DECEMBER 2017

2nd Floor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 Bay Area News Updates 1030 am Morning Stretch 11:30 Bowling League w/ Caitlin 2 pm Holiday Crafts 3:30 pm Decorating Committee 4:15 pm Shabbat 1st 6 pm Friday Night Stretch **1**	10 am Scenic Ride 10:30 am News Updates Morning Stretch 11:30 Volleyball 2 pm Holiday Sing-a-Long 3pm Trivia 3:30 pm Happy Feet Walkers 4pm Netflix Pick's 6 pm Basketball **2**
10 am Morning Updates 10:30am Morning Stretch 11 am Art w/ Intern Sara 11:45 am 1st Presbyterian Choir 2pm Zen Gardens w/ Caitlin Holiday Crafts 4pm Sunday Night Football 6 pm Sing-a-Long **3**	10 am News Updates 10:30am Chair Tai Chi 11 am Wood Assembly w/ Kamene 11:30 am Volleyball 2pm iN2L Travel to Countries 3pm Jenn's Nail Art 4 pm Monday Movie Musical 6pm Monday Night Football **4**	10 am News Updates 10:30 Morning Stretch 11:00 Parachute Fun 2 pm Holiday Crafts Reminiscing 3pm Community Art 4 pm Tuesday Netflix Picks 6 pm Folding Clothes **5**	10 am Scenic Drive 10:30 Morning Stretch 11:30 Basketball 2pm Pretty Nails & Hand Massage 3pm Garden Walk 4 pm National Geographic 6 pm Walk in the Garden **6**	10 am Morning Updates 11 am Morning Stretch 11:30 Sew Fabulous Sister's 2pm Sing-a-Long 2:30 **Sign Language-WU-Michael** 4pm Movie Musical 6pm Thursday Night Football **7**	10 am Bay Area News Updates 10:30 am Morning Stretch 11am Trivia 11:30 am Bowling League w/ Caitlin 2 pm Armchair Travel 3 pm Reminiscing 4 pm DWTS 6 pm Friday Night Stretch **8**	10 am Scenic Ride 10:30 am News Updates Morning Stretch 11:30 Holiday Crafts 2 pm Bingo 3:30pm Happy Feet Walker's 4pm Family Feud 6 pm Dominos/ Puzzles **9**
10 am Morning Updates 10:30 am Music Duet w/ David 11 am Art w/ Intern Sara 11:30 am Volleyball 2pm Zen Gardens w/ Caitlin 4 pm Sunday Night Football 6 pm Sing-a-Long **10**	10 am News Updates 10:30am Chair Tai Chi 11 am Wood Assembly w/ Kamene 11:30 am Volleyball 2pm Sing-a-Long in2L 3 pm Jenn's Nail Art 4pm Monday Musical 6 pm Monday Night Football **11**	10 am News Updates 11:00 am Parachute Fun 11:30 am Sing-a-Long 2pm Board Games/ Flower Arranging Moving Art 3pm Garden Walk 4 pm Tuesday Netflix Picks 6 pm Music w/ Todd **12**	10 am Scenic Drive 10:30 am Morning Stretch 11:30am Basketball 2pm Chair Zumba 3pm Reminiscing 4 pm Hand Massage w/ Priya 6 pm Holiday Sing-a-Long **13**	10 am Morning Updates 11 am Morning Stretch 11:30 Sew Fabulous Sister's 2pm **Fruit of the Month-WU** 3pm Stringing popcorn 4pm Smithsonian Channel 6pm Thursday Night Football **14**	10 am Bay Area News Updates 10:30 am Morning Stretch 11am Trivia 11:30 Bowling League w/ Caitlin 2 pm in2L 3:30 pm Book Group 4 pm Netflix Pick 6 pm Evening Walk in the Garden **15**	10 am Scenic Ride 10:30 am News Updates Morning Stretch 11:30 am Volleyball 2 pm Music w/ Dawn 3:30 pm Happy Feet Walkers 4pm Saturday Comedy 6 pm Basketball **16**
