Walden Place calendar & activities

**TUESDAY** 

1:00 Setting Dining Area For Lunch [Cl

1:30 • Meals In the dining room [CK]

4:30 • Meals in the dining room [CK]

11:00 • Setting Dining Area For Lunc

11:30 • Meals In the dining room [CK]

4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK]

1:15 • Christmas Craft [AR]

2:00 • Thymeless [CK]

6:00 • Bingo [CK]

3:30 • Good News [MCL]

4:00 • Setting Up For Dinner [CK]

8:30 • Makeovers [MCL]

10:00 • Decorate Our Tree

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

6:00 • Word search [CK]

7:00 • Reading Books [MCL]

8:30 • Makeovers [MCL]

9:15 • Chair Stretches

9:15 • Chair Stretches [CK]

**DEC 2020** 

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

## LOCATIONS

Assisted Living - ALCourtyard - CY Country Kitchen - CK Activity Room - AR Memory Care Lounge - MCL Shuttle Bus - SB

## **BIRTHDAYS** THIS MONTH

Sheila P.

SENIOR LIFESTYLE Come grow with us!

SENIOR LIFESTYLE Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM Activities are subject to change 8:30 • Makeovers [MCL]

8:30 • Makeovers [MCL]

10:30 • Funny Videos [CK]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

8:30 • Makeovers [MCL]

9:45 • Stretching [CK]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

8:30 • Makeovers [MCL]

9:45 • Stretching [CK]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

10:30 • Trivia [MCL]

9:00 • Our Daily Bread [AR]

1:00 • Relaxing Videos [CK]

4:00 • Setting Up For Dinner [CK]

6:30 • Movie and Popcorn [AR]

4:30 • Meals in the dining room [CK]

10:30 • Trivia [MCL]

9:00 • Our Daily Bread [AR]

1:00 • Back Massage [MCL]

4:00 • Setting Up For Dinner [CK]

6:30 • Movie and Popcorn [AR]

4:30 • Meals in the dining room [CK]

11:00 • Setting Dining Area For Lunch [CK

11:30 • Meals In the dining room [CK]

11:00 • Setting Dining Area For Lunch [CK]

11:30 • Meals In the dining room [CK]

9:45 • Stretching [CK]

9:00 • Our Daily Bread [AR]

11:00 • Setting Dining Area For Lunch [CK 11:30 • Meals In the dining room [CK] 1:00 • Relaxing Massage [MCL] 2:00 • Thymeless [CK] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK] 6:30 • Movie and Popcorn [AR] 7:00 • Life Lesson Discussions [MCL] 8:30 • Makeovers [MCL]

9:15 • Wake Up and Dance! 10:30 • Pet Talk [CK] 11:00 • Setting Dining Area For Lunch [CK] 11:00 • Setting Dining Area For Lunch [CK] 11:30 • Meals In the dining room [CK] 11:30 • Meals In the dining room [CK] 1:00 • Fancy nails [AR] 2:00 • Thymeless [CK] 4:00 • Setting Up For Dinner [CK] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:30 • Movie and Popcorn [AR] 4:30 • Meals in the dining room [CK] 6:00 • Trivia [MCL] 7:00 • Life Lesson Discussions [MCL] 7:00 • My Favorite Christmas Gift [MCL]

> 8:30 • Makeovers [MCL] 9:15 • Wake Up and Dance! 1:00 • Setting Dining Area For Lunch [CK] 11:30 • Meals In the dining room [CK]

1:00 • Fancy nails [AR] 1:45 • Bookmarks [CK] 2:00 • Resident's Choice Activity [AR] 2:00 • Thymeless [CK] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Trivia [CK]

For Lunch [CK]

1:00 • Fancy nails [AR]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

6:00 • Bookmarks [MCL]

4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK]

6:00 • Sing Along [MCL] 7:00 • Reading Books [MCL] 8:30 • Makeovers [MCL] 8:30 • Makeovers [MCL] 9:15 • Wake Up and Dance! 11:00 • Setting Dining Area 11:30 • Meals In the dining room [CK]

9:15 • Chair Stretches 11:00 • Setting Dining Area For Lunc I1:30 • Meals In the dining room [CK 1:15 • Family Feud on IN2L [CK] 2:00 • Resident's Choice Activity [AR] 2:00 • Thymeless [CK] 3:30 • Good News [MCL]

