

December 2025

Summerfield of Roseville: Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 SS Chair Exercise 10:00 FB Bend & Stretch 10:30 MC Hydration Bar 11:00 DA Virtual Travels 1:30 ★ Decking the Halls 2:30 LI The Price is Right 3:30 🦋 Meditate in Motion 6:30 🦋 Rest & Relax	9:30 SS Sit & Get Fit 10:00 FB Morning Stretch 10:30 💡 Group Puzzle 11:00 MC Infusion Bar 2:00 GB Air Clay Ornaments 4:00 LI Gilligan's Island 6:30 🦋 Mindfulness Meditation	9:30 SS AM Warm Ups 10:00 FB Flex & Stretch 10:30 LI World Travelers 11:00 MC Smoothie Bar 2:00 GB Truth & Trivia: Christmas Edition 3:30 🦋 Meditation Circle 4:00 ★ Residents Leisure 6:30 🦋 Daily Devotions	9:30 SS Locomotion 10:00 FB Stretch in Motion 10:30 💡 Daily Chronicles 11:00 MC Refreshment Bar 2:00 🍀 Prize Bingo 4:00 ★ Patio & Chill 6:30 🦋 Sentimental Serenity	9:30 SS Fun & Fitness 10:00 FB Morning Stretch 10:30 DA Too Cute! 11:00 MC Juice Bar 1:30 ❤️ Movie Matinee: The Grinch 3:30 🦋 Group Meditation 4:00 💡 Jeopardy 6:30 🦋 Weekday Worship: Favorite Hymns	9:30 SS Sittercise 10:00 FB Stretch & Smile 10:30 SK A World of Good-News 11:00 MC Nutrition Bar 2:00 GB Glamour Nails & Gossip 4:00 DA Afternoon Garden Stroll 6:30 🦋 Prayer or group spiritual reading
9:30 SS Seated Yoga 10:00 FB Gentle Stretching 10:30 🦋 YouTube Worship & Music 11:00 ❤️ Classic Christmas Music 2:00 ★ Residents Choice 4:00 DA Sunshine Stroll 6:30 🦋 Time for Relaxation	9:30 SS Chair Workout 10:00 FB Bend & Stretch 10:30 MC Infusion Bar 11:00 DA Travel Imagination 1:30 GB Color Therapy 2:30 LI I Love Lucy 3:30 🦋 Meditate in Motion 6:30 ★ Residents Pick	9:30 SS Seated Tai Chi 10:00 FB Stretch in Motion 10:30 DA Animal Planet 11:00 MC Refreshment Bar 2:30 ❤️ Doug on the Saxophone! 3:30 🍀 Music & Mingle 4:00 ★ Reading & Leisure 6:30 ❤️ One Hit Wonders	9:30 SS Sit & Get Fit 10:00 FB Morning Stretch 10:30 SK Name that Tune 11:00 MC Nutrition Break 1:30 GB Cookie Decorating 2:30 🍀 Social Hour 3:30 🦋 Meditation Circle 6:30 ❤️ Remember When	9:30 SS Rockin' Aerobics 10:00 FB Stretchercise 10:30 💡 Crosswords and puzzles 11:00 MC Nutrition Break 1:30 🍀 Prize Bingo 2:30 SK Trivia Teasers 4:00 DA Walk & Roll 6:30 ★ Rest & Relax	9:30 SS Chair Basketball 10:00 FB Stretch & Flex 10:30 SK Current Events 11:00 MC Juice Bar 1:30 ❤️ Movie Matinee: A Christmas Story 3:30 🦋 Group Meditation 6:30 🦋 Prayer or group spiritual reading	9:30 SS Fun & Fitness 10:00 FB Gentle Stretching 10:30 SK A World of Good-News 11:00 MC Smoothie Bar 2:00 GB Art: Napkin Snowflakes 4:00 DA Afternoon Stroll 6:30 🦋 Rest & Relax
9:30 SS Gentle Workout 10:00 FB AM Stretch 10:30 🦋 YouTube Worship & Music 11:00 ❤️ Jingle Bell Rock 2:00 ★ Reading & Leisure 4:00 LI Family Feud 6:30 🦋 Weekday Worship: Favorite Hymns	9:30 SS Seniorcise 10:00 FB Morning Stretch 10:30 ❤️ Too Cute! 11:00 MC Hydration Bar 1:30 GB Watercolor Art 2:30 LI I Love Lucy 3:30 🦋 Meditate in Motion 6:30 ❤️ Easy Listening	9:30 SS Use It or Lose It 10:00 FB Stretch & Flex 10:30 SK Trivia Questions: Christmas 11:00 MC Juice Bar 2:00 GB Color Therapy 4:00 ★ Residents Leisure 