

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Basketball Day 1 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:00 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) TEXANS vs JAGUARS	Cider Monday 2 9:00 Walking Club with HS Staff (FE) 10:00 Chair Yoga Exercises on YouTube (B) 1:00 Bingo with Julie and Bryan from Brighton Home Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) 5:30 Netflix Holiday Love Stories (TR)	Be a Blessing Day 3 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:30 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 Shopping at Walmart 5:00 Bonfire & Smores at the Back Patio	Happy Birthday Marjorie! 4 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Dancing Fitness (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Wine Down & Learn about Medicare (B) *Serving Wine and Charcuterie* 5:00 Classic Christmas Movies: (TR)	Happy Birthday Barbara B! 5 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with AdvisaCare (B) 1:00 BINGO at the Activity Room 2:30 Not Just Knitting Club at the Theater 3:00 Holy Rosary with Bonnie (CR) 5:00 Thursday Night Football (B) (TR) PACKERS vs LIONS	Miners' Day 6 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Sienna Italiana 2:00 Basket Weaving with Carol (B) 4:00 Annual Tree Lighting Ceremony (L) 5:00 Resident's Choice Movie (B) Resident's Favorite Christmas Movie	World Pear Day 7 9:00 Coffee and News at the Bistro 9:30 Bible Verse Sharing (LR) 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Happy Hour w/ Michael Sara (LR) 3:00 Expoza Travels on YouTube (B) 5:00 Classic Christmas Movies: (B)		
Toilet Paper Appreciation Day 8 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:00 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) RAIDERS vs BUCCANEERS	World Techno Day 9 9:00 Walking Club with HS Staff (FE) 10:00 Chair Yoga Exercises on YouTube (B) 1:00 Bingo with Eileen from Comfort Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) 5:30 Netflix Holiday Love Stories (TR) The Merry Gentlemen	Nobel Prize Day 10 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:15 Tea Tasting with Chef Celeste (DR) 1:30 Flower Arrangements w/ Carol (B) 3:00 Shopping at Smith's 3:00 Classic Nintendo Gaming w/ Abel 5:00 Bonfire & Smores at the Back Patio	National Cocoa Day 11 9:00 Hot Cocoa and News at the Bistro 10:00 Resident Council Meeting and Food for Thought with Chef Celeste 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Life's Journey w/ Monica at the Bistro *Serving Wine, Cheese and Crackers* 5:00 Classic Christmas Movies: (TR) WHITE CHRISTMAS	National Stretching Day 12 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO at the Activity Room 2:00 Aging with Grace with Hope: Ugly Sweater for the Holidays (B) 3:00 LIFEDER Travels on YouTube (B) 3:00 Holy Rosary with Bonnie (CR) 5:00 Thursday Night Football (B) (TR)	Gingerbread Man Day 13 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Preschool Kids Caroling (LR) 12:00 Foodie Run to Rampart Casino 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Albertson's 5:00 Resident's Choice Movie (B) Resident's Favorite Christmas Movie 5:00 Weekly Holiday Scenic Ride (FE)	Yoga Day 14 9:00 Coffee and News at the Bistro 9:30 Bible Verse Sharing (LR) 10:00 Chair Yoga from LEAP Fitness (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 2:30 Simple Manicures with Carol (AR) 3:30 Christmas Carols with Miriam (LR) 5:00 Classic Christmas Movies: (B)		
Bill of Rights Day 15 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:00 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) CHIEFS vs BROWNS	Zionism Day 16 9:00 Walking Club with HS Staff (FE) 10:00 Chair Yoga Exercises on YouTube (B) 1:00 Bingo with Victoria from Archwell Health (AR) 2:00 Christmas Crafts with Lindsay from Physician's Choice (B) 5:00 NFL Regular Season Game (B) 5:30 Netflix Holiday Love Stories (TR) Haul Out The Holly	Clean Air Day 17 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:30 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 Shopping at Walmart 5:00 Bonfire & Smores at the Back Patio	Give a Wine Day 18 7:00 Monthly Signature Breakfast (DR) 10:00 Chair Yoga Dancing Fitness (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Holiday Karaoke with Sally (B) *Serving Eggnogs* 5:00 Classic Christmas Movies: (TR)	National Re-gifting Day 19 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BiINGO at the Activity Room 2:30 Not Just Knitting Club at the Theater 3:00 Holy Rosary with Bonnie (CR) 5:00 Thursday Night Football (B) (TR) BROWNS vs BENGALS	Underdog Day 20 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Mister Chopsticks 2:00 Basket Weaving with Carol (B) 3:00 Shopping at the Dollar Tree 5:00 Resident's Choice Movie (B) Resident's Favorite Christmas Movie 5:00 Weekly Holiday Scenic Ride (FE)	First Day of Winter 21 9:00 Coffee and News at the Bistro 9:30 Bible Verse Sharing (LR) 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Birthday Bash w/ Donna Lynne (B) 3:00 Expoza Travels on YouTube (B) 5:00 Classic Christmas Movies: (B)		
Forefathers Day 22 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:00 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) LIONS vs BEARS	Family Roots Day 23 9:00 Walking Club with HS Staff (FE) 10:00 Chair Yoga Exercises on YouTube (B) 1:00 Bingo with Heather from Enhabit Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) 5:30 Netflix Holiday Love Stories (TR) Haul Out The Holly: Lit Up	Christmas Eve 24 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:30 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 Shopping at Smith's 3:00 Classic Nintendo Gaming w/ Abel 5:00 Bonfire & Smores at the Back Patio	Merry Christmas 25 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Dancing Fitness (B) 11:00 Christmas Luncheon at the Dining Room 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:30 Christmas Unwinding at the Bistro *Serving Wine, Cheese and Crackers* 5:00 Classic Christmas Movies: (TR)	National Candy Cane Day 26 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO at the Activity Room 2:30 Not Just Knitting Club at the Theater 3:00 Holy Rosary with Bonnie (CR) 3:00 LIFEDER Travels on YouTube (B) 5:00 Thursday Night Football (B) (TR) SEAHAWKS vs BEARS	Radio City Music Hall Day 27 9:00 Coffee and News at the Bistro 10:00 Strength Exercises at the Bistro 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run at Krazy Buffet 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Target 5:00 Resident's Choice Movie (B) Resident's Favorite Christmas Movie 5:00 Weekly Holiday Scenic Ride (FE)	National Chocolate Day 28 9:00 Coffee and News at the Bistro 9:30 Bible Verse Sharing (LR) 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Simple Manicures with Carol (AR) 3:00 Expoza Travels on YouTube (TR) 5:00 Classic Christmas Movies: (B)		
Tick Tock Day 29 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B)	Bacon Day 30 9:00 Walking Club with HS Staff (FE) 10:00 Chair Yoga Exercises on YouTube (B) 1:00 Bingo with Maggie from Harmony Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) 5:30 Netflix Holiday Love Stories (TR) A Merry Scottish Christmas	Happy Birthday Paulina! 31 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:30 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 New Year's Eve Celebration with Tom Mazzaro at the Dining Room						L = Lobby TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room LR = Living Room FE = Front Entrance

December 2024 Heritage Springs Assisted Living Events

Activities are subject to change based on the interests and requests of our residents.