

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Moring news/ Fresh baked cookies Dining room *Quick Stretch 10:45 Sunday service (Parlor Room AL side 12:30 Meditation 2:30 Snacks & Music *Quick Stretch 3:30 Table Toss Game 6:00 Resident Movie Choice	9:00 Mt. Sac presents art class 9:30 Moring news 10:00 Video workout 10:30 Daily Chronicle *Quick Stretch 12:30 Parachute Fun 2:30 Snack & Social 3:30 Penny Game *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle *Quick Stretch 10:30 Christmas Songs 1:30 <b>Deep Breathing</b> 2:30 Snack & Social 3:00 <b>Visits from KEKE</b> *Quick Stretch 6:00 Resident Movie Choice	10:00 Daily Chronicle/ <b>Fresh baked cookies</b> *Quick Stretch 10:30 Tree Decorating *Quick Stretch 1:30 Karaoke with staff 2:30 snacks and social/ <b>Wine down Wednesday</b> 3:00 Place the Stocking 6:00 Resident Movie Choice	10:00 Daily Chronicle/ <b>Fresh baked cookies</b> *Quick Stretch 10:30 Corn Hole game *Quick Stretch 1:30 Karaoke with staff 2:30 snacks and social 3:00 Name 5 things ( group talk) 6:00 Resident Movie	10:00 Daily Chronicle 10:30 Exercises with Margret *Quick Stretch 12:30 <b>Manicures</b> 2:00 <b>scenic drive</b> 2:30 snack and social *Quick Stretch 3:00 Balloon Volleyball *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle 10:30 Chair Yoga *Quick Stretch 12:30 <b>Color me Mine</b> 2:30 <b>Snack &amp; Social</b> *Quick Stretch 3:00 Kick it ! 6:00 Resident Movie
9:30 Moring news/ Fresh baked cookies Dining room *Quick Stretch 10:45 Sunday service (Parlor Room AL side 12:30 Air Hockey 2:30 Snacks & Music *Quick Stretch 3:30 Cooking hour! 6:00 Resident Movie Choice	9:00 Mt. Sac presents art class 9:30 Moring news 10:00 Video workout 10:30 Daily Chronicle *Quick Stretch 12:30 Kick it ! 2:30 Snack & Social 3:30 Patio Stroll *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle *Quick Stretch 10:30 Guess the Gift 1:30 Cooking Hr 3:00 <b>Who can laugh the loudest</b> *Quick Stretch 6:00 Resident Movie Choice	10:00 Daily Chronicle/ <b>Fresh baked cookies</b> *Quick Stretch 10:30 Build with me *Quick Stretch 1:30 Karaoke with staff 2:30 snacks and social/ <b>Wine down Wednesday</b> 3:00 It's Time to Bowl 6:00 Resident Movie	9:30 Moring news 10:00 Video workout 10:30 Daily Chronicle *Quick Stretch 12:30 Parachute Fun 2:30 Snack & Social 3:30 Binog ! Game *Quick Stretch 6:00 Resident Movie	10:00 Daily Chronicle 10:30 Chair Exercises *Quick Stretch 12:30 <b>Manicures</b> 2:30 snack and social *Quick Stretch 3:00 Hot chocolate and convos *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle 10:30 Chair Yoga *Quick Stretch 12:30 <b>Holiday Memories!</b> 2:30 Snack & Social *Quick Stretch 3:00 Reindeer Games 6:00 Resident Movie
9:30 Fresh baked cookies Dining room *Quick Stretch 10:45 Sunday service (Parlor Room AL side 12:30 Pretty nails 2:30 Snacks & Music *Quick Stretch 3:30 Do you know the lyrics? 6:00 Resident Movie Choice	9:00 Mt. Sac presents art class 10:00 Video workout 10:30 Daily Chronicle *Quick Stretch 12:30 Parachute Fun 2:30 Snack & Social 3:30 Arts and Crafts *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle *Quick Stretch 10:30 Video Workout 2:30 Snack & Social 3:00 <b>Christmas Bingo!</b> *Quick Stretch 6:00 Resident Movie Choice	10:00 Daily Chronicle/ <b>Fresh baked cookies</b> *Quick Stretch 10:30 Flower Arranging *Quick Stretch 1:30 Karaoke with staff 2:30 snacks and social/ <b>Wine down Wednesday</b> 3:00 Bracelet Making 5:00 Christmas Lights Trip	10:00 Daily Chronicle/ <b>Fresh baked cookies</b> *Quick Stretch 10:30 America's got talent *Quick Stretch 1:30 Karaoke with staff 2:30 snacks and social 3:00- Who can Laugh the loudest <b>5:00- Christmas lights Drive</b>	10:00 Daily Chronicle 10:30 Chair Exercises *Quick Stretch 12:30 <b>Manicures</b> 2:00 <b>scenic drive</b> 2:30 snack and social *Quick Stretch 3:00 Do you want to build a snowman? *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle 10:30 Chair Yoga *Quick Stretch 12:30 <b>MC Christmas Party!</b> 2:30 <b>WRM Caroling performance</b> *Quick Stretch 3:00 Table ball 6:00 Resident Movie
9:30 Fresh baked cookies Dining room *Quick Stretch 10:45 Sunday service (Parlor Room AL side 12:30 Karaoke with Rosy 2:30 Snacks & Music *Quick Stretch 3:30 how high can you kick? 6:00 Resident Movie Choice	9:00 Mt. Sac presents art class 10:00 Move and Groove 10:30 Daily Chronicle *Quick Stretch 12:30 Picture this 2:30 Snack & Social 3:30 Noodle Toss *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle *Quick Stretch 10:30 Guess the Gift 1:30 <b>Manicures</b> 2:30 Snack & Social 3:00 <b>We have to Wrap!</b> *Quick Stretch 6:00 Resident Movie Choice	10:00 Daily Chronicle/ <b>Fresh baked cookies</b> *Quick Stretch 10:30 Cookie Decorating *Quick Stretch 1:30 Christmas Sing along 2:30 snacks and social/ <b>Wine down Wednesday</b> 3:00 Christmas Memories 6:00 Resident Movie <small>Christmas Hanukkah Begins</small>	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle *Quick Stretch 10:30 Video Workout 2:30 Snack & Social 3:00 <b>Why are the holidays over</b> *Quick Stretch 6:00 Resident Movie Choice <small>Boxing Day (Canada) Kwanzaa Begins</small>	10:00 Daily Chronicle 10:30 Yoga *Quick Stretch 12:30 Jenga 2:30 snack and social *Quick Stretch 3:00 Bingo! *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle 10:30 Chair Yoga *Quick Stretch 12:30 <b>Take A Breather</b> 2:30 Snack & Social *Quick Stretch 3:00 Reindeer Games 6:00 Resident Movie
9:30 Fresh baked cookies Dining room *Quick Stretch 10:45 Sunday service (Parlor Room AL side 12:30 Cooking HR! 2:30 Snacks & Music *Quick Stretch 3:30 Meditation Hr 6:00 Resident Movie Choice	9:00 Mt. Sac presents art class 10:00 Video workout 10:30 Daily Chronicle *Quick Stretch 12:30 Messages to your Younger self 2:30 Snack & Social 3:30 New Year Goals *Quick Stretch 6:00 Resident Movie	9:30 <b>Beauty hr.</b> 10:00 Daily Chronicle *Quick Stretch 10:30 Guess the Gift 1:30 <b>Manicures</b> 2:30 Snack & Social 3:00 <b>New Year New Me</b> *Quick Stretch 6:00 Resident Movie Choice  New Year's Eve	<h1>December 2024</h1> 			