"Taking December for a Spin" calendar & activities **DEC 2019 SUNDAY** MONDAY **TUESDAY** WEDNESDAY **THURSDAY** SATURDAY FRIDAY 0:00 • Baker's Club with Dawn: Buttery Egg Nog Cookies 10:00 • Theater Experience: "Planes, Trains, and Automobiles" 10:00 • Sit and Be Fit [AS1] 10:00 • Chair Dancing [AS2] 10:00 • Ribbon Dance [AS2] 10:00 Sittercise [AS1] 10:00 • Chair Fitness [AS1] 10:15 • Spa & Beauty Hour with the 10:15 • Spa & Beauty Hour with the 10:15 • Spa & Beauty Hour with the 10:15 • One on One's [B] 10:15 • Spa & Beauty Hour with the CONNECT 10:15 • Spa & Beauty Hour with the Care Team [BS] 0:00 Pool Noodle Exercise [AS2] 10:30 • Freerice.com [AS2] 10:15 • Spa & Beauty Hour with the What's in the Stocking? [AS2] Who's Got it Card Game [AS2] 10:30 • Holiday Pictionary [AS1] 10:45 • Thymeless: Almond Hummus with Honey / Pita Infused Water [AS1] Care Team [BS] 10:45 • Thymeless: Banana Maple Parfait Thymeless: Apple Chutney Bruschetta [B] 10:30 • Drum Circle with Chris [DR] 0:15 Spa & Beauty Hour with the 10:30 • Walk to the Beat [AS2] CONTRIBUTE 0:30 • Swing & Sway to the Beat [AS1] 10:30 • Thymeless: Apple Berry Chicken Salad [AS1 10:45 Thymeless: Peanut Butter Pumpkin Dig 10:30 • Hat Chat [AS1] 11:30 • Daily Chronicle & Good News [B] 10:45 • Thymeless: Almond Butter Roll Ups 1:00 • Stories Out of a Hat [AS1] 11:30 • Daily Chronicle & Good News [B] 11:30 Daily Chronicle & Good News [B] 11:30 • Daily Chronicle & Good News [B] 11:30 • Daily Chronicle & Good News [R] 11:30 Daily Chronicle & Good News [R 1:30 • Puzzling Parlour [AS2] 11:30 • Daily Chronicle & Good News [B] 1:30 Bocce Ball [AS2] 1:30 • Awaken the Senses Sensory Stimulation 1:30 • Aqua Paintings [AS2] 1:30 • Ceramics Class with Maria [AS1] 1:30 • IN2L- My Page [B] 2:00 Sunday Tea Time [AS2] 1:30 Harmonious Holiday Hand Massages [AS2 1:30
Bookmarks [LIB] 1:30 • Coffee Over Conversation with Cake [AS1] 3:00 • Happy Hour with Elly & Andy's Holiday Harmonies [AS1] 1:30 • Essence with Justine [AS2] 1:30 • Crafter's Corner: Gingerbread House 1:30 • Manicures & Massages [B] 3:00 • Classical & Operatic Music by Annie [DR] 1:30 • SPARK: Cognitive Fitness Class [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 2:30 • Thymeless: Pumpkin Banana Smoothi Decorating [AS2]
3:00 Songs by Heart Music Therapy [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Holiday Ball & Music Toss [AS2] 4:00 • IN2L Games [B] 2:30 • Thymeless: Dragon Fruit Blueberry S 4:00 Balloon Volleyball [AS2] GROW 4:00 • Life Saver Word Games [AS2] 6:15 • Musical Ball Toss [AS2] 3:00 Songs by Heart Music Therapy [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Farkle with Friends [AS1] 4:00 • Shake Loose a Memory Game [AS2] 4:00 Bean Bag Toss [AS2] 4:00 • Timeslips [AS1] 4:00 • Bingo with Suzette [AS2] 6:15 Oclorful Expressions: Adult Coloring Books 4:00 Meditation Circle [AS1] MOVE 6:15 • Eggnog Social [B] 4:00 • Toss it up - Dice game [AS1] 4:00 • LCR Dice Game [AS1] 6:15 • Holiday Sing Along [AS1] 6:15 • Theme of the Month Movie: "" [AS2] 6:15 • Sing-Along with Susie Q [AS2] 4:30 • Go for a Spin Walking Club [B] 6:15 • Balloon Volleyball [AS2] REFLECT 10:00 • Theater Experience: "Elf" 10:00 Sit and Be Fit [AS1] 10:00 • Chair Dancing [AS2] 10:00 Ribbon Dance [AS2] 10:00 • Sittercise [AS1] 10:00 • Baker's Club with Dawn: Molasses Ginger Bars [AS1] 10:00 • Chair Fitness [AS1] LOCATIONS 10:15 • Spa & Beauty Hour with the 0:15 • Spa & Beauty Hour with the 10.15 