

calendar & activities
DEC 2020

Morningside House of Laurel Memory Care

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Be Inspired

SENIOR LIFESTYLE
your life, your style

AM Daily Chronicle 1
AM Lets Get Moving! Chair Cardio
AM Bookmarks: Jello Everybody> Discussion
AM Lunch: Music Therapy
PM Thymeless: Reindeer Crunch
PM Manicures & Massages
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 2
AM Lets Get Moving! Chair Cardio
AM Bookmarks: This Won't Hurt A Bit
AM Lunch: Music Therapy
PM Thymeless: Spiced Cranberry Smoothie
PM SPARK! Nutrition
PM Dinner: Music Therapy
PM Nature Walk

Tree Trimming Hour 3
AM Daily Chronicle
AM Lets Get Moving! Chair Cardio
AM Bookmarks: What's For Breakfast
AM Lunch: Music Therapy
PM Thymeless: Hot Cocoa Cupcakes
PM Thymeless: Gardening
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 4
AM Lets Get Moving! Chair Cardio
AM Bookmarks: The Story Of Joseph
AM Lunch: Music Therapy
PM Thymeless: Gingerbread Smoothie
PM Arts N Crafts
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 5
AM Lets Get Moving! Chair Cardio
AM IN2L
AM Lunch: Music Therapy
PM Thymeless: Gardening Movie & Popcorn
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 6
AM Lets Get Moving! Chair Cardio
AM IN2L: Laughter
AM Lunch: Music Therapy
PM IN2L: Bible Trivia
PM Table Top Bowling
PM Fill Bird Feeders
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 7
AM Lets Get Moving! Chair Cardio
AM IN2L: Of The Day
AM Lunch: Music Therapy
PM Creative Corner Bags
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 8
AM Lets Get Moving! Chair Cardio
AM Bookmarks: Jello Everybody> Discussion
AM Lunch: Music Therapy
PM Thymeless: Reindeer Crunch
PM Manicures & Massages
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 9
AM Lets Get Moving! Chair Cardio
AM Bookmarks: This Won't Hurt A Bit
AM Lunch: Music Therapy
PM Thymeless: Spiced Cranberry Smoothie
PM SPARK! Sleep
PM Dinner: Music Therapy
PM Nature Walk

Carols & Cocoa 10
AM Daily Chronicle
AM Lets Get Moving! Chair Cardio
AM Bookmarks: What's For Breakfast
AM Lunch: Music Therapy
PM Thymeless: Hot Cocoa Cupcakes
PM Thymeless: Gardening
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 11
AM Lets Get Moving! Chair Cardio
AM Bookmarks: The Story Of Joseph
AM Lunch: Music Therapy
PM Thymeless: Gingerbread Smoothie
PM Arts N Crafts
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 12
AM Lets Get Moving! Chair Cardio
AM IN2L
AM Lunch: Music Therapy
PM Card Games: Old Maid Movie & Popcorn
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 13
AM Lets Get Moving! Chair Cardio
AM IN2L: Laughter
AM Lunch: Music Therapy
PM IN2L: Bible Trivia
PM Table Top Bowling
PM Fill Bird Feeders
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 14
AM Lets Get Moving! Chair Cardio
AM IN2L: Of The Day
AM Lunch: Music Therapy
PM Creative Corner Bags
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 15
AM Lets Get Moving! Chair Cardio
AM Bookmarks: Jello Everybody> Discussion
AM Lunch: Music Therapy
PM Thymeless: Reindeer Crunch
PM Manicures & Massages
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 16
AM Lets Get Moving! Chair Cardio
AM Bookmarks: This Won't Hurt A Bit
AM Lunch: Music Therapy
PM Thymeless: Spiced Cranberry Smoothie
PM SPARK! Stress
PM Dinner: Music Therapy
PM Nature Walk

Ugly Sweater Party 17
AM Daily Chronicle
AM Lets Get Moving! Chair Cardio
AM Bookmarks: What's For Breakfast
AM Lunch: Music Therapy
PM Thymeless: Hot Cocoa Cupcakes
PM Thymeless: Gardening
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 18
AM Lets Get Moving! Chair Cardio
AM Bookmarks: The Story Of Joseph
AM Lunch: Music Therapy
PM Thymeless: Gingerbread Smoothie
PM Arts N Crafts
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 19
AM Lets Get Moving! Chair Cardio
AM IN2L
AM Lunch: Music Therapy
PM Thymeless: Gardening Movie & Popcorn
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 20
AM Lets Get Moving! Chair Cardio
AM IN2L: Laughter
AM Lunch: Music Therapy
PM IN2L: Bible Trivia
PM Table Top Bowling
PM Fill Bird Feeders
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 21
AM Lets Get Moving! Chair Cardio
AM IN2L: Of The Day
AM Lunch: Music Therapy
PM Creative Corner Bags
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 22
AM Lets Get Moving! Chair Cardio
AM Bookmarks: Jello Everybody> Discussion
AM Lunch: Music Therapy
PM Thymeless: Reindeer Crunch
PM Manicures & Massages
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 23
AM Lets Get Moving! Chair Cardio
AM Bookmarks: This Won't Hurt A Bit
AM Lunch: Music Therapy
PM Thymeless: Spiced Cranberry Smoothie
PM SPARK! Cognitive
PM Dinner: Music Therapy
PM Nature Walk

Christmas Eve 24
AM Daily Chronicle
AM Lets Get Moving! Chair Cardio
AM Bookmarks: What's For Breakfast
AM Lunch: Music Therapy
PM Thymeless: Hot Cocoa Cupcakes
PM Thymeless: Gardening
PM Dinner: Music Therapy
PM Nature Walk

Christmas Day 25
AM Daily Chronicle
AM Lets Get Moving! Chair Cardio
AM Bookmarks: The Story Of Joseph
AM Lunch: Music Therapy
PM Thymeless: Gingerbread Smoothie
PM Arts N Crafts
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 26
AM Lets Get Moving! Chair Cardio
AM IN2L
AM Lunch: Music Therapy
PM Card Games: Hearts Movie & Popcorn
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 27
AM Lets Get Moving! Chair Cardio
AM IN2L: Laughter
AM Lunch: Music Therapy
PM IN2L: Bible Trivia
PM Table Top Bowling
PM Fill Bird Feeders
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 28
AM Lets Get Moving! Chair Cardio
AM IN2L: Of The Day
AM Lunch: Music Therapy
PM Creative Corner Bags
PM Fitness Bingo
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 29
AM Lets Get Moving! Chair Cardio
AM Bookmarks: Jello Everybody> Discussion
AM Lunch: Music Therapy
PM Thymeless: Reindeer Crunch
PM Manicures & Massages
PM Dinner: Music Therapy
PM Nature Walk

AM Daily Chronicle 30
AM Lets Get Moving! Chair Cardio
AM Bookmarks: This Won't Hurt A Bit
AM Lunch: Music Therapy
PM Thymeless: Spiced Cranberry Smoothie
PM SPARK! Social
PM Dinner: Music Therapy
PM Nature Walk

New Year's Eve 31
AM Daily Chronicle
AM Lets Get Moving! Chair Cardio
AM Bookmarks: What's For Breakfast
AM Lunch: Music Therapy
PM Thymeless: Hot Cocoa Cupcakes
PM Thymeless: Gardening
PM Dinner: Music Therapy
PM Nature Walk

