		1 1 Pm 1 1					
-	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Baking Bread in the Lodge	9:30 Strength Training	9:30 Sit and Be Fit	9:30 Seated Chair Yoga	9:30 Morning Stretch	9:30 Walking Club & Sunshine in	9:30 Morning Stretch 7
- (9:30 Hymn Sing Along w/	10:00 Communion	10:00 Music Therapy & Coffee	10:00 Morning Snack in the	10:00 Morning Snack & Daily	the Courtyard	10:00 Junk Drawer Detective
: N	Susie Q	10:15 Morning Snack	11:00 Bingo	Courtyard	Chronicles	10:00 Morning Snack & Daily	11:00 Bingo
5	10:00 Morning Snack & Watering	refer freetending enigrancing	11:45 Namaste- Aromatherapy	11:00 Crafty Corner: Holiday	11:00 Scenic Bus Ride	Chronicles	11:45 Namaste- Aromatherapy
~	the Garden 11:00 Armchair Travelogue:	11:30 Namaste- Aromatherapy	1:30 Jingle Bell Toss		11:45 Namaste- Aromatherapy	11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy	1:30 Group Crosswords
	European Christmas	1:30 Decorating Walkers,	3.00 Omisimas Tree Decorating	11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader	1:30 Bingo 3:00 Social: Nachos	1:30 Color Your Mind	2:30 Afternoon Snack
	11:45 Namaste- Aromatherapy	Wheelchairs and Canes!	Party	3:00 Holiday Songs w/ Craig	4:00 Puzzles in the Activity Room		3:00 Meet Me at the Movies:
	1,20 Making Christman Cardo	2:30 Making Popcorn	4:00 A Man on the Inside Ep 1	Plotner	6:20 NFL Football: Lions vs.	3:00 Brain Games	The Family Man
	2:00 Classic Movie: Singing in	3:00 Meet Me at the Movies:	6:00 Word Search in the	4:00 Coloring in the Activity	Packers		6:00 Word Search in the
	the Rain	Mrs. Doubtfire		Room		6:00 Crossword Puzzles	Enclave
ļ	6:20 NFL Football: 49ers vs. Bills			6:00 Free Rein S1 E5			
		9:45 Veterans Day Coffee & 9	9:30 Sit and Be Fit 10		9:30 Morning Stretch 12	9:30 Walking Club & Sunshine ing	9:30 Morning Stretch 14
		Donuts	10:00 Music Therapy & Coffee	10:00 Morning Snack in the	10:30 Lunch at Little Anthonys	tne Courtyard	10:00 Can you Picture This?
	Donuts	10:30 Hootenanny Sing Along	11:00 Bingo	Courtyard 11:00 Crafty Corner: Beaded	Diner 10:00 Morning Snack & Daily	10:00 Morning Snack & Daily Chronicles	11:00 Bingo
	the Garden	11:30 Namaste- Aromatherapy	11:45 Namaste- Aromatherapy	Snowmen	Chronicles	11:00 Storytelling Corner	11:45 Namaste- Aromatherapy
	11://5 Namaeta- Aromatherany	1:30 Holiday Pictionary	1:30 Steel Feathers Chair Zumba w/ Liz	11:45 Namaste- Aromatherapy	11:45 Namaste- Aromatherapy	11:45 Namaste- Aromatherany	1:30 Help Wanted
	2:00 Church Service w/ Faith	2:30 Making Popcorn	3:00 Christmas Carols w/	1:30 Scrapbooking	1:30 Bingo	1:30 Nail Polish Parlor & Sna	2:30 Afternoon Snack
	Community Church	3:00 Meet Me at the Movies:	Amber	2:30 A Musical Visit w/ Linda	3:00 Social: Hot Cocoa and	3:00 Brain Games	3:00 Meet Me at the Movies: A
	3:00 Classic Movie: A League of	Maverick	4:00 A Man on the Inside Ep	Updike	Holiday Cookies	11001 DO 11014	Boy Called Christmas
	their Own		Fn2	4:00 Coloring in the Activity	4:00 Puzzles in the Activity Room		6:00 Word Search in the
	6:20 NFL Football: Chargers vs.		6:00 Word Search in the		6:15 NFL Football: Rams vs 49ers		Enclave
	Chiefs	0.20 Strongth Troining		6:00 Free Rein S1 E6 9:30 Seated Chair Yoga 18	0.20 Morning Strotch	0.20 Walking Club & Sunahinada	0.20 Morning Stratch
	9:00 Baking Bread in the Lodge 5 9:30 Hymn Sing Along w/	10:00 Communion	9:30 Sit and Be Fit 17 10:00 Music Therapy & Coffee	10:00 Morning Snack in the	9:30 Morning Stretch 10:00 Morning Snack & Daily	9:30 Walking Club & Sunshine no the Courtyard	9:30 Morning Stretch 10:00 Trivia
		10:15 Morning Snack	11:00 Bingo	Courtyard	Chronicles	10:00 Morning Snack & Daily	11:00 Bingo
