

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2022

HAPPY HOLIDAYS!

Recreation programs may vary as timing and length of activities are driven by resident's interest and engagement.

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| Good Mornings Sunday Fitness Spiritual Wisdom Dice Bowling Balloon Volleyball Exercise Class Fruit Dominoes | 4 Table topics What's that Word Let's Get Moving Ball Games Stargazing: Dick van Dyke Relaxation Stretch Card Games | 5 Greetings Mind Aerobics Fun & Fitness with Doug St. Nicholas Day Letters to St. Nick Stretch & Flex Pub Tuesday | 6 Highlights Word Games Dancing with Canada's National Ballet School Reading Group On this day: Pearl Harbor Table Games: Hopscotch | 7 Rise & Shine Chat Hot Seat Game Stretch & Flex Card Games Balloon Tennis Exercise Group Shuffleboard | 8 Breakfast Club Ball Games Music Therapy Shake, Shiver & Shovel: Winter Forecast Let's get Fit Active Games | 9 News & Views Scattergories Rhythm and Move Poetry Club Fruit Dominoes Gentle Stretches Happy Hour |
| Sunday Catch Ups Bean Bag Toss Hymn Sing Afternoon Fitness Fun & Games Sing Along | 11 Monday Chronicles Fun with Words Rise & Shine Stretch All About Poinsettia's Christmas Painting Balloon Volleyball Table Games | 12 Headline News 5 Second Rule Walking Club History of: Gingerbread Gingerbread House Building Fun & Fitness Christmas Lights Tour (6-8) | 13 Good Mornings Fitness with John Music Therapy Old Wives Tale Balloon Volleyball Soccer & Games | 14 Table Topics Mind Benders Exercise Club with John Concert Active Games Christmas Lights Tour (6-8) | 15 Greetings Cranium Crunches Yoga with Sally History of the Christmas Card Art Club with Clara: Christmas Cards Fun & Fitness | 16 In The News Family Feud Movement to Music Hot Chocolate Social & Story Time Fitness Fun Mini Golf |
| Weekend News Sunday Fitness Ageless Spirit You Be the Judge Soccer Shootout Hannukah Celebration Hanukkah Begins | 18 Morning Highlights Old Wives Tale Exercise Club Holiday Spa Time Food for Thought: Fruitcake Balloon Volleyball Monday Mystery | 19 Rise & Shine Walking Club Wreath Making Christmas Carols Reading Club Fitness with Doug Christmas Lights Tour (6-8) | 20 Wednesday Chronicles Cranium Crunches Movement to Music All About: Winter Solstice Holiday Bingo Love to Move Table Games: Dominoes Winter Begins | 21 Headline News What's the Word Morning Fitness Men's Club In the Kitchen: Christmas Cookies & Hot Chocolate Fun & Games | 22 Coffee & Chatter Word Games Music Therapy Passport Friday: Vienna Christmas Market Naughty or Nice Game | 23 Breakfast Club Mind Aerobics Reading Club: Twas' the Night Before Christmas Christmas Service Christmas Carols |
|  Christmas Movie: White Christmas Christmas |  Christmas Movie: Sound of Music Boxing Day (Canada) Kwanzaa Begins | 25 Tuesday Chronicles Rise & Shine Stretch Riddle Me This Savvy Traveler: Thailand Golf Time Fun & Fitness Snowball Toss | 26 Greetings Let's get Fit with Clara Music Therapy Cold Moon Full Moon Mind Benders Fun & Games Table Games: Jenga | 27 Breakfast Club What's the Word Fun & Fitness Spa Time Guess Who? Stretch with Doug Concert Time | 28 Weekly Highlights Cranium Crunches Yoga with Sally Dice Bowling Stargazing: Russ Tamblyn Fitness Club Happy Hour | 29 Weekend News Scattergories Fun & Fitness Travelogue: Latvia Birthday Celebration New Year Celebration New Year's Eve |

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