00 Move It Monday K 9:00 Past & Present 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	**6** K 9:00 Past & Present 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 K 3:30 Bingo M 3:30 Music Trivia GG 4:00 Babbling Brook Word Game 4:30 Healthy Hands	**7** V 9:00 Mindfulness Matters K 9:00 Past & Present 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	**8** V 9:00 Let's Take A Trip K 9:00 Past & Present K 9:30 Categories Game CC 10:45 Peanut Butter Fudge 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Poetry Writing K 3:30 Bingo M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands GF 6:00 Relaxing Puzzle	**9** V 9:00 Laughter Yoga K 9:00 Past & Present 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 7:00 Nighttime	**10** V 9:00 Bandana Dance K 9:00 Past & Present 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
11 V 9:00 Don't Worry, Be Happy K 9:00 Past & Present 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	**12** V 9:00 Move It Monday K 9:00 Past & Present 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	**13** K 9:00 Past & Present V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Brownie Puppy Chow 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Cloth Tie Wreath K 3:30 Bingo M 3:30 Music Trivia GG 4:00 Babbling Brook Word Game 4:30 Healthy Hands	**14** V 9:00 Mindfulness Matters K 9:00 Past & Present 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	**15** V 9:00 Let's Take A Trip K 9:00 Past & Present 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 K 3:30 Bingo M 3:30 Music That Made Movies Famous GG 4:00 Memory Matching 4:30 Healthy Hands	**16** V 9:00 Laughter Yoga K 9:00 Past & Present 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	**17** V 9:00 Bandana Dance K 9:00 Past & Present 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

The Heritage Legacy

December 2022

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