

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CEDARHURST

www.cedarhursthome.ca

December 2018

Happy Birthday Helen S! 1
 Good Mornings
 Yoga with Sally
Lights on for the Holidays!
 Birthday Celebration with Joe the Piano Man

<p>HAPPY HANUKKAH! 2 Good Mornings! Flex and Stretch 3:00- Hanukkah Party!</p>	<p>3 Good Mornings Yoga with Sally Art with Daniela Ring Toss Rebecca - Piano <small>First Day of Hanukkah</small></p>	<p>4 Good Mornings Mind Aerobics Fitness with Dennis Magnificent Earth</p>	<p>5 Morning Greetings Tai Chi Reading Club Food Fun Bus Lights Tour #1</p>	<p>6 Fun & Fit Discussion Group: <u>St. Nicholas Day</u> Fitness with Dennis Bingo</p>	<p>7 Good Mornings Stretch & Flex Piano with Scott Holiday Art with Chrissy</p>	<p>8 Current Events Yoga with Sally Artist Discussion: Diego Rivera Scrabble (2nd Floor)</p>
<p>1:30-3:30 Family Holiday Celebration 2:00-3:00 Entertainment with <u>James Quigley</u></p>	<p>9 Tai-Chi Chromotherapy Mind Benders Rebecca - Piano</p>	<p>10 Happy Birthday Anne H! 11 Good Mornings Cranium Crunches Fitness with Dennis 3:00 Birthday Celebration</p>	<p>12 Pawsitively Pets Poetry with Kirk Gingerbread Day Entertainment with <u>Jack Garson</u></p>	<p>13 Walking Club Left vs Right - mind game Fitness with Dennis Bowling</p>	<p>14 Morning Greetings Piano with Scott: Christmas Carols! Stretch & Flex Card Games</p>	<p>15 Good Mornings Bean Bag Toss Bingo Tournament</p>
<p>16 Greetings Yoga with Sally Craft Corner-Seasonal Golf Tournament</p>	<p>17 Sport Feature Stretch & Flex Balloon Tennis Shuffleboard Rebecca - Piano</p>	<p>18 Walking Club Discussion Group Who Am I? Making Holiday Cookies</p>	<p>19 Morning Greetings Tai-Chi Table Games Wednesday Word Play Bus Lights Tour #2</p>	<p>20 Good Mornings Stretch and Talk Bingo Thursday Social</p>	<p>21 Greetings Morning Stretches Piano with Scott Winter Art with Chrissy <small>Winter Begins</small></p>	<p>22 Yoga with Sally Word Game Puzzles Dance Party Saturday</p>
<p>23 Greetings Ball Toss Christmas Art Handel's Messiah concert - <i>You tube</i></p>	<p>24 Good Mornings! Tai Chi Word Play Movie: It's a Wonderful Life</p>	<p>25 MERRY CHRISTMAS! Movie: White Christmas Holiday Music with <u>Emilio</u> <small>Christmas Day</small></p>	<p>26  Boxing Day! Movie: The Sound of Music <small>Kwanzaa Begins</small></p>	<p>27 Happy Birthday Betty! Morning Walk Yoga with Sally 3:00 Birthday Celebration</p>	<p>28 Morning Greetings Piano with Scott What Am I? Friday Dance Party</p>	<p>29 Greetings Walking Group Chromotherapy Food Fun</p>
<p>30 Good Mornings Stretch and Flex Painting Hour Music Appreciation</p>	<p>31 Happy Birthday Rasma! Good Mornings 3:00 Birthday Celebration Entertainment with <u>Doug</u> Happy New Year! <small>New Year's Eve</small></p>	<p><i>**Timing and length of activities driven by residents' interest and engagement. **Time is also spent with individual residents.</i></p>				