4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 7:00 • Reading Books [MCL]

8:30 • Makeovers [MCL] New Year's Eve 9:15 • Flash Fitness [CK] 10:15 • Resident Choice Of Activity [CK] 11:00 Setting Dining Area For Lunch

12:45 • Men's spa day 11:30 • Meals In the dining room [CK] 2:00 • Thymeless [CK] 1:15 • Fill In The Blank [CK] 3:30 • Good News [MCL] 2:00 • Thymeless [CK] 4:00 • Setting Up For Dinner [CK] 3:30 • Good News [MCL] 4:30 • Meals in the dining room [CK]

4:00 • Setting Up For Dinner [CK] 6:00 • Find The Word [CK] 4:30 • Meals in the dining room [CK] 7:00 • Music For The Minds [MCL] 6:00 • Leg Relaxation [MCL]

1:00 • Setting Dining 11:00 Setting Dining Area For Luncl 1:30 • Meals In the dining room [CK] 11:30 • Meals In the dining room [CK] 1:15 • Country Ride [SB] 12:45 • Men's spa day 1:45 • Bookmarks [CK] 2:00 • Thymeless [CK] 2:00 • Thymeless [CK] 3:30 • Good News [MCL] 3:30 • Good News [MCL]

4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK 6:00 • Humor [MCL] 7:15 • Music Appreciation [CK]

**THURSDAY** 

8:30 • Makeovers [MCL]

9:15 • Reach and Stretch

4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 7:00 • Reading Books [MCL] 8:30 • Makeovers [MCL] 8:30 • Makeovers [MCL] 9:15 • Reach and Stretch 9:15 • Bingo [CK] 11:00 • Setting Dining

**FRIDAY** 

Area For Lunch [CK]

Area For Lunch [CK]

11:30 • Meals In the dining room [CK]

1:15 • Country Ride [SB]

3:30 • Good News [MCL]

2:00 • Thymeless [CK]

8:30 • Makeovers [MCL]

9:15 • Bingo [CK]

11:00 • Setting Dining Area For Lunch [CK] 11:30 • Meals In the dining room [CK] 12:45 • Men's spa day 2:00 • Thymeless [CK]

3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Hand and Neck Massages [MCL] 7:00 • Card Game [CK]

4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 7:00 • Reading Books [MCL] 8:30 • Makeovers [MCL] 8:30 • Makeovers [MCL] 9:15 • Bingo [CK] 9:15 • Reach and Stretch

1:00 • Setting Dining Area 11:00 • Setting Dining Area For Luncl 1:30 • Meals In the dining room [CK] 1:15 • Country Ride [SB] 11:30 • Meals In the dining room [CK 1:45 • Bookmarks [CK] 2:00 • Thymeless [CK]

12:45 • Men's spa day 2:00 • Thymeless [CK] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK]

6:00 • Mandala Art [CK] 7:00 • Tea And Conversations [CK]

3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Cognitive Games [CK] 7:00 • Reading Books [MCL]

For Lunch [CK]

4:30 • Meals in the dining room [CK] 6:00 • Lawrence Welk [AR] 7:00 • Residents Choice Of Movie [MCL] **Christmas Day** 8:30 • Makeovers [MCL] 9:15 • Move to Music [CK] 8:30 • Makeovers [MCL]

9:15 • Bingo [CK] 10:15 • Life Lesson Discussions [CK] 1:00 • Setting Dining Area 11:00 • Setting Dining Area For Lunch [CK] For Lunch [CK] 11:30 • Meals In the dining room [CK] 1:30 • Meals In the dining room [CK] 1:15 • Trivia [AR] 1:15 • Singing Christmas Carols [MCL] 2:00 • Thymeless [CK] 1:45 • Bookmarks [CK]

3:30 • Good News [MCL] 2:00 • Thymeless [CK] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 4:00 • Setting Up For Dinner [CK] 6:00 • Lawrence Welk [AR] 4:30 • Meals in the dining room [CK] 7:00 • Life Lesson Discussions [MCL] 6:00 • Watching Christmas Movie [AR] 7:00 • Reading Books [MCL]

"We're so busy watching out for what's ahead of us that we don't take time to

- Bill Watterson,

SATURDAY

11:00 • Setting Dining Area For Lunch [CK]

11:30 • Meals In the dining room [CK]

8:30 • Makeovers [MCL] 9:15 • Move to Music [CK]

