

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DAILY PROGRAMING\*

- 9:45 Chronicle/Horoscopes
- 1:00 Trivia/History
- 1:30 Afternoon Stretch
- 5:30 Mindful Unwind
- 6:00 Movie/Series

\*Unless otherwise listed

# DECEMBER 2022

## GRANDVIEW GARDENS

7 ASPECTS OF LIVING

- Cognitive
- Musical
- Life Enrichment
- Reminisce
- Health & Fitness
- Inspirational/Emotional
- Social

TREE LIGHTING

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Skee Ball
- 2:00 Ring Toss
- 2:30 Happy Hour
- 3:00 Holiday Happy Hour
- 4:30 Tree Lighting
- 5:00 Dinner & Music

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- 10:15 Exercise Group
- ■ 10:45 Scenic Ride
- Word Games
- 2:00 Parachute
- 2:30 Refresh & Reminisce
- 3:15 Table Top Bowling
- 4:00 Did You Know

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 High Rollers
- 2:00 Bean Bag Toss
- 2:30 Memories & Munchies
- 3:15 Musical Beach Ball
- 4:00 Finish the Line

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- 10:15 Exercise Group
- 10:40 Communion w/ OLM
- 11:00 Virtual Catholic Mass
- 11:40 Brain Games
- 2:00 Word Games
- 2:30 Music & Memories
- 3:15 Snowball Toss
- 4:00 Sing Along

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Balloon Volley
- 2:00 Horseshoes
- 2:30 Music & Munchies
- 3:15 Antler Ring Toss
- 4:00 LOL

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Roll/Action/Answer Bingo
- 2:00 Musical Mystery Word
- 2:30 Tea Party
- 3:15 Target Practice
- 4:00 Rosary
- Color & Reminisce

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Making a Band
- 1:30 Tap'n Time w/ Belle
- 2:30 Snacks & Social
- 3:15 Balloon Hockey
- 4:00 Holiday Mad Libb

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Skee Ball
- 2:00 Ring Toss
- 2:30 Happy Hour
- 3:15 Table Top Shuffleboard
- 4:00 Good News in World

- 10:15 Exercise Group
- ■ 10:45 Scenic Ride
- Word Games
- 2:00 Parachute
- 2:30 Taste Testing
- 3:15 Table Top Bowling
- 4:00 Did You Know

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:00 Virtual Travel
- 11:45 High Rollers
- 2:00 Saturday Sitcom
- 3:15 Bean Bag Toss
- 4:00 Finish the Line

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- 10:15 Exercise Group
- 10:40 Communion w/ OLM
- 11:00 Virtual Catholic Mass
- 11:40 Brain Games
- 1:30 Sunday Matinee
- 3:30 Snowball Toss
- 4:00 Sing Along

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Balloon Volley
- 2:00 Horseshoes
- 2:30 Music & Munchies
- 3:15 Antler Ring Toss
- 4:00 LOL

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Roll/Action/Answer Bingo
- 2:00 Musical Mystery Word
- 2:30 Tea Party
- 3:15 Target Practice
- 4:00 Rosary
- Color & Reminisce

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Making a Band
- 2:00 Name that Tune
- Crafting for a Cause
- 2:30 Snacks & Social
- 3:15 Balloon Hockey
- 4:00 Holiday Mad Libb

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Skee Ball
- 2:00 Ring Toss
- 2:30 Happy Hour
- 3:15 Table Top Shuffleboard
- 4:00 Good News in World

- 10:15 Exercise Group
- ■ 10:45 Scenic Ride
- Word Games
- 2:00 Parachute
- 2:30 Taste Testing
- 3:15 Table Top Bowling
- 4:00 Did You Know

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 High Rollers
- 2:00 Bean Bag Toss
- 2:30 Memories & Munchies
- 3:15 Musical Beach Ball
- 4:00 Finish the Line

CHANUKAH BEGINS

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HELLO WINTER

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CHRISTMAS EVE

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- 10:15 Exercise Group
- 10:40 Communion w/ OLM
- 11:00 Virtual Catholic Mass
- 11:40 Brain Games
- 2:00 History of Chanukah
- 2:30 Music & Memories
- 3:15 Snowball Toss
- 4:00 Sing Along

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Balloon Volley
- 2:00 Horseshoes
- 2:30 Music & Munchies
- 3:15 Antler Ring Toss
- 4:00 LOL

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Roll/Action/Answer Bingo
- 2:00 Musical Mystery Word
- 2:30 Tea Party
- 3:15 Target Practice
- 4:00 Rosary
- Color & Reminisce
- 6:00 PJ Party & Movie

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Making a Band
- 2:00 Name that Tune
- Crafting for a Cause
- 2:30 Snacks & Social
- 3:15 Balloon Hockey
- 4:00 Holiday Mad Libb

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Skee Ball
- 2:00 Ring Toss
- 2:30 Happy Hour
- 3:15 Table Top Shuffleboard
- 4:00 Good News in World

- 10:15 Exercise Group
- ■ 10:45 Scenic Ride
- Word Games
- 2:00 Parachute
- 2:30 Taste Testing
- 3:15 Table Top Bowling
- 4:00 Did You Know

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:00 Virtual Travel
- 1:00 Trivia/History
- 1:30 Holiday Movie
- 3:30 Holiday Virt. Concert

CHRISTMAS DAY

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KWANZA BEGINS

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SEE DAILY FOR ACTIVITIES

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Balloon Volley
- 2:00 Horseshoes
- 2:30 Music & Munchies
- 3:15 Antler Ring Toss
- 4:00 LOL

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:00 Music w/ Mike Coletta
- 2:00 Musical Mystery Word
- 2:30 Tea Party
- 3:15 Target Practice
- 4:00 Rosary
- Color & Reminisce

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 Making a Band
- 2:00 Name that Tune
- Crafting for a Cause
- 2:30 Snacks & Social
- 3:15 Balloon Hockey
- 4:00 Holiday Mad Libb

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- 10:40 Brain Games
- 11:15 Skee Ball
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- 2:30 Happy Hour
- 3:15 Table Top Shuffleboard
- 4:00 Good News in World

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- Word Games
- 2:00 Parachute
- 2:30 Taste Testing
- 3:15 Table Top Bowling
- 4:00 Did You Know

- 10:15 Exercise Group
- 10:40 Brain Games
- 11:15 High Rollers
- 2:00 Bean Bag Toss
- 2:30 NYE Happy Hour
- 3:15 Musical Beach Ball
- 4:00 Finish the Line