

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DATES TO REMEMBER

# DECEMBER 2023

## ADAMSPLACE ASSISTED LIVING ACTIVITY CALENDAR

● + Activity Board 3  
 ● 10:00 Catholic Mass  
 ● 2:00 Church Service w/ Chuck and Beth Arnett

● 9:45 Morning Stretches 4  
 ● 2:00 Group Crossword  
 ● 2:30 Christmas Scattergories  
 ● 3:00 Resident Christmas Photo Shoot\*

● 9:15 Bible Study w/ Barnabas Vision 5  
 ● 9:15 Walmart Shopping Trip\*  
 ● 2:00 Name That Tune w/ Pam  
 ● 3:00 Bridge Club\*  
 ● 3:00 Gumdrop Punch Beverage Cart  
 ● 4:00 Christmas Wreath Craft  
 ● 6:45 Christmas Headbanz Game

● 9:45 Drumming Workout 6  
 ● 10:00 Hymn Story: "O Little Town of Bethlehem"  
 ● 11:45 MTSU Schola Cantorum Concert  
 ● 1:00 Bingo  
 ● 2:15 Bingo  
 ● 3:00 Fruit and Veggie Tree  
 ● 3:30 Advanced Exercise Class

● 9:45 Chair Yoga 7  
 ● 10:15 Bookmobile  
 ● 10:15 Holiday Spot It  
 ● 2:00 Christmas Cards and Cocoa  
 ● 3:00 Bridge Club\*  
 ● 3:00 Manicures  
 ● 4:00 Naughty or Nice Game  
 ● 6:45 Christmas Riddles  
 Pearl Harbor Remembrance Day

● 9:45 Friday Fun Fitness 8  
 ● 10:15 Christmas Dice Game  
 ● 2:00 Kristen Budde Concert  
 ● 2:50 Happy Hour: Christmas Punch  
 ● 3:30 Scrabble Club (Reflection Room)

● + Activity Board 9  
 ● 1:00 Saturday Bingo  
 ● 2:15 Saturday Bingo  
 ● 3:00 Saturday Matinee: "A Dog Named Christmas"  
 ● 3:00 Saturday Snack: Cheese Balls

● + Activity Board 10  
 ● 10:00 Catholic Mass  
 ● 2:00 Church Service w/ Wayne Wells

● 9:45 Rise and Shine Workout 11  
 ● 2:00 Group Crossword  
 ● 2:30 Christmas Rebus Puzzles  
 ● 3:00 Cooking Club: Christmas Cookies

● 9:15 Bible Study w/ Barnabas Vision 12  
 ● 10:45 Lunch Trip to Johnathan's\*  
 ● 2:00 Balloon Volleyball  
 ● 3:00 Bridge Club\*  
 ● 3:00 Grinch Juice  
 ● 4:00 Book Club w/ Cindy

● 9:30 Sing and Stretch 13  
 ● 10:00 Wellness Team Christmas Caroling Sing a Long  
 ● 11:30 Hymn Sing-Along w/Esther  
 ● 1:00 Bingo  
 ● 2:15 Bingo  
 ● 3:00 DIY Nativity Trail Mix

● 9:30 Elvis Exercises 14  
 ● 10:15 Bookmobile  
 ● 10:15 Trash Card Game (Card Room)  
 ● 2:00 Cooking Demonstration With Anna Farris  
 ● 3:00 Bridge Club\*  
 ● 3:00 Manicures  
 ● 4:00 First Baptist Church Fine Art Academy Program  
 ● 6:30 Christmas Lights Bus Tour

● 9:45 Jingle Bell Rock Workout 15  
 ● 10:15 Reindeer Toss  
 ● 10:50 & 12:00 Christmas Would You Rather+  
 ● 2:00 JBD Express Concert (Magnolia Dining Room)  
 ● 3:30 Scrabble Club (Reflection Room)

● + Activity Board 16  
 ● 10:30 Oakland Middle School Choir Christmas Performance  
 ● 1:00 Saturday Bingo  
 ● 2:15 Saturday Bingo  
 ● 3:30 Christmas Piano Concert w/ Biron

● + Activity Board 17  
 ● 10:00 Catholic Mass  
 ● 1:45 Caroling w/ First Cumberland Presbyterian Church  
 ● 2:00 Church Service w/ Chris Warren

● 9:45 Monday Motion Workout 18  
 ● 10:30 Northfield Elementary Choir  
 ● 2:00 Christmas Gift Game  
 ● 3:00 Group Crossword  
 ● 3:30 Christmas Word Games

