

Sunday

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

December 2023

						Fun Friday Elf Day 1 Christmas decoration & Crafts	11:00 Hair Day 2 1:00 Christmas card making Happy B-day Chong W Happy B-day Micky H Happy B-day David S
11:00 Sit & stretch 3 1:00 Music sensory 3:00 Walking club	11:00 Coffee and new 4 1:00 Social hour 3:00 Hallway strolls	11:00 Exercise club 5 1:00 Door decorations 3:00 Penny blackjack	11:00 Hot cocoa & Christmas memories 6 1:00 Christmas shopping @ Target	11:00 Throw & tell 7 1:00 Meeting w/Lanette 2:30 Christmas Crafts <small>Hanukkah Begins</small>		Fun Friday wear Christmas hats 8 11:00 Exercise club 1:00 B I N G O 2:00 Memory singers	Brunch & Ornament exchanged from 11:00 to 1:00 9
11:00 Morning stretch 10 1:00 Social hour Golden hour Happy B-day Ann J	11:00 Puzzle & hot cocoa 11 1:00 Hallway strolls Golden oldies	11:00 Exercise club 12 1:00 Dietary meeting w/Shanequa 2:30 Sip & paint Happy B-day Patricia L	11:00 Coffee & Daily chronicles 13 12:30 B I N G O 1:30 Christmas carols	11:00 Health talk w/Ana from Select rehab 14 1:00 Christmas movie 5:00 Spanaway Christmas lights		Fun Friday wear Christmas PJ's 15 1:00 B I N G O 5:30 Hot cocoa & PJ's with Santa & Mrs. clause	11:00 Hair Day 16 1:00 Penny blackjack 2:00 Manicures
Joyful Christmas dinner From 3:30 to 6:30 17	11:00 Coffee and news 18 1:00 Social hour 3:00 Hallway strolls	11:00 Harvest Buffet out for lunch 19 2:00 Ukelele Group Happy B-day Kim B	11:00 Hot cocoa & Christmas reminiscing 20 2:00 Ugly sweater day	11:00 Golden Zumba 21 1:00 Safety meeting w/Brandon 3:00 Jenga <small>Winter Begins</small>		Fun Friday wear Christmas sweater 22 11:00 Peppermint mocha & cookies 1:00 B I N G O	11:00 Coffee and news 23 1:00 Social hour 3:00 Music of season
11:00 Sit & stretch 24 1:00 Music sensory 3:00 Walking club	 <small>Christmas</small>	11:00 Sit & stretch 26 1:00 Music relaxation 3:00 Social hour <small>Boxing Day (Canada) Kwanzaa Begins</small>	11:00 Coffee & daily chronicles 27 1:00 B I N G O 3:00 Manicures	11:00 Exercise club 28 1:00 Council meeting w/Patty 3:00 Dominoes		Fun Friday wear Black & Gold 29 11:00 Exercise club 1:00 B I N G O 2:00 Scrapbooking	11:00 Hair Day 30 1:00 Penny blackjack 2:00 Manicures

Happy New Year



Spring Ridge Assisted Living