	10:00 Morning Snack & Watering	10:30 Hootenanny Sing Along	11:45 Namaste- Aromatherapy	11:00 Crafty Corner: Snowflake	10:30 A Visit and Pictures w/	Chronicles	
	the Garden	11:30 Namaste- Aromatherapy		Ornaments	Santa Claus!	11:00 Sun Sound Reader	11:45 Namaste- Aromatherapy 1:30 Group Crosswords
	11:45 Namaste- Aromatherapy	1:30 Balloon Volleyball	3:00 Decorating Christmas	11:45 Namaste- Aromatherapy	11:00 Scenic Bus Ride	11:45 Namaste- Aromatherapy	2:30 Afternoon Snack
	2:00 Family Ornament Decorations, Christmas Cookies	2:30 Making Popcorn	Cookies	1:30 Sun Sound Reader	11:45 Namaste- Aromatherapy	1:30 Color Your Mina	3:00 Meet Me at the Movies:
	and Hot Chocolate	3:00 Meet Me at the Movies:	4:00 A Man on the Inside Ep	3:00 Trio Musical Entertainers	1:30 Bingo	2.30 Shack Social	Christmas Chronicles
	3:00 Classic Movie: Sound of	A Miracle on 34th Street	Fn3	Monsoon Winds	3:00 Social: Wine & Cheese	5.00 Visit W/ Dailjo Doug	6:00 Word Search in the
	Music			4:00 Coloring in the Activity Room	4:00 Puzzles in the Activity Room 6:15 NFL Football: Broncos vs	6:00 Crossword Puzzles	Enclave
	6:20 NFL Football: Bears vs			6:00 Free Rein S1 E7	Chargers	0.00 Crossword Puzzies	Winter Begins
ı	9:00 Baking Bread in the Lodge	9:30 Strength Training	0.20 Sit and Ba Eit	Marmy Charietan and OF	9:30 Morning Stretch	9:30 Walking Club & Sunshine	
	9:30 Good News, Coffee &	10:00 Communion		9:00 Disney Parks Magical	10:00 Morning Snack & Daily	9:30 Walking Club & Sunshine 77 the Courtyard	10:00 Reminisce
	Donuts	10,20 Lata Maka Sama	11:00 Bingo	Christmas Parade	Chronicles	10:00 Morning Snack & Daily	11:00 Bingo
	10:00 Morning Snack & Watering	Peppermint Bark!	11:45 Namaste- Aromatherapy	10:30 Morning Stretch & Morning	11:00 Scenic Bus Ride	Chronicles	11:45 Namaste- Aromatherapy
	the Garden	11:30 Namaste- Aromatherapy		Snack	11:45 Namaste- Aromatherapy	11:00 Storytelling Corner	1:30 Help Wanted
		1:30 Balloon Volleyball		11:45 Namaste- Aromatherapy	1:30 Bingo 3:00 Social: Peppermint Patty	11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa	2:30 Afternoon Snack
	44 00 No - II - D-II	2:30 Making Popcorn	3:00 December Birthday Party!!	1:00 Holiday Movie: A Christmas	Milkshakes	2:30 Snack Social	3:00 Meet Me at the Movies:
	11:45 Namaste- Aromatherapy	3:00 Meet Me at the Movies: The	14.00 A man on the molac Lp	Story 2:30 Christmas Carols, Hot	4:00 Puzzles in the Activity Room		Family Stone
		Polar Express	Ep4	Cocoa and Cookies w/ Linda		oloo Brain Gailloo	6:00 Word Search in the
	Community Church		6:00 Word Search in the	6:00 Coloring ⊈mitthes Activity	Bears Boxing Day (Canada)		Enclave
	3:00 Classic Movie: Elf		Liiciave	Room Hanukkah Begins	Kwanzaa Begins		
	9:00 Baking Bread in the 29	9:30 Strength Training 30	9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo				
	Lodge	10:00 Communion	10:00 Music Therapy & Coffee		4	1	l l
		10:30 Morning Snack	11:00 Bingo 11:45 Namaste- Aromatherapy				
		11:00 Name that Rock Tune!	1:30 Basket Bean Bag Toss		0.0100) <i>(</i>
		11:30 Namaste- Aromatherapy	3:00 Hot Cocoa and Whipped			her 2	/
	Tracting the saluell	LI SU KAUMAN VAUAVAAII					

December 2024

Sierra Del Sol The Lodge

Schedule is subject to change. For the most updated information please see Activity Daily. Sierra Del Sol 8151E Speedway Tucson AZ 85710

Masquerade Party w/ Adkins &

6:00 Word Search in the Enclave

4:30-5:30 New Years Eve

Anderson

Browns

11:45 Namaste- Aromatherapy

6:20 NFL Football: Dolphins vs.

3:00 Classic Movie: Holiday Inn Holiday

1:30 New Year Reminiscing

1:30 Balloon Volleyball

3:00 Meet Me at the Movies:

2:30 Making Popcorn