Discussions [CK]

4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK]

10:15 • Life Lesson

1:15 • Trivia [AR]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

6:00 • Lawrence Welk [AR]

8:30 • Makeovers [MCL]

9:15 Move to Music [CK]

Discussions [CK]

4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK]

7:00 • Life Lesson Discussions [MCL]

11:00 • Setting Dining Area For Lunch [CK]

11:30 • Meals In the dining room [CK]

7:00 • Trivia [MCL]

10:15 • Life Lesson

1:15 • Trivia [AR]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

6:00 • Lawrence Welk [AR]

8:30 • Makeovers [MCL]

10:15 • Life Lesson

1:15 • Trivia [AR]

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

9:15 • Move to Music [CK]

Discussions [CK]

4:00 • Setting Up For Dinner [CK]

11:00 • Setting Dining Area For Lunch [CK]

11:30 • Meals In the dining room [CK]



11:00 • Setting Dining Area For Lunch [CK] 11:30 • Meals In the dining room [CK] 1:00 • Fancy nails [AR] 1:45 • Bookmarks [CK]

2:00 • Thymeless [CK] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Current Events [MCL] 7:00 • Holiday Discussions [CK]

7:00 • Christmas Movie [AR] 8:30 • Makeovers [MCL] 9:15 • Chair Stretches [CK] 10:15 • Making Christmas ornaments [CK] 11:00 • Setting Dining Area For Lunch [C

8:30 • Makeovers [MCL]

1:00 • Fancy Nails [MCL]

3:30 • Good News [MCL]

2:00 • Thymeless [CK]

11:00 • Setting Dining Area For Luncl

11:30 • Meals In the dining room [CK

4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK]

9:15 • Chair Stretches

10:15 • Family Fued On IN2L 10:45 • Meditation [AR] 11:30 • Meals In the dining room [CK] 11:00 • Setting Dining Area For Lunch [CI 1:00 • Decorating Christmas cookies 11:30 • Meals In the dining room [CK] 2:00 • Thymeless [CK] 2:00 • Thymeless [CK]

3:30 • Good News [MCL] 3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Meditation [AR] 7:00 • Reading Books [MCL]

4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Leg Relaxation [MCL] 7:00 • Riddles [MCL]

WEDNESDAY

11:00 • Setting Dining Area For Lunch

11:30 • Meals In the dining room [CK]

4:00 • Setting Up For Dinner [CK]

4:30 • Meals in the dining room [CK]

11:00 • Setting Dining Area For Lunch

11:30 • Meals In the dining room [CK]

4:00 • Setting Up For Dinner [CK]

6:00 • Leg Relaxation [MCL]

7:00 • Brain Games [MCL]

8:30 • Makeovers [MCL]

9:15 • Flash Fitness [CK]

4:30 • Meals in the dining room [CK]

8:30 • Makeovers [MCL]

9:15 • Flash Fitness [CK]

IN2L [CK]

10:15 • Family Fued On

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

6:00 • Leg Relaxation [MCL]

7:00 • Reminiscence [AR]

8:30 • Makeovers [MCL]

9:15 • Flash Fitness [CK]

IN2L [CK]

10:15 • Family Fued On

2:00 • Thymeless [CK]

3:30 • Good News [MCL]

**Christmas Eve** 8:30 • Makeovers [MCL] Reminisce Christmas Eve 9:15 • Flash Fitness [CK] 8:30 • Makeovers [MCL] 10:15 • Family Fued On

9:15 • Reach and Stretch IN2L [CK] 11:00 • Setting Dining Area For Lunch 11:00 • Setting Dining Area For Lunch [CK] 11:30 • Meals In the dining room [CK] 11:30 • Meals In the dining room [CK] 12:45 • Men's spa day 2:00 • Thymeless [CK] 2:00 • Thymeless [CK]

3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 • Leg Relaxation [MCL] 7:00 • Word search [CK]

3:30 • Good News [MCL] 4:00 • Setting Up For Dinner [CK] 4:30 • Meals in the dining room [CK] 6:00 ● Reminisce Christmas Eve [MCL] 7:00 • Neck Massage [MCL]

8:30 • Makeovers [MCL] 9:15 • Reach and Stretch

11:00 • Setting Dining Area For Lunch [CK] 11:30 • Meals In the dining room [CK] enjoy where we are."

Calvin & Hobbes