Spa & Beauty Hour with the 10:15 Spa & Beauty Hour with the 10:15 • One on One's [B] 10:15 • Spa & Beauty Hour with the Care Team [BS] 10:15 • Spa & Beauty Hour with the 0:00 • Pool Noodle Exercise [AS2] 10:30 • Chicken Soup for the Soul 10:30 • Badminton [AS2] Care Team [BS] 10:45 • Thymeless: Banana Maple 10:30 • North Shore Horse Races Care Team [BS] 10:15 • Spa & Beauty Hour with the 10:30 Swing & Sway to the Beat Listening Hour [AS2] 10:30 • Higher or Lower Card Game Care Team [BS] 10:30 Walk to the Beat [AS2] 11:00 • Stories Out of a Hat [AS1] Thymeless: Apple Chutney Bruschetta [B] 10:30 Bounce Back Game [AS1] 10:45 • Thymeless: Peanut Butter Pumpkin Dip **Both Floors-BF** Pita Infused Water [AS1] 10:45 • Thymeless: Almond Butter Roll Ups 11:30 • Daily Chronicle & Good News [B] 10:30 Music Therapy from Transitions Hospice 11:30 Daily Chronicle & Good News [B] 1:30 Daily Chronicle & Good News [B] 11:30 • Daily Chronicle & Good News [B] 11:30 • Daily Chronicle & Good News [B] 1:30 • Daily Chronicle & Good News [B] 1:30 • Harmonious Holiday Hand Massages [AS2] 1:30 Bookmarks [LIB] 1:30 • IN2L- My Page [B] 1:30 • Aqua Paintings [AS2] **Activity Studio 1st Floor - AS1** 10:30 • Thymeless: Apple Berry Chicken Salad [AS1 1:30 • Puzzling Parlour [AS2] 1:30 • Ceramics Class with Maria [AS1] SPARK: Cognitive Fitness Class [AS1] 1:30 • Parachute Fun [AS2] 1:30 Manicures & Massages [B] 1:30 • Coffee Over Conversation with Cake [AS1] 2:00 Sunday Tea Time [AS2] 11:30 Daily Chronicle & Good News [B] 1:30 • Essence with Justine [AS2] 2:30 • Thymeless: Dragon Fruit Blueberry S 3:00 • Songs by Heart Music Therapy [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 3:00 • Happy Hour [AS1] 3:00 • Classical & Operatic Music by Annie [DR] 2:30 • Thymeless: Pumpkin Banana Smoothic 1:30 • Awaken the Senses Sensory Stimula **Activity Studio 2nd Floor- AS2** 3:00 • Songs by Heart Music Therapy [AS1] 4:00 Balloon Volleyball [AS2] 4:00 • Time Slips [AS2] 4:00 • Jeopardy Trivia [AS2] 4:00 • IN2L Games [B] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Bingo with Suzette [AS2] 4:00 • Farkle with Friends [AS1] 6:15 • Holiday Sing Along [AS1] 4:00 Meditation Circle [AS1] 1:30 • Crafter's Corner: Snow Globes [AS2] 6:15 Musical Ball Toss [AS2] 4:00 • Penny Ante Game [AS2] 4:00 • The Lucky Duck Card Game [AS1] 6:15 • Colorful Expressions: Adult Coloring Books 6:15 • Theme of the Month Movie: "" [AS2] **AL Theater - ALT** 3:00 • Songs by Heart Music Therapy [AS1] 6:15 • Eggnog Social [B] 6:15 • Sing-Along with Susie Q [AS2] 4:00 Bean Bag Toss [AS2] **Beauty Salon - BS** 4:00 Brain Fitness [AS1] 4:30 • Go for a Spin Walking Club [B] 6:15 • Balloon Volleyball [AS2] **Dining Room 1st Floor-DR1** 10:00 • Sit and Be Fit [AS1] Theater Experience: "Nation Lampoon's Christmas Vacation" [ALT] 0:00 • Chair Dancing [AS2] 10:00 • Ribbon Dance [AS2] Reminiscing with the Senses: Remembering Christmas Celebrations [AS1] 0:00 • Baker's Club with Dawn: Cut 10:00 • Chair Fitness [AS1] **Dining Room 2nd Floor- DR2** 10:15 • Spa & Beauty Hour with the 10:15 • Spa & Beauty Hour with the Out Sugar Cookies [AS1]
