

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2022

				9:30-Morning Exercise (Chapel) 1 10:30- Exercise Group (ALC2) 11:15- (ALC2) Basketball 1:15-Lets talk (computer lab) 1:30 Art 101 (ALC2) 3:15PM- Games: Jeopardy (Chapel) 4:00PM- Brain Fitness (Computer Lab)	9:15AM-Morning Exercise (Chapel) 2 10:00AM-Chair yoga (Chapel) 10:30AM ALC Exercise (ALC 2) 1:30- BINGO!!! (Chapel) 3:00 PM Tea and Scones (Library) 4:00PM- Brain Fitness (Computer Lab)	9:15- Resident Led Morning Exercise (Chapel) 3 10:30-Dr David Jeremiah video (Chapel) 1:30PM- Movie in the Chapel (choices voted on during the week)
11:00AM -Chapel Services 4 1:00PM- Prayer Group (Library) 2:30- Dr David Jeremiah video (Chapel) 3:00PM- Arts and Crafts with Lynette (Library)	9:30-Morning Exercise (Chapel) 5 10:30- Exercise Group (ALC2) 11:15- Goods World News (ALC2) 2:15-Music with Chip Curry (ALC) 3:15PM- Games:Guggenheim (Chapel) 4:00 PM-Brain Fitness (Computer Lab)	9:15AM-Morning Exercise (Chapel) 6 10:00AM-Chair yoga (Chapel) 10:30 AM ALC Exercise (ALC 2) 11:15- Daily Chronicle (ALC2) 2:00PM Music with Madiline(ALC2) 3:00PM-Bingo (ALC2) 4:00- Brain Fitness (Computer Lab)	9:30-Morning Exercise (Chapel) 7 10:30- Exercise Group (ALC2) 11:15- Trivia (ALC2) 2:15PM- Ice Cream Social (Dining Room) 3:00PM-Brain Fitness (Computer Lab)	9:30-Morning Exercise (Chapel) 8 10:30- Exercise Group (ALC2) 11:15- (ALC2) Basketball 1:15- Lets Talk (computer lab) 1:30- Ceramics with Harriet (Library) 3:00PM-Games: Bingo (ALC 2) 4:00- Brain Fitness (Computer Lab)	9:15AM-Morning Exercise (Chapel) 9 10:00AM-Chair yoga (Chapel) 10:30AM ALC Exercise (ALC 2) 3:00 PM Coffee & cookies (Library) 4:00PM- Brain Fitness (Computer Lab) 6:00 "Christmas on the beach" luau	9:15- Resident Led Morning Exercise (Chapel) 10 10:30-Dr David Jeremiah video (Chapel) 1:30PM- Movie in the Chapel: (choices voted on during the week)
11:00AM -Chapel Services 11 1:00PM- Prayer Group (Library) 2:30- Dr David Jeremiah video (Chapel) 3:00PM- Arts and Crafts with Lynette (Library)	9:30am-Morning Exercise (Chapel) 12 10:30am- Exercise Group (ALC2) 11:15am-Good World News (ALC2) 1:30 Resident council (Chapel) 2:00 music with Dave Coldren 3:15PM- Games: Jeopardy (Chapel) 4:00 PM-Brain Fitness	9:15AM-Morning Exercise (Chapel) 13 10:00AM-Chair yoga (Chapel) 10:30 AM ALC Exercise (ALC 2) 11:15- Daily Chronicle (ALC2) 2:30PM-Bingo (ALC2) 4:00- Brain Fitness (Computer Lab)	9:30-Morning Exercise (Chapel) 14 10:30- Exercise Group (ALC2) 11:15- "Survey Says" game(ALC2) 1:30PM- Music with Dave Sesnack 2:15PM- Ice Cream Social (Dining Room) 3:00PM-Brain Fitness (Computer lab)	9:30-Morning Exercise (Chapel) 15 10:30- Exercise Group (ALC2) 11:15- (ALC2) Balloon Tennis 1:15- Lets Talk (computer lab) 2:00 PM Lecture with Fran Rushing 4:00- Brain Fitness (Computer Lab)	9:15AM-Morning Exercise (Chapel) 16 10:00AM-Chair yoga (Chapel) 10:30AM ALC Exercise (ALC 2) 3:00 PM Tea and Scones (Library) 4:00PM- Brain Fitness (Computer Lab)	9:15- Resident Led Morning Exercise (Chapel) 17 10:30-Dr David Jeremiah video (Chapel) 1:30PM- Music with Larry and Ouida (chapel)