6:30 🦋 Mindfulness Meditation	9:30 SS Seated Zumba 10:00 FB Bend & Stretch 10:30 SK Daily Chronicles 11:00 MC Infusion Bar 1:30 GB Creative Craft 3:30 MC Meditation Circle 4:00 ❤️ Remember When 6:30 🦋 Sentimental Serenity	9:30 SS Chair Exercise 10:00 FB AM Stretching 10:30 💡 Puzzle Time 11:00 MC Smoothie Bar 2:00 🍀 Prize Bingo 4:00 DA Garden Walkabout 6:30 🦋 Daily Devotions	9:30 SS Seated Yoga 10:00 FB Gentle Stretching 10:30 SK News Worthy 11:00 MC Nutrition Break 2:00 🍀 Happy Hour with Marvin! 3:30 🦋 Group Meditation 4:00 LI Jeopardy 6:30 ★ Residents Pick	9:30 SS Chair Tai Chi 10:00 FB Stretch in Motion 10:30 SK A World of Good-News 11:00 SS Refreshment Bar 2:00 GB Glamour Nails & Gossip 4:00 LI I Love Lucy 6:30 🦋 Meditation Circle
9:30 SS Seated Workout 10:00 FB Morning Stretch 10:30 🦋 YouTube Worship & Music 11:00 ❤️ Easy Listening 2:00 LI Mr. Bean 4:00 DA Walk & Roll 6:30 🦋 Time for relaxation	9:30 SS Chair Aerobics 10:00 FB Stretchercise 10:30 SK Trivia Game 11:00 MC Infusion Bar 2:00 GB Wonderful World of Watercolor 3:30 🍀 Meditate in Motion 4:00 MC Happy Trails 6:30 ★ Reading & Leisure	9:30 FB Gentle Stretching 10:30 ★ Resident Leisure 11:00 MC A Christmas Family Brunch 12:00 MC Caroling & Visiting Santa! 1:00 🍀 Music & Mingle 2:00 🍀 Social Hour 4:00 ★ Residents Leisure 6:30 🦋 Weekday Worship: Favorite Hymns	Christmas Eve 9:30 SS Chair Zumba 10:00 FB Bend & Stretch 10:30 ★ Community Choice 11:00 MC Nutrition Break 2:00 🍀 Horse Racing 3:30 🦋 Meditation Circle 4:00 DA Walk & Roll 6:30 🦋 Chicken Soup for the Soul	Christmas Day 9:30 SS Seated Tai Chi 10:00 MC Hot Cocoa with Friends! 10:30 SK Daily Chronicles 11:00 DA Virtual Travels 2:00 🍀 Christmas Bingo 4:00 ★ Read & Leisure 6:30 🦋 Daily Devotions	9:30 SS Fun & Fitness 10:00 FB AM Stretching 10:30 SK Newsworthy 11:00 MC Juice Bar 1:30 ❤️ Movie Matinee: Scrooge 3:30 🦋 Group Meditation 4:00 LI Family Feud 6:30 🦋 Sentimental Serenity	9:30 SS Chair Exercise 10:00 FB Stretch & Bend 10:30 SK Current Events 11:00 MC Smoothie Bar 1:30 GB Art Expressions 4:00 DA Afternoon Garden Stroll 6:30 🦋 Prayer or group spiritual reading
9:30 SS Sit and Be Fit 10:00 FB Stretchercise 10:30 🦋 YouTube Worship & Music 11:00 SS Music in Motion 2:00 MC The Price is Right 4:00 ★ Patio & Chill 6:30 🦋 Time for Relaxation	9:30 SS Seated Yoga 10:00 FB Stretch & Flex 10:30 SK Fun Trivia & Facts 11:00 MC Refreshment Bar 2:00 GB Manicures & Music 3:30 🦋 Meditation Circle 4:00 LI I Love Lucy 6:30 ★ Reading Leisure	9:30 SS Locomotion 10:00 FB Morning Stretch 10:30 🍀 Name That Tune 11:00 MC Infusion Bar 2:00 ↔️ Balloon Tennis 4:00 DA Garden Walkabout 6:30 🦋 Daily Devotions	New Year's Eve 9:30 SS Chair Exercise 10:00 FB Bend & Stretch 10:30 MC Hydration Bar 11:00 🍀 New Years Celebration with Ben! 2:00 GB Creative Art 3:30 🦋 Meditation Circle 4:00 LI Game Show Favorites 6:30 ★ Rest & Relax	DA *Discover Adventure FB *Find Balance GB *Give Back LI *Live Inspired MC *Maintain Connections SK *Seek Knowledge SS *Stay Strong ❤️ Emotional 💡 Intellectual ↔️ Physical ★ Purposeful 🍀 Social 🦋 Spiritual		