

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>L = Lobby TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room LR = Living Room FE = Front Entrance</p>			<b>Happy New Year 1</b> 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia- New Year's Edition (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Karaoke and Mimosas with Sally (B) *Serving Mimosas and Snacks* 5:00 Netflix Nature Series: (B)	<b>World Introvert Day 2</b> 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 Netflix Historical Series: (B) THE EMPRESS	<b>National Buffet Day 3</b> 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 Hikari Sushi 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Sprouts 5:00 Movie of the week: Resident's Choice Movie (B)	<b>World Braille Day 4</b> 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 2:00 Expoza Travels on YouTube (B) 3:00 Happy Hour with Tom Mazzaro (B) 5:00 Netflix Top 10 Movies: (B) TOP 4: It Ends with Us
<b>National Bird Day 5</b> 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 Traveler's Series: SOMEBODY FEED PHIL 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B)	<b>National Shortbread Day 6</b> 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 Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 3:00 Classic Card Games w/ Alaina (B) 5:00 NFL Regular Season Game (B)	<b>National Tempura Day 7</b> 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 Walmart 5:00 Netflix Life Series: (B) VIRGIN RIVER	<b>Women's Day 8</b> 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 with Monica (B) *Serving Wine and Charcuterie* 5:00 Netflix Nature Series: (B) OUR LIVING WORLD	<b>National Winter Skin Relief Day 9</b> 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 LIFEDER Travels on YouTube (B) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Historical Series: (B) THE EMPRESS	<b>Happy Birthday Donna! 10</b> 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:00 Casino Outing to Red Rock Casino 10:30 Spot the Difference Puzzles (B) 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Albertson's 5:00 Movie of the week: Resident's Choice Movie (B)	<b>National Milk Day 11</b> 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 2:00 Expoza Travels on YouTube (B) 2:30 Simple Manicures with Carol (AR) 5:00 Netflix Top 10 Movies: (B) TOP 3: The Dead Don't Die
<b>National Hot Tea Day 12</b> 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 Traveler's Series: SOMEBODY FEED PHIL 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B)	<b>National Sticker Day 13</b> 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) 3:00 Classic Card Games w/ Alaina (B) 5:00 NFL Regular Season Game (B)	<b>World Logic Day 14</b> 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 5:00 Netflix Life Series: (B) VIRGIN RIVER	<b>Happy Birthday Lourdes! 15</b> 7:00 Monthly Signature Breakfast (DR) 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Karaoke and Mimosas with Sally (B) *Serving Mimosas and Snacks* 5:00 Netflix Nature Series: (B) OUR LIVING WORLD	<b>Religious Freedom Day 16</b> 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 LIFEDER Travels on YouTube (B) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Historical Series: (B) THE EMPRESS	<b>Popeye Day 17</b> 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 Popeye's Chicken 2:00 Basket Weaving with Carol (B) 3:00 Shopping at the Dollar Tree 5:00 Movie of the week: Resident's Choice Movie (B)	<b>Winnie the Pooh Day 18</b> 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 2:00 Expoza Travels on YouTube (B) 3:00 Birthday Bash w/ Donna Lynne (B) 5:00 Netflix Top 10 Movies: (B) TOP 2: The Six Triple Eight
<b>Tin Can Day 19</b> 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 Traveler's Series: SOMEBODY FEED PHIL 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B)	<b>Martin Luther King Jr. Day 20</b> 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 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 3:00 Classic Card Games w/ Alaina (B) 5:00 NFL Regular Season Game (B)	<b>National Hugging Day 21</b> 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 Netflix Life Series: (B) VIRGIN RIVER	<b>National Polka Dot Day 22</b> 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:30 Wine Down Wednesday at the Bistro *Serving Wine and Charcuterie* 5:00 Netflix Nature Series: (B) OUR LIVING WORLD	<b>National Pie Day 23</b> 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 Netflix Historical Series: (B) THE EMPRESS	<b>National Peanut Butter Day 24</b> 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 to PF Chang's 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Target 5:00 Movie of the week: Resident's Choice Movie (B)	<b>Opposite Day 25</b> 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 2:00 Expoza Travels on YouTube (B) 2:30 Simple Manicures with Carol (AR) 5:00 Netflix Top 10 Movies: (B) Top 1: Carry On
<b>National Bible Sunday 26</b> 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 Traveler's Series: SOMEBODY FEED PHIL 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B)	<b>Holocaust Memorial Day 27</b> 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) 3:00 Classic Card Games w/ Alaina (B) 5:00 NFL Regular Season Game (B)	<b>Happy Birthday Pat D! 28</b> 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 5:00 Netflix Life Series: (B) VIRGIN RIVER	<b>National Puzzle Day 29</b> 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Karaoke and Mimosas with Sally (B) *Serving Mimosas and Snacks* 5:00 Netflix Nature Series: (B) OUR LIVING WORLD	<b>Croissant Day 30</b> 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 LIFEDER Travels on YouTube (B) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Historical Series: (B) THE EMPRESS	<b>National Big Wig Day 31</b> 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 the Windy City 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Big Lots 5:00 Movie of the week: Resident's Choice Movie (B)	

## December 2024 Heritage Springs Assisted Living Events

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