

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 10:15 Communion w/ OLM 10:30 Hymnals & Snack 11:00 Get up & Move 1:30 Afternoon Stretch 2:00 Worship Service w/ Com. Color Artistry/Puzzles 3:15 Balloon Bash Music & Reminisce 4:00 Brain Games	<b>2</b> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Color Artistry/Puzzles 1:45 Floor Bulls-eye 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	<b>3</b> 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Mosaic Puzzles 1:30 Ride and Reminisce Nail Care 2:00 Trivia...Did you Know 3:15 Holiday Sing Along 3:45 Afternoon Stretch	<b>4 Annual Tree Lighting</b> 10:00 Wake up & Zumba 11:15 Brain Games Nail Care 1:30 Reminisce 2:00 Pictures w/ Santa 2:30 Cocktail Party 3:30 Victorian Carolers 4:30 Words w/ Rev. Cheryl Light of the Tree	<b>5</b> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Snowball Fight 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	<b>6</b> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	<b>7</b> 10:00 Wake-up & Workout 11:15 Table Top Curling Comedy & Laughter 1:45 Pumpkin Toss Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation	
<b>8</b> 9:30 Morning Stretch 10:15 Communion w/ OLM 10:30 Snack & Hymns 11:15 Virtual Church Service Nail Care & Tunes 1:30 Arm Chair Travel Color Artistry/Puzzles 3:15 Chair-Aerobics Music & Reminisce 3:45 Uplifting Stories	<b>9</b> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Color Artistry/Puzzles 1:45 Floor Bulls-eye Creation Circle 2:30 Music & Munchies w/ Bud Pistachio 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	<b>10</b> 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Mosaic Puzzles 1:30 Ride and Reminisce Nail Care 2:00 Trivia...Did you Know 3:15 Holiday Sing Along 3:45 Afternoon Stretch	<b>11</b> 10:00 Wake up & Zumba 11:15 Table Top Darts Brain Games 1:45 Balloon Volley Short Stories 3:15 Seated Yoga Nail Care & Reminisce 3:45 Who Sings It?	<b>12</b> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Snowball Fight Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	<b>13</b> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	<b>14</b> 10:00 Wake-up & Workout 11:15 Table Top Curling Comedy & Laughter 1:45 Pumpkin Toss Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation	
<b>15</b> 9:30 Morning Stretch 10:15 Communion w/ OLM 10:30 Snack & Hymns 11:15 Virtual Church Service Nail Care & Tunes 1:30 Sunday Ride Color Artistry/Puzzles 3:15 Chair-Aerobics Music & Reminisce 3:45 Uplifting Stories	<b>16</b> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Color Artistry/Puzzles 1:30 Catholic Mass on Trad** 1:45 Floor Bulls-eye Creation Circle 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	<b>17</b> 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Mosaic Puzzles 1:30 Reminisce Nail Care 2:00 Chaplain Chat 3:15 Holiday Sing Along 3:45 Afternoon Stretch	<b>18</b> 10:00 Wake up & Zumba 11:15 Table Top Darts Brain Games 1:30 Tap'n Time 3:15 Seated Yoga Nail Care & Reminisce 3:45 Who Sings It?	<b>19</b> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Snowball Fight Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	<b>20 Bea Smith Shoppe 10-2</b> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line		
<b>22</b> 9:30 Morning Stretch 10:15 Communion w/ OLM 10:30 Snack & Hymns 11:15 Virtual Church Service Nail Care & Tunes 1:30 Sunday Ride Color Artistry/Puzzles 3:15 Chair-Aerobics Music & Reminisce 3:45 Uplifting Stories	<b>23</b> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Color Artistry/Puzzles 1:45 Floor Bulls-eye Creation Circle 2:30 Music & Munchies w/ Brad Logan 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	<b>24 Christmas Eve</b> 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Mosaic Puzzles 1:30 Christmas Around...World Nail Care 2:00 Snowball toss 3:15 Holiday Sing Along 3:45 Afternoon Stretch	<b>25 Christmas Day Hanukkah Begins</b> See Daily for complete schedule 10:00 Presents under the Tree 11:30 Chris Kringle Workout 2:30 Holiday Cookies & Cocoa 3:30 Finish the Tune 5:30 Christmas Movie	<b>26</b> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Snowball Fight Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	<b>27</b> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	<b>28</b> 10:00 Wake-up & Workout 11:15 Table Top Curling Comedy & Laughter 1:45 Pumpkin Toss Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation	
<b>29</b> 9:30 Morning Stretch 10:15 Communion w/ OLM 10:30 Snack & Hymns 11:15 Virtual Church Service Nail Care & Tunes 1:30 Sunday Ride Color Artistry/Puzzles 3:15 Chair-Aerobics Music & Reminisce 3:45 Uplifting Stories	<b>30</b> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Color Artistry/Puzzles 1:45 Floor Bulls-eye Creation Circle 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	<b>31 New Year's Eve</b> 10:00 Wake-up & Workout 11:00 Music w/ Joan Sherlock 1:30 Ride and Reminisce Nail Care 2:00 Trivia...Did you Know 2:30 New Year Eve Party 3:15 Holiday Sing Along 3:45 Afternoon Stretch	<h1>DECEMBER</h1> <h2>GRANDVIEW GARDENS 2024</h2>			<b>ASPECTS OF LIVING</b> Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social	<b>DAILY PROGRAMS</b> Unless otherwise noted 9:15 Positive Current Events 10:30 AM Snack 11:00 Feeding of the Fish 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:45 Movie/Classic Series ** Requires Escort

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p