

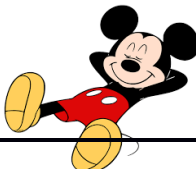


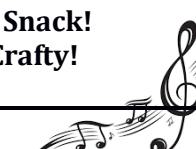
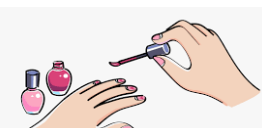







December 2021

Memory Care Unit Wellness Programming

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Key LTC – Long Term Care Living Room MC – Memory Care MDR – Main Dining Room MT – Movie Theater SP – Sports Page	<p>*Activities are subject to change to meet the needs of our residents*</p> <p>Please contact the Wellness Department with any activity suggestions</p>		1 10:00 – Cooking w/ Therapy (TG) 10:00 – Chicken Soup for the Soul 10:30 – Sing-Along-Songs & Groovy Tunes 2:00 – Surprise Snack! 3:00 – Elf Bowling	2 10:00 – Manicures 10:30 – Tunes & Dancing 1:30 – Cookies!!! *Walk & Talk Field Trip: 2:30 – Piano with Brenda (AL) *Wear your holiday attire!	3 10:00 – Cooking w/ Therapy (TG) 1:30 – Hot Chocolate Floats *Walk & Talk Field Trip: 2:30 – 3:30 – BINGO (LTC) 	4 10:00 – Independent Activities *Reading, Puzzles, Coloring 1:00 – Snack Cart with Olivia 2:00 – Social Hour with Friends 3:00 – Family Calls & Visits
5 9:00 – In-Room Catholic Mass (Channel 189) 2:00 – Sunday Relaxation 3:00 – Family Calls & Visits 	6 10:00 – Manicures 1:00 – Surprise Snack!!! *Walk & Talk Field Trip: 2:30-3:30 – BINGO (LTC)	7 10:00 – Bag Toss 10:30 – Tunes & Dancing 2:00 -Sugar Cookie Bars 3:00 – Movie Time! *Resident Choice – Everyone will vote on a movie to watch together!	8 10:00 – Cooking w/ Therapy (TG) 10:30– Chicken Soup for the Soul 11:00 – Sing-A-Long Songs & Groovy Tunes 2:30 – Puff Corn/Popcorn *Walk & Talk Field Trip: 3:00 – Snow Angels Craft (LTC)	9 10:00 – Music & Meditation 1:30 – Holiday Brownies 2:00 – Love on a Leash 2:30 – Movie Matinee *Resident Choice – Everyone will vote on a movie to watch together! 	10 10:00 – Cooking w/ Therapy (TG) 10:30 – Reminiscing Group & Holiday Music *Walk & Talk Field Trip: 2:30 – 3:30 – BINGO (LTC)	11 10:00 – Independent Activities *Reading, Puzzles, Coloring 1:00 – Snack Cart with Olivia 2:00 – Social Hour with Friends 3:00 – Family Calls & Visits
12 9:00 – In-Room Catholic Mass (Channel 189) 2:00 – Sunday Relaxation 3:00 – Family Calls & Visits	13 10:00 – Manicures 2:00 – Gingerbread Cookies! 2:30 – Groovy Tunes & Talents *Bring your feet & be ready to dance!!! 3:00 – Holiday Crafts & Cards	14 10:30 – Sing with Show Tunes & Acting! 2:00 – Holiday Krispie Treats!  *Mini Field Trip: 3:00 – Elf Bowling	15 10:00 – Cooking w/ Therapy (TG) 10:30 – Chicken Soup for the Soul 11:00– Sing-Along-Songs & Groovy Tunes 2:00 – Surprise Snack! 3:00 -Let's get Crafty! 	16 9:30 – Music & Meditation 10:00 – Friend to Friend 2:00 -Oreo Truffles *Mini Field Trip: 3:00 – Elf Bowling (LTC)	17 10:00 – Cooking w/ Therapy (TG) 10:30 – Word Play (LTC) 1:00 – Peppermint Ice Cream *Walk & Talk Field Trip: 2:30 – 3:30 – BINGO (LTC)	18 10:00 – Independent Activities *Reading, Puzzles, Coloring 1:00 – Snack Cart with Olivia 2:00 – Social Hour with Friends 3:00 – Family Calls & Visits
19 9:00 – In-Room Catholic Mass (Channel 189) 2:00 – Sunday Relaxation 3:00 – Family Calls & Visits 	20 10:00 – Holiday Ready Manicures 10:30 – Music & Meditation 1:00 – Sugar Cookies *Walk & Talk Field Trip: 2:30-3:30 – BINGO (LTC)	21 9:45 – Resident Council (LTC) 2:00 – Reindeer Chow  *Walk & Talk Field Trip: 3:00 – Group Devotions & Prayer Meeting (LTC)	22 9:30 – Movie Time! *Resident Choice – Everyone will vote on a movie to watch together! 10:00 – Cooking w/ Therapy (TG) 1:00 – Popcorn 2:00 -Holiday Party! *Wear your holiday sweaters and attire	23 10:00 – Group Devotions & Prayer Meeting (LTC) *Special: Secrets of Christ's Tomb 1:00 -Happy Hour Hot Chocolate Bar *Walk & Talk Field Trip: 3:00 – Elf Bowling (LTC)	24 10:00 – Holiday Categories (LTC)  *Walk & Talk Field Trip: 1:30 – Pajama Party!!! 2:30 – Cookies & Hot Chocolate Bar (LTC)	25 

<p>26 9:00 – In-Room Catholic Mass (Channel 189) 2:00 – Sunday Relaxation 3:00 – Family Calls & Visits</p>	<p>27 10:00 – New Year, New Manicure! 10:30 – Songs & Show Tunes *Come sing and show off your talents! 2:00 - Brownies</p>	<p>28 10:00 – Finish that Phrase 10:30 – Tunes & Dancing 2:00 – Kiss Cookies</p>  <p>*Walk & Talk Field Trip: 3:00 – Snow Globe Craft (LTC)</p>	<p>29 10:00 – Cooking w/ Therapy (TG) 10:30 – Chicken Soup for the Soul 11:00 – Sing-Along-Songs & Groovy Tunes! 2:00 – Surprise Snack!</p>	<p>30 10:00 – CST & Reminiscing Group 10:30 – Music & Meditation 2:00 – Surprise Snack!</p> <p>*Walk & Talk Field Trip: 3:00 – Bag Toss (LTC)</p>	<p>31 10:00 – Cooking w/ Therapy (TG) 10:30 – Chicken Soup for the Soul *Walk & Talk Field Trip: 2:00 – Champagne Toast (MDR) 2:30 – 3:30 –All building BINGO (MDR)</p>	
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