10:00 Pool Noodle Exercise [AS2] 0:15 • Spa & Beauty Hour with the Care Team [BS] Care Team [BS] Care Team [BS] Care Team [BS] **Tranquility Garden-TG** 10:00 Sittercise [AS1] 10:30 • Freerice.com [AS2] 10:15 • Spa & Beauty Hour with the 10:30 • Music Therapy from Accord Who's Got it Card Game [AS2] 0:15 • Spa & Beauty Hour with the 10:30 • Holiday Pictionary [AS1] 10:45 • Thymeless: Almond Hummus with Honey / Pita Infused Water [AS1] Care Team [BS] Thymeless: Apple Chutney Bruschetta [B] 10:15 One on One's [B] 10:30 • Walk to the Beat [AS2] 10:30 Swing & Sway to the Beat [AS1] 10:45 • Thymeless: Banana Maple Parfait 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 • Hat Chat [AS1] 10:45 • Thymeless: Peanut Butter Pumpkin Dip 11:30 • Daily Chronicle & Good News [B] **Serenity Room - SR** 11:30 • Daily Chronicle & Good News [B] 10:45 • Thymeless: Almond Butter Roll Ups 11:00 • Stories Out of a Hat [AS1] 11:30 • Daily Chronicle & Good News [B] 10:30 • Thymeless: Apple Berry Chicken Salad [AS1 1:30 • Daily Chronicle & Good News [B] 1:30 • IN2L- My Page [B] 1:30 • Puzzling Parlour [AS2] 11:30 Daily Chronicle & Good News [B] 11:30 • Daily Chronicle & Good News [B] 1:30 Bocce Ball [AS2] 11:30 • Daily Chronicle & Good News [B] 1:30 • Aqua Paintings [AS2] 1:30 • Ceramics Class with Maria [AS1] 2:00 • Sunday Tea Time [AS2] 1:30 • Harmonious Holiday Hand Massages [AS2] 1:30 Bookmarks [LIB] 1:30 Awaken the Senses Sensory Stimulation 1:30 Manicures & Massages [B] 1:30 • Coffee Over Conversation with Cake [AS1] 2:00 • Monthly Resident Birthday Party & Ice Crea 3:00 Classical & Operatic Music by Annie [DR] 1:30 • Essence with Justine [AS2] 1:30 • SPARK: Cognitive Fitness Class [AS1] 3:00 Songs by Heart Music Therapy [AS1] 3:00 • Happy Hour [AS1] 4:00 • IN2L Games [B] 2:30 • Thymeless: Pumpkin Banana Smoothi 2:30 • Thymeless: Dragon Fruit Blueberry S 4:00 • Balloon Volleyball [AS2] 1:30 • Crafter's Corner: Snowflake Ornaments [AS Social IAS11 4:00 • Life Saver Word Games [AS2] 6:15 • Musical Ball Toss [AS2] 3:00 Songs by Heart Music Therapy [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Farkle with Friends [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Meditation Circle [AS1] 4:00 • Shake Awake Your Taste Game [AS2] 4:00 Bean Bag Toss [AS2] 4:00 • Holiday Ball & Music Toss [AS2] **BIRTHDAYS** 4:00 • Bingo with Suzette [AS2] 6:15 Ociorful Expressions: Adult Coloring Books 6:15 • Theme of the Month Movie: "" [AS2] 6:15 • Eggnog Social [B] 4:00 • LCR Dice Game [AS1 4:00 • Timeslips [AS1] 4:00 • Toss it up - Dice game [AS1] 4:30 • Go for a Spin Walking Club [B] 6:15 • Balloon Volleyball [AS2] 6:15 • Holiday Sing Along [AS1] 6:15 • Sing-Along with Susie Q [AS2] THIS MONTH 12/8 Sandy B. 10:00 • Theater Experience: "A Christmas Story" [ALT] 10:00 • Baker's Club with Dawn: Chanakuh Cookies [AS1] 10:00 • Chair Fitness [AS1] 10:00 • Sit and Be Fit [AS1] **Christmas Eve** Christmas Day 10:00 • Sittercise [AS1] 10:15 • Spa & Beauty Hour with the Care Team [BS] 10:15 • Spa & Beauty Hour with the Care Team [BS] 10:15 • Music Therapy by Guardian Hospice [AS1] 0:00 • Chair Dancing [AS2] 10:00 Ribbon Dance [AS2] 0:00 Pool Noodle Exercise [AS2] 10:15 • Spa & Beauty Hour with the Care Team [BS] 12/20 Annie J. 10:15 • Spa & Beauty Hour with the 0:15 • Spa & Beauty Hour with the 10:30 • Chicken Soup for the Soul Care Team [BS] Care Team [BS] 10:15 • One on One's [B] 10:30 Badminton [AS2] 0:30 Swing & Sway to the Beat Listening Hour [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 0:45 • Thymeless: Banana Maple Parfait 10:30 • North Shore Horse Races [AS1] 10:30 • Walk to the Beat [AS2] 10:45 • Thymeless: Almond Humi Pita Infused Water [AS1] 10:30 • Bounce Back Game [AS1] 10:45 • Thymeless: Peanut Butter Pumpkin Dip 11:00 • Stories