December 2023 Monthly Activities **Memory Care** Sunday Monday Tuesday Wednesday Thursday Friday Saturday 8:30 • Coffee & 8:30 • Coffee & Chronicles Chronicles [MCDR] [MCDR] MEMORY CARE 9:00 • Patio Games 9:00 • IN2L Exercise nbrace [MCYD] 10:00 • Break Out 10:30 • Outdoor Groups [MCDR] BY SENIOR LIFESTYLE Adventures 10:30 IN2L Trivia and 1:00 • BINGO Games WWW.SENIORLIFESTYLE.COM 2:00 Thymeless 1:00 • IN2L Games Activities are subject to change m Bai I have arrived but do not fee Cooking [MCDR] [MCDR] I'm here to spread Christmas cheer that a fun time we will have this year, 3:00 • Talk Play or 四四 2:30 • Community but T want to make one thing clear Watch Did you Bingo [2DR] to be kind and generous 6:00 • Stretch & Stroll miss me? 6:00 • Stretch & Stroll [MCYD] [MCYD] THUNDERBIRD 7:00 • Movie Time 7:00 Movie Time [MCLR] a Senior Lifestyle community [MCLR] IN2L 8:30 • Coffee & 8:30 Coffee & 8:30 • Coffee & 8:30 • Coffee & 9:00 8:30 Coffee & 8:30 • Coffee & Chronicles Chronicles Exercise Chronicles Chronicles Chronicles Chronicles [MCDR] [MCDR] Sunday Worship [MCDR] [MCDR] [MCDR] [MCDR] 9:00 • Everyday Wellness 9:00 • Everyday Wellness 10:00 • Break Out Groups 10:00 • Tai Chi [MCAR] 9:00 • Everyday 9:00 • Patio Games 9:00 • IN2L Exercise *BOOKMARKS [MCAR] [MCAR] [MCDR] Wellness [MCAR] [MCYD] 10:00 • Break Out 11:00 🍴 Thymeless *Outing 10:00 • Break Out Groups 10:00 **Bookmarks** Reading IN2L Trivia and 10:30 10:00 扁 Let's GO Out 10:30 • Outdoor Groups [MCDR] Garden [MCDR] [MCAR] *THYMELESS Games Adventures 1:00 • BINGO IN2L Trivia and 1:00 Thymeless 10:30 10:30 • Outdoor Adventures 10:30 • **Music With Rex** Resident's Choice CONNECT 1:00 1:00 • BINGO Snack & 2:00 Thymeless Games [MCDR] 1:00 • BINGO Movie and CONTRIBUTE 2:00 Thymeless Cooking [MCDR] Hydration 2:00 Thymeless Cooking 1:00 • IN2L Games 1:00 • Trivia and Games Popcorn [MCLR] FEEL [MCDR] 2:00 Thymeless Cooking 3:00 • Talk Play or Cooking [MCDR] 2:30 • Art with Lisa [MCDR] Community Bingo 2:30 [MCDR] GROW 3:00 • Talk Play or Watch 3:00 • Talk Play or Watch 2:30 • Community 3:00 • Talk Play or [2DR] 3:00 • Talk Play or Watch 6:00 • Stretch & Stroll MOVE 6:00 • Stretch & Stroll Watch Bingo [2DR] Watch 6:00 • Stretch & Stroll [MCYD] 6:00 • Stretch & Stroll [MCYD] 6:00 • Stretch & Stroll REFLECT 6:00 • Stretch & Stroll 6:00 • Stretch & Stroll [MCYD] 7:00 • Movie Time [MCLR] [MCYD] [MCYD] 7:00 • Movie Time [MCYD] [MCYD] 7:00 • Movie Time 7:00 • Movie Time [MCLR] 7:00 • Movie Time [MCLR] [MCLR] 7:00 • Movie Time 7:00 Movie Time [MCLR] [MCLR] [MCLR] 9:00 • IN2L 8:30 Coffee & 8:30 • Coffee & Chronicles Chronicles Chronicles Chronicles Exercise Chronicles Chronicles [MCDR] [MCDR] [MCDR] [MCDR] Sunday Worship [MCDR] [MCDR] 9:00 • Everyday Wellness 9:00 • Everyday Wellness 