● 9:15 Bible Study w/ Barnabas Vision 19  
 ● 9:15 Good Will Shopping Trip\*  
 ● 2:00 Christmas Pinecone Craft  
 ● 3:00 Bridge Club\*  
 ● 3:00 Sparkling Christmas Punch Beverage Cart  
 ● 4:30 & 5:45 Poke a Tree+  
 ● 6:45 Pillow Talk

● 9:45 Weight Workout 20  
 ● 10:15 Hymn Story: "Silent Night"  
 ● 11:00 Thigpen Hearing (Card Room)  
 ● 11:30 Hymn Sing-Along w/Esther  
 ● 1:00 Bingo  
 ● 2:15 Bingo  
 ● 3:00 Cranberry Sausage Cream Cheese Dip  
 ● 4:00 Christmas Caroling with Northside Baptist Church

● 9:30 Bus Trip With Brion\* 21  
 ● 10:15 Bookmobile  
 ● 2:00 Saran Wrap Gift Game  
 ● 3:00 Bridge Club\*  
 ● 3:00 Manicures  
 ● 4:00 Santa Hat Toss  
 ● 6:45 Rummikub Game

● 9:45 12 Days of Christmas Workout 22  
 ● 10:15 Coffee and Chat: Christmas Memories  
 ● 10:50 & 12:00 Christmas Who Am I+  
 ● 2:00 Lance Harvill Christmas Concert (Magnolia Dining Room)  
 ● 3:30 Scrabble Club (Reflection Room)

● + Activity Board 23  
 ● 1:00 Saturday Bingo  
 ● 2:15 Saturday Bingo  
 ● 3:00 Saturday Matinee: "White Christmas"  
 ● 3:00 Saturday Snack: White Cheddar Popcorn

● + Activity Board 24  
 ● 10:00 Catholic Mass  
 ● 2:00 Church Service w/ Jeff Reynolds

Merry Christmas 25

● 9:15 Bible Study w/ Barnabas Vision 26  
 ● 10:00 Chair Soccer  
 ● 2:00 Birthday Bash  
 ● 3:00 Bridge Club\*  
 ● 3:00 Cranberry Pomegranate Beverage Cart  
 ● 4:30 & 5:45 Eye Glass Cleaning+  
 ● 6:45 Mystery Stocking Game

● 9:45 Ball Exercises 27  
 ● 10:15 Bible Study: Leah  
 ● 11:30 Hymn Sing-Along w/Esther  
 ● 1:00 Bingo  
 ● 2:15 Bingo  
 ● 3:00 Hot Chocolate Dip  
 ● 3:30 Advanced Exercise Class

● 9:45 Total Body Chair Workout 28  
 ● 10:15 Bookmobile  
 ● 10:15 Trash Card Game (Card Room)  
 ● 2:00 Resident Council Meeting  
 ● 3:00 Bridge Club\*  
 ● 3:00 Manicures  
 ● 4:30 & 5:45 New Year Scattergories+  
 ● 6:45 Holiday at the Spa

● 9:30 New Years Countdown Workout 29  
 ● 10:00 "Two Resolutions and a Lie" Game  
 ● 10:50 New Years Eve Traditions+  
 ● 2:00 New Years Eve Wine and Cheese Celebration  
 ● 3:30 Scrabble Club (Reflection Room)

● + Activity Board 30  
 ● 1:00 Saturday Bingo  
 ● 2:15 Saturday Bingo  
 ● 3:00 Saturday Matinee: "Silver Bells"  
 ● 3:00 Saturday Snack: Peanuts

● + Activity Board 31  
 ● 10:00 Catholic Mass  
 ● 2:00 Church Service w/ Leland Ping  
 New Year's Eve

*Christmas is a piece of one's home that one carries in one's heart.*  
 -Freya Stark

\* Sign Up Outside the Soda Shop  
 + Located Outside the Dining Room  
 Activities Subject to Change  
 Activity Coordinators: Amanda Graves & Cindy Harris Ext. 4260

Christmas Market 1st

Christmas Photo Shoot 4th

MTSU Concert 6th

Children's Fine Art Program 14th

JBD Express Concert 15th

Oakland Middle School Chior 16th

Biron Piano Concert 16th

Caroling w/ First Cumberland Presbyterian Church 17th

Northfield Elementary Choir 18th

Christmas Caroling w/ Northside Baptist 20th

Lance Harvill Concert 22nd

HAPPY BIRTHDAY!

Julia Vaughn 1st

Gayle Murks 6th

David Hall 24th

Kay Garrison 30th