Out of a Hat [AS1] 10:30 • Saran Wrap Ball Game [AS1] 10:45 Thymeless: Almond Butter Roll Ups 10:30 • Higher or Lower Card Game [AS1] 11:30 Daily Chronicle & Good News [B] 11:30 • Daily Chronicle & Good News [B 11:30 • Daily Chronicle & Good News [B] Thymeless: Apple Chutney Bruschetta [B] 10:45 11:30 • Daily Chronicle & Good News [B] 1:30 • Daily Chronicle & Good News [B] 10:30 • Thymeless: Apple Berry Chicken Salad [AS1] 1:30 • IN2L- My Page [B] 1:30 • Harmonious Holiday Hand Massages [AS2] 11:30 • Daily Chronicle & Good News [B] 1:30 Agua Paintings [AS2] 1:30 • Puzzling Parlour [AS2] 1:30 • Ceramics Class with Maria [AS1] 1:30 • Daily Chronicle & Good News [B] 1:30 Manicures & Massages [B] 1:30 • SPARK: Cognitive Fitness Class [AS1] 1:30 Bookmarks [LIB] 1:30 • Coffee Over Conversation with Cake [AS1] 1:30 • Awaken the Senses Sensory Stimulation [AS2] 2:00 • Sunday Tea Time [AS2] 1:30 • Essence with Justine [AS2] 3:00 • Songs by Heart Music Therapy [AS1] Happy Hour & Under the Mistlet Holiday Favorites [AS1] 2:30 Thymeless: Dragon Fruit Blueberry S 1:30 Parachute Fun [AS2] 3:00 • Classical & Operatic Music by Annie [DR] 2:30 • Thymeless: Pumpkin Banana Smoothic 4:00 ■ Time Slins [AS2] 3:00 • Songs by Heart Music Therapy [AS1] 3:00 Norm & Heidi's Ballroom Holiday Variety 4:00 • IN2L Games [B] 3:00 • Songs by Heart Music Therapy [AS1] 1:30 • Crafter's Corner: Winter Wonderland Painti 4:00 • Jeopardy Trivia [AS2] 6:15 • Holiday Sing Along [AS1] 4:00 • Bingo with Suzette [AS2] Show [AS1] 6:15 • Musical Ball Toss [AS2] 4:00 • My Two Cents Game [AS2] 4:00 Balloon Volleyball [AS2] 4:00 • Meditation Circle [AS1] 4:00 • The Lucky Duck Card Game [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 6:15 • Eggnog Social [B] 6:15 • Theme of the Month Movie: "" [AS2] 4:00 • Farkle with Friends [AS1] 6:15 Sing-Along with Susie Q [AS2] 4:00 Bean Bag Toss [AS2] 6:15 Ocolorful Expressions: Adult Coloring Books SENIOR LIFESTYLE 4:00 Brain Fitness [AS1] 4:30 • Go for a Spin Walking Club [B] Unlimited options, Unparalleled services 10:00 Sit and Be Fit [AS1] 10:00 Theater Experience: "The New Year's Eve 10:15 • Spa & Beauty Hour with the 0:00 • Chair Dancing [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:15 Spa & Beauty Hour with the Taking December

For a Spin 10:30 Freerice.com [AS2] Care Team [BS] 10:45 • Thymeless: Almond Hummus with Honey / Pita Infused Water [AS1] 10:30 • Swing & Sway to the Beat [AS1] 0:45 Thymeless: Banana Maple Parfait 11:00 • Stories Out of a Hat [AS1] 11:30 • Daily Chronicle & Good News [B] 10:45 • Thymeless: Almond Butter Roll Ups WWW.SENIORLIFESTYLE.COM 11:30 • Daily Chronicle & Good News [B] 1 MEMORY 1:30 • Puzzling Parlour [AS2] 11:30 Daily Chronicle & Good News [B] SENIOR 12:00 • Lunch Bunch Club at the Grille 1:30 • Ceramics Class with Maria [AS1] 2:00 • Sunday Tea Time [AS2] 1:30 • Harmonious Holiday Hand Massages [AS2] Activities are subject to change 1:30 • Essence with Justine [AS2] **LIFESTYLE** 3:00 • Classical & Operatic Music by Annie [DR] 1:30 • SPARK: Cognitive Fitness Class [AS1] 4:00 • IN2L Games [B] 2:30 • Thymeless: Pumpkin Banana Smoothi 2:30 • Thymeless: Dragon Fruit Blueberry S 6:15 • Musical Ball Toss [AS2] 3:00 Songs by Heart Music Therapy [AS1] 3:00 • Songs by Heart Music Therapy [AS1] your life, your style 6:15 • Eggnog Social [B] 4:00 • Bingo with Suzette [AS2] 4:00 • Toss it up - Dice game [AS1] 6:15 • Sing-Along with Susie Q [AS2] BY SENIOR LIF