

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

Sheldon Park Illuminations

							9:00 News of the Day 1 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basket Ball Throw 2:00 Snack Creation 3:00 Memory Lane
9:45 Dancercise 2 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Spa Time 2:30 Family Social 3:00 Family Crafts 3:45 Sunday Stroll	9:30 Boarding Bus 3 10:00 Storybook Land 10:30 Memory Boxes 11:00 Helping Hands 1:15 Walk About 2:00 Memory Tones 3:15 Horse Races <small>First Day of Hanukkah</small>	9:30 Coffee & News 4 10:00 Exercise Fun 10:30 Basket Ball 1:00 Stretches 1:30 Let's Walk! 2:00 Top 10 Tuesday 3:00 Matt on Piano	9:15 News of the Day 5 10:00 Drive/ Gimple Hill 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Volunteer/Flowers 2:30 Mocha Milkshakes 3:00 Uno Mania	9:30 Coffee & News 6 10:00 Exercise Time 10:30 Holiday Sharing 1:00 Conductorcise 1:30 Bake & Decorate 2:00 Christmas Cookies 3:00 John on Guitar	9:15 Current Events 7 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Gentle Stretching 1:30 Slap Happy Drums 2:30 Wassailing 3:15 Humorous Quotes	9:00 News of the Day 8 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basket Ball Throw 2:00 G .Bread House 3:00 Memory Lane	
9:45 Dancercise 9 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Spa Time 2:30 Family Social 3:00 Fun Facts 3:45 Sunday Stroll	9:30 Current Events 10 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:15 Emily Dickinson 2:00 Craft/ Ornaments 3:15 Goony Golf	9:30 Coffee & News 11 10:00 Exercise Fun 10:30 Travel/ Finland 1:00 Stretches 1:30 Let's Walk! 2:00 Weather / Snow 3:00 Matt on Piano	9:15 News of the Day 12 10:00 Exercise w/Susan 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Christmas Carols 2:30 Mocha Milkshakes 3:00 Card Games	9:30 Coffee & News 13 10:00 Exercise Time 10:30 Holiday Sharing 1:00 Conductorcise 1:30 Treasure Hunt 2:00 Bake Gingerbread 3:00 John on Piano	9:15 Current Events 14 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Gentle Stretching 1:30 Slap Happy Drums 2:30 Reminiscing 3:15 Humorous Quotes	9:00 News of the Day 15 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basket Ball Throw 2:00 Snack Creation 3:00 Memory Lane	
9:45 Dancercise 16 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Spa Time 2:30 Family Social 3:00 Bingo Mania 3:45 Sunday Stroll	9:30 Current Events 17 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:15 Ebenezer Scrooge 2:00 Craft/ Ornaments 3:15 Horse Races	9:30 Coffee & News 18 10:00 Exercise Fun 10:30 Basketball 1:00 Stretches 1:30 Nutcracker 2:00 Sugar Plums 3:00 Matt on Piano	9:15 News of the Day 19 10:00 Tree Farm 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Christmas Carols 2:30 Peppermint Mocha 3:00 Card Games	9:30 Coffee & News 20 10:00 Exercise Time 10:30 Holiday Sharing 1:00 Conductorcise 1:30 Pinecone Crafts 2:15 Baking/ Fudge 3:00 Bowling Fun	9:15 Current Events 21 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Gentle Stretching 1:30 Slap Happy Drums 2:30 Uno Fun 3:15 Humorous Quotes <small>Winter Begins</small>	9:00 News of the Day 22 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basket Ball Throw 2:00 Snack Creation 3:00 Memory Lane	
9:45 Dancercise 23 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Christmas Story 2:30 Family Social/ Pie 3:00 Family Reminisce 3:45 Sunday Stroll	9:30 Current Events 24 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:15 Night Before Xmas 2:00 Craft/Snowflakes 3:15 Goony Golf	9:30 Coffee/Pastries 25 10:00 Exercise Fun 10:30 Basket Ball 1:00 Spirit of Christmas 1:30 Pep-mint Shakes 2:00 Christmas Party 3:00 Christmas/1940s <small>Christmas Day</small>	9:15 News of the Day 26 10:00 Exercise w/Susan 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Winter Wonderland 2:30 Mocha Milkshakes 3:00 Card Games <small>Kwanzaa Begins</small>	9:30 Coffee & News 27 10:00 Exercise Time 10:30 New Year Firsts 1:00 Conductorcise 1:30 Treasure Hunt 2:00 Baking Pazookies 3:00 HowdyDoody Time	9:15 Current Events 28 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Gentle Stretching 1:30 Slap Happy Drums 2:30 Denzel Washington 3:15 Humorous Quotes	9:00 News of the Day 29 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basket Ball Throw 2:00 Snack Creation 3:00 Memory Lane	
9:45 Dancercise 30 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Rudyard Kipling 2:30 Family Social 3:00 Resolutions 3:45 Sunday Stroll	9:30 Current Events 31 10:00 Chair Stretches 10:30 Year in Review 11:00 Helping Hands 1:30 Cinnamon Rolls 2:00 NY's Eve Bingo 3:15 Horse Races <small>New Year's Eve</small>	<h1>Happy Holidays!</h1>					

Activities are subject to change.