9:00 Patio Games [MCYD] 10:00 • Tai Chi [MCAR] 10:00 • Break Out Groups 9:00 • Everyday 9:00 • IN2L Exercise [MCAR] [MCAR] 10:30 Outdoor Adventures [MCDR] 11:00 | Thymeless Garden **Location Keys** Wellness [MCAR] 10:00 • Break Out 10:00 • Break Out Groups 10:00 🥏 Bookmarks Reading 10:30 • **Tim Hern** IN2L Trivia and 1:00 | Thymeless Snack 10:30 2nd Floor Dining Room 2DR 10:00 💂 Let's GO Out Groups [MCDR] [MCDR] [MCAR] **Entertainment** Games & Hvdration Memory Care Activity Room **MCAR** 10:30 • Outdoor Adventures 10:30 • **Music With Rex** 1:00 • BINGO 10:30 IN2L Trivia and 1:00 • BINGO Memory Care Courtyard MCYD 1:00 Resident's Choice 2:00 • Memory Care [MCDR] 1:00 • BINGO 2:00 Thymeless 2:00 Thymeless Cooking Games Memory Care Dining Room **MCDR Activity Volunteers** Movie and 2:00 Thymeless Cooking 1:00 • Trivia and Games Cooking [MCDR] [MCDR] 1:00 • IN2L Games Memory Care Living Room **MCLR** Popcorn [MCLR] 3:00 • Talk Play or Watch [MCDR] 2:00 Thymeless Cooking 3:00 • Talk Play or Watch 3:00 • Talk Play or [MCDR] 2:30 • Community Bingo 6:00 Stretch & Stroll 3:00 • Talk Play or Watch [MCDR] 6:00 • Stretch & Stroll Watch 2:30 • Community [2DR] [MCYD] 3:00 • Talk Play or Watch 6:00 • Stretch & Stroll [MCYD] 6:00 • Stretch & Stroll Bingo [2DR] 6:00 Stretch & Stroll 7:00 • Movie Time [MCYD] 6:00 • Stretch & Stroll 7:00 Movie Time [MCLR] [MCYD] 6:00 • Stretch & Stroll [MCYD] [MCLR] 7:00 Movie Time [MCLR] [MCYD] 7:00 • Movie Time [MCYD] 7:00 Movie Time 7:00 • Movie Time [MCLR] [MCLR] [MCLR] 7:00 Movie Time [MCLR]

December 2023 Monthly Activities **Memory Care** Sunday Monday Tuesday Wednesday Thursday Friday Saturday 8:30 • Coffee & 22 8:30 • Coffee & 21 8:30 • Coffee & 23 8:30 • Coffee & 9:00 • IN2L 8:30 • Coffee & 19 8:30 • Coffee & Chronicles Chronicles Chronicles • Exercise [MCDR] [MCDR] Sunday Worship 9:15 [MCDR] [MCDR] [MCDR] [MCDR] 9:00 • Everyday Wellness 9:00 • Everyday Wellness MEMORY CARE 10:00 • Break Out Groups 10:00 • Tai Chi [MCAR] 9:00 • Everyday 9:00 • Patio Games 9:00 • IN2L Exercise [MCAR] [MCAR] nbrace [MCDR] Wellness [MCAR] [MCYD] 10:00 • Break Out 11:00 Thymeless 10:00 • Break Out Groups 10:00 / Bookmarks Reading IN2L Trivia and 10:30 10:00 💂 Let's GO Out 10:30 • Outdoor Garden Groups [MCDR] [MCDR] [MCAR] Games 1:00 • BINGO Adventures 1:00 | Thymeless 10:30 IN2L Trivia and 10:30 • Outdoor Adventures 10:30 • Music With Rex 1:00 Resident's Choice 1:00 • BINGO 2:00 Thymeless Snack & Games 1:00 • BINGO [MCDR] WWW.SENIORLIFESTYLE.COM Movie and Cooking [MCDR] 2:00 Thymeless 1:00 • IN2L Games Hvdration 1:00 • Trivia and Games 2:00 Thymeless Cooking Activities are subject to change Popcorn [MCLR] 2:00 Thymeless Cooking Cooking [MCDR] [MCDR] 3:00 • Talk Play or 2:30 • Art with Lisa [MCDR] 2:30 • Community