

calendar & activities
DEC 2020

Walden Place

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



8:30 ● Makeovers [MCL]
9:15 ● Chair Stretches [CK]
10:00 ● Decorate Our Tree [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [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 ● Word search [CK]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Flash Fitness [CK]
10:15 ● Family Fued On IN2L [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [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 ● Reminiscence [AR]

8:30 ● Makeovers [MCL]
9:15 ● Reach and Stretch [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 ● Humor [MCL]
7:15 ● Music Appreciation [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]
1:15 ● Country Ride [SB]
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]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Move to Music [CK]
10:15 ● Life Lesson Discussions [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Trivia [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 ● Lawrence Welk [AR]
7:00 ● Trivia [MCL]

LOCATIONS

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

BIRTHDAYS
THIS MONTH

Sheila P.

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Activities are subject to change

8:30 ● Makeovers [MCL]
9:00 ● Our Daily Bread [AR]
9:45 ● Stretching [CK]
10:30 ● Trivia [MCL]
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! [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]

8:30 ● Makeovers [MCL]
9:15 ● Chair Stretches [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Christmas Craft [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 ● Bingo [CK]
7:00 ● Christmas Movie [AR]

8:30 ● Makeovers [MCL]
9:15 ● Flash Fitness [CK]
10:15 ● Family Fued On IN2L [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [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 ● Brain Games [MCL]

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

8:30 ● Makeovers [MCL]
9:15 ● Bingo [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Country Ride [SB]
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]
9:15 ● Move to Music [CK]
10:15 ● Life Lesson Discussions [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Trivia [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 ● Lawrence Welk [AR]
7:00 ● Life Lesson Discussions [MCL]

8:30 ● Makeovers [MCL]
9:00 ● Our Daily Bread [AR]
9:45 ● Stretching [CK]
10:30 ● Funny Videos [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [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]
6:30 ● Movie and Popcorn [AR]
7:00 ● Life Lesson Discussions [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Wake Up and Dance! [CK]
10:30 ● Pet Talk [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:00 ● Fancy nails [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 [MCL]
7:00 ● My Favorite Christmas Gift [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Chair Stretches [CK]
10:15 ● Making Christmas ornaments [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:00 ● Decorating Christmas cookies [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 ● Meditation [AR]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Flash Fitness [CK]
10:15 ● Family Fued On IN2L [CK]
10:45 ● Meditation [AR]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [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 ● Riddles [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Reach and Stretch [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 ● Mandala Art [CK]
7:00 ● Tea And Conversations [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]
1:15 ● Country Ride [SB]
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 ● Cognitive Games [CK]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Move to Music [CK]
10:15 ● Life Lesson Discussions [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Trivia [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 ● Lawrence Welk [AR]
7:00 ● Residents Choice Of Movie [MCL]

8:30 ● Makeovers [MCL]
9:00 ● Our Daily Bread [AR]
9:45 ● Stretching [CK]
10:30 ● Trivia [MCL]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:00 ● Back 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]

8:30 ● Makeovers [MCL]
9:15 ● Wake Up and Dance! [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 ● 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]

8:30 ● Makeovers [MCL]
9:15 ● Chair Stretches [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:00 ● Fancy Nails [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]
6:00 ● Sing Along [MCL]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Flash Fitness [CK]
10:15 ● Family Fued On IN2L [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [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]

Christmas Eve
Reminisce Christmas Eve
8:30 ● Makeovers [MCL]
9:15 ● Reach and Stretch [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 ● Reminisce Christmas Eve [MCL]
7:00 ● Neck Massage [MCL]

Christmas Day
8:30 ● Makeovers [MCL]
9:15 ● Bingo [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Singing Christmas Carols [MCL]
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 ● Watching Christmas Movie [AR]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Move to Music [CK]
10:15 ● Life Lesson Discussions [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Trivia [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 ● Lawrence Welk [AR]
7:00 ● Life Lesson Discussions [MCL]

8:30 ● Makeovers [MCL]
9:00 ● Our Daily Bread [AR]
9:45 ● Stretching [CK]
10:30 ● Trivia [MCL]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:00 ● Relaxing Videos [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]
6:30 ● Movie and Popcorn [AR]

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

8:30 ● Makeovers [MCL]
9:15 ● Chair Stretches [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Family Feud on IN2L [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]
7:00 ● Reading Books [MCL]

8:30 ● Makeovers [MCL]
9:15 ● Flash Fitness [CK]
10:15 ● Resident Choice Of Activity [CK]
11:00 ● Setting Dining Area For Lunch [CK]
11:30 ● Meals In the dining room [CK]
1:15 ● Fill In The Blank [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]

New Year's Eve
8:30 ● Makeovers [MCL]
9:15 ● Reach and Stretch [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 ● Find The Word [CK]
7:00 ● Music For The Minds [MCL]

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

**— Bill Watterson,
Calvin & Hobbes**