10 am Morning Updates 10:30 Sunday Zumba 11 am Art w/ Intern Sara 11:30 am Baking 2pm **Coffee and...-WU** 4 pm Sunday Night Football 6 pm Sing-a-Long **17**	10 am News Updates 10:30am Chair Tai Chi 11 am Wood Assembly w/ Kamene 11:30 am Volleyball 2pm Holiday Sing-a-Long 3 pm **Laughter Yoga-WU** 4 pm Monday Movie 6 pm Monday Night Football **18**	10 am News Updates 11:00 am Parachute Fun 11:30 am Sing-a-Long 2 pm Hanukkah Celebration 1st Reminiscing 3:30 pm **Zumba-WU** 4 pm Tuesday Netflix Picks 6 pm Moving Art **19**	10 am Scenic Drive 10:30 Morning Stretch 11:30 am Basketball 2pm Chair Zumba 3pm Reminiscing 4 pm Hand Massage w/ Priya 6 pm Holiday Light Bus Ride **20**	10 am Morning News 10:30 am Exercise 11 **Potato Salad Challenge-WU** 2pm **Judging for Potato Salad** 3pm Karoake 4 pm Movie Musical 6 pm Volleyball **21**	10 am Bay Area News Updates 10:30am Morning Stretch 11am Trivia 11:30 Bowling League w/ Caitlin 2 pm Resident Council 1st 3 pm Reminiscing 4 pm Netflix Pick 6 pm Friday Night Stretch **22**	10 am Scenic Ride 10:30 am News Updates Morning Stretch 11:30 am Volleyball 2 pm "Golden Fingers" w/ Thea 3:30 pm Happy Feet Walkers 4pm Saturday Evening Matinee 6 pm Dominos/ Puzzles **23**
Christmas Eve 10 am Morning Updates 10:30 am Music Duet w/ Paul 11 am Art w/ Intern Sara 11:30 am Volleyball 2pm Zen Gardens w/ Caitlin 4pm Holiday Movie 6 pm Sing-a-Long **24**	**Christmas Day** 10 am Morning Stretch 10:30 am Gift Exchange 11 am Disney Parade Noon: **Christmas Buffet** 2pm Christmas Sing-a-Long 4pm Movie Special 6 pm Monday Night Football 10 am Morning Stretch **25**	10 am News Updates 11:00 am Parachute Fun 11:30 am Sing-a-Long 2 pm Dominos/ 3 pm Reminiscing 4 pm Movie Musical 6 pm Comedy Classics **26**	**Resident's Birthday's** 10 am Scenic Drive 10:30 Morning Stretch 11:30 **Spiritual Journey-WU** 2pm December Birthday Party 3pm Sing-a-Long 4 pm Wednesday Short Stories 6 pm Walk in the Garden **27**	10 am Morning Updates 11 am Morning Stretch 11:30 Sew Fabulous Sister's 2pm Puzzles/Flower Arranging 2:30 pm **Sign Language-WU** 4pm Smithsonian Channel 6pm Thursday Night Football **28**	10 am Bay Area News Updates 10:30am Morning Stretch 11am Trivia 11:30 Bowling League w/ Caitlin 2 pm Cherries Jubliee 3 pm Reminiscing 4 pm Netflix Pick 6 pm Friday Night Stretch **29**	10 am Scenic Ride 10:30 am News Updates Morning Stretch 11:30 am Volleyball 2 pm Crossword Puzzle 3:30 pm Happy Feet Walkers 4pm Saturday Evening Matinee 6 pm Dominos/ Puzzles **30**
New Year's Eve 10 am Morning Updates 10:30 Tournament Of Roses Parade 11 am Art w/ Intern Sara 11:30 am iN2l 2pm Zen Gardens w/ Caitlin 4 pm Music Musical 6 pm Sing-a-Long **31**	**Massage with Pam Ross every Monday at 10 am**					

ACTIVITY LOCATOR KEY

Threshold Choir Mondays at 3 pm for our Hospice Residents

Family Support Group every Sunday 3:30 am- 5 pm

Group Outings every Friday 10 am-12:30pm & 2pm-4:30pm

Subject to Change