

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:00 Armchair Travelogue: European Christmas 11:45 Namaste- Aromatherapy 1:30 Making Christmas Cards 3:00 Classic Movie: Singing in the Rain 6:20 NFL Football: 49ers vs. Bills	9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Decorating Walkers, Wheelchairs and Canes! 2:30 Making Popcorn 3:00 Meet Me at the Movies: Mrs. Doubtfire	9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Jingle Bell Toss 3:00 Christmas Tree Decorating Party 4:00 A Man on the Inside Ep 1 6:00 Word Search in the Enclave	9:30 Seated Chair Yoga 10:00 Morning Snack in the Courtyard 11:00 Crafty Corner: Holiday Wreaths 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 Holiday Songs w/ Craig Plotner 4:00 Coloring in the Activity Room 6:00 Free Rein S1 E5	9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Nachos 4:00 Puzzles in the Activity Room 6:20 NFL Football: Lions vs. Packers	9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Brain Games 4:00 PBS Nova 6:00 Crossword Puzzles	9:30 Morning Stretch 10:00 Junk Drawer Detective 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Group Crosswords 2:30 Afternoon Snack 3:00 Meet Me at the Movies: The Family Man 6:00 Word Search in the Enclave
9:00 Baking Bread in the Lodge 9:30 Good News, Coffee & Donuts 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Classic Movie: A League of their Own 6:20 NFL Football: Chargers vs. Chiefs	9:45 Veterans Day Coffee & Donuts 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Holiday Pictionary 2:30 Making Popcorn 3:00 Meet Me at the Movies: Maverick	9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Christmas Carols w/ Amber 4:00 A Man on the Inside Ep Ep2 6:00 Word Search in the	9:30 Seated Chair Yoga 10:00 Morning Snack in the Courtyard 11:00 Crafty Corner: Beaded Snowmen 11:45 Namaste- Aromatherapy 1:30 Scrapbooking 2:30 A Musical Visit w/ Linda Updike 4:00 Coloring in the Activity Room 6:00 Free Rein S1 E6	9:30 Morning Stretch 10:30 Lunch at Little Anthonys Diner 10:00 Morning Snack & Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Hot Cocoa and Holiday Cookies 4:00 Puzzles in the Activity Room 6:15 NFL Football: Rams vs 49ers	9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 3:00 Brain Games 4:00 PBS Nova 6:00 Crossword Puzzles	9:30 Morning Stretch 10:00 Can you Picture This? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Help Wanted 2:30 Afternoon Snack 3:00 Meet Me at the Movies: A Boy Called Christmas 6:00 Word Search in the Enclave
9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 2:00 Family Ornament Decorations, Christmas Cookies and Hot Chocolate 3:00 Classic Movie: Sound of Music 6:20 NFL Football: Bears vs	9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Making Popcorn 3:00 Meet Me at the Movies: A Miracle on 34 <sup>th</sup> Street	9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Jingle Bell Toss 3:00 Decorating Christmas Cookies 4:00 A Man on the Inside Ep Ep3 6:00 Word Search in the Enclave	9:30 Seated Chair Yoga 10:00 Morning Snack in the Courtyard 11:00 Crafty Corner: Snowflake Ornaments 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 Trio Musical Entertainers Monsoon Winds 4:00 Coloring in the Activity Room 6:00 Free Rein S1 E7	9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 10:30 A Visit and Pictures w/ Santa Claus! 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Wine & Cheese 4:00 Puzzles in the Activity Room 6:15 NFL Football: Broncos vs Chargers	9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Visit w/ Banjo Doug 4:00 PBS Nova 6:00 Crossword Puzzles	9:30 Morning Stretch 10:00 Trivia 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Group Crosswords 2:30 Afternoon Snack 3:00 Meet Me at the Movies: Christmas Chronicles 6:00 Word Search in the Enclave <small>Winter Begins</small>
9:00 Baking Bread in the Lodge 9:30 Good News, Coffee & Donuts 10:00 Morning Snack & Watering the Garden 10:30-1:00 Family Christmas Brunch w/ Harpist Rebecca 11:00 Noodle Ball 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Classic Movie: Elf	9:30 Strength Training 10:00 Communion 10:30 Lets Make Some Peppermint Bark! 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Making Popcorn 3:00 Meet Me at the Movies: The Polar Express	9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 December Birthday Party!! 4:00 A Man on the Inside Ep Ep4 6:00 Word Search in the Enclave	<i>Merry Christmas!</i> 9:00 Disney Parks Magical Christmas Parade 10:30 Morning Stretch & Morning Snack 11:45 Namaste- Aromatherapy 1:00 Holiday Movie: A Christmas Story 2:30 Christmas Carols, Hot Cocoa and Cookies w/ Linda 6:00 Coloring in the Activity Room <small>Hanukkah Begins</small>	9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Peppermint Patty Milkshakes 4:00 Puzzles in the Activity Room 6:15 NFL Football: Seahawks vs. Bears <small>Boxing Day (Canada) Kwanzaa Begins</small>	9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Brain Games 4:00 PBS Nova 6:00 Crossword Puzzles	9:30 Morning Stretch 10:00 Reminisce 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Help Wanted 2:30 Afternoon Snack 3:00 Meet Me at the Movies: Family Stone 6:00 Word Search in the Enclave
9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 1:30 New Year Reminiscing 3:00 Classic Movie: Holiday Inn 6:20 NFL Football: Dolphins vs. Browns	9:30 Strength Training 10:00 Communion 10:30 Morning Snack 11:00 Name that Rock Tune! 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Making Popcorn 3:00 Meet Me at the Movies: Holiday	9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Basket Bean Bag Toss 3:00 Hot Cocoa and Whipped Cream 4:30-5:30 New Years Eve Masquerade Party w/ Adkins & Anderson 6:00 Word Search in the Enclave <small>New Year's Eve</small>	<h1>December 2024</h1> <h2>Sierra Del Sol The Lodge</h2>			

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