11:00AM -Chapel Services 18 1:00PM- Prayer Group in the Chapel 2:30- Dr David Jeremiah video (Chapel) 3:00PM- Arts and Crafts with Lynette (Library) Hanukkah Begins	9:30-Morning Exercise (Chapel) 19 10:30- Exercise Group (ALC2) 11:15- Good World News (ALC2) 2:00 music with Dave Coldren 3:15PM- Games: Guggenheim (Chapel) 4:00 PM-Brain Fitness (comp. lab)	9:15AM-Morning Exercise (Chapel) 20 10:00AM-Chair yoga (Chapel) 10:30 AM ALC Exercise (ALC 2) 11:15- Daily Chronicle (ALC2) 1:30PM- Music with Timo 1:30- Ceramics with Harriet (library) 2:30PM-Bingo (ALC2) 4:00- Brain Fitness (Computer Lab)	9:30-Morning Exercise (Chapel) 21 10:30- Exercise Group (ALC2) 11:15- Basketball (ALC2) 1:30PM- Music with Dave Sesnack 2:15PM- Ice Cream Social (Dining Room) 3:00PM-Brain Fitness (Computer Lab) Winter Begins	9:30-Morning Exercise (Chapel) 22 10:30-Current Events (ALC2) 11:15- Trivia(ALC2) 2:00 - Winter carnival 4:00- Brain Fitness (Computer Lab) 	9:15AM-Morning Exercise (Chapel) 23 10:00AM-Chair yoga (Chapel) 10:30AM ALC Exercise (ALC 2) 1:30- BINGO!!! (Chapel) 3:00 PM Milk and Cookies (Library) 4:00PM- Brain Fitness (Computer Lab) 5:00PM December Birthdays with Mark Russo	9:15- Resident Led Morning Exercise (Chapel) 24 10:30-Dr David Jeremiah video (Chapel) 1:30PM- Movie in the Chapel: (choices voted on during the week)
11:00AM -Chapel Services 25 1:00PM- Prayer Group (Library) 2:30- Dr David Jeremiah video (Chapel) Merry Christmas Christmas	9:30-Morning Exercise (Chapel) 26 10:30- Exercise Group (ALC2) 11:15-Good World News (ALC2) 2:00 music with Dave Coldren 3:15PM- Games: Guggenheim (Chapel) 4:00 PM-Brain Fitness (Computer lab) Boxing Day (Canada) Kwanzaa Begins	9:15AM-Morning Exercise (Chapel) 27 10:00AM-Chair yoga (Chapel) 10:30 AM ALC Exercise (ALC 2) 11:15- Daily Chronicle (ALC2) 1:30PM- Music with Timo 2:30PM-Bingo (ALC2) 4:00- Brain Fitness (Computer Lab)	9:30-Morning Exercise (Chapel) 28 10:30- Exercise Group (ALC2) 11:15- Guggenheim (ALC2) 2:15PM- Ice Cream Social (Dining Room) 3:00PM-Brain Fitness (Computer Lab)	9:30-Morning Exercise (Chapel) 29 10:30- Exercise Group (ALC2) 11:15- (ALC2) Basketball 1:15- Lets Talk (computer lab) 1:30 -art 101 3:15PM- Games: Jeopardy (Chapel) 4:00PM- Brain Fitness (Computer Lab)	9:15AM-Morning Exercise (Chapel) 30 10:00AM-Chair yoga (Chapel) 10:30AM ALC Exercise (ALC 2) 2:15-Music with Peter Cor (ALC) 3:00 PM Tea and Scones (Library) 4:00PM- Brain Fitness (Computer Lab)	9:15- Resident Led Morning Exercise (Chapel) 31 10:30-Dr David Jeremiah video (Chapel) 1:30PM- Movie in the Chapel: (choices voted on during the week) New Year's Eve