Bingo 3:00 • Talk Play or Watch [MCDR] Watch 3:00 • Talk Play or 3:00 • Talk Play or 2:30 • Community [2DR] 3:00 • Talk Play or Watch 6:00 • Stretch & Stroll 6:00 • Stretch & Stroll Watch Watch Bingo [2DR] 6:00 • Stretch & Stroll 6:00 • Stretch & Stroll [MCYD] [MCYD] 6:00 • Stretch & Stroll 6:00 • Stretch & Stroll 6:00 • Stretch & Stroll [MCYD] 7:00 Movie Time [MCLR] [MCYD] 7:00 • Movie Time [MCYD] [MCYD] [MCYD] 7:00 • Movie Time 7:00 • Movie Time [MCLR] THUNDERBIRD [MCLR] 7:00 • Movie Time [MCLR] 7:00 Movie Time 7:00 Movie Time [MCLR] a Senior Lifestyle community [MCLR] [MCLR] 8:30 • Coffee & 8:30 • Coffee & 8:30 • Coffee & Coffee & 28 Chronicles 8:30 • Coffee & Chronicles **Christmas Day** Coffee & 29 Chronicles **Christmas Eve** 8:30 • Coffee & 9:00 • IN2L Exercise **44** Chronicles Chronicles 8:30 • Coffee & [MCDR] Chronicles [MCDR] [MCDR] 9:15 • Sunday Worship [MCDR] [MCDR] [MCDR] 9:00 • Everyday Wellness 9:00 • Everyday Wellness 10:00 • Tai Chi [MCAR] 10:00 • Break Out Groups 9:00 • Everyday 9:00 • IN2L Exercise 9:00 • Patio Games *BOOKMARKS [MCAR] [MCAR] [MCDR] 11:00 | Thymeless Garden Wellness [MCAR] [MCYD] 10:00 • Break Out *Outing 10:00 • Break Out Groups 10:30 IN2L Trivia and 1:00 Thymeless Snack & 10:00 **Bookmarks** Reading 10:00 💂 Let's GO Out 10:30 • Outdoor Groups [MCDR] [MCDR] [MCAR] Games Hydration *THYMELESS 1:00 • BINGO Adventures IN2L Trivia and 10:30 10:30 • Outdoor Adventures 10:30 • **Music With Rex** 1:00 • Resident's Choice 2:00 • Memory Care CONNECT 1:00 • BINGO 2:00 Thymeless Games [MCDR] Movie and Popcorn **Activity Volunteers** 1:00 • BINGO CONTRIBUTE Cooking [MCDR] 2:00 Thymeless [MCLR] 1:00 • IN2L Games 3:00 • Talk Play or Watch 2:00 Thymeless Cooking 1:00 • Trivia and Games FEEL 2:30 • Community Bingo 6:00 • Stretch & Stroll [MCDR] 2:00 Thymeless Cooking 3:00 • Talk Play or Cooking [MCDR] [MCDR] [2DR] [MCDR] GROW [MCYD] 3:00 • Talk Play or Watch 3:00 • Talk Play or Watch 2:30 • Community 6:00 • Stretch & Stroll 3:00 • Talk Play or Watch 7:00 • Movie Time [MCLR] 6:00 • Stretch & Stroll MOVE 6:00 • Stretch & Stroll Watch Bingo [2DR] [MCYD] [MCYD] 6:00 • Stretch & Stroll [MCYD] 6:00 • Stretch & Stroll REFLECT 6:00 • Stretch & Stroll 7:00 Movie Time [MCLR] 7:00 • Movie Time [MCLR] [MCYD] [MCYD] 7:00 • Movie Time [MCYD] 7:00 • Movie Time [MCLR] 7:00 • Movie Time [MCLR] 7:00 Movie Time [MCLR] [MCLR] 9:00 • IN2L Exercise 31 9:15 • Sunday 9:15 • Sunday Worship 10:00 • Break Out Groups [MCDR] **Location Keys** IN2L Trivia and 10:30 2nd Floor Dining Room 2DR Games Memory Care Activity Room **MCAR** 1:00 • Resident's Choice Memory Care Courtyard **MCYD** Movie and Popcorn **MCDR** Memory Care Dining Room [MCLR] Memory Care Living Room **MCLR** 2:30 • Community Bingo [2DR] 6:00 • Stretch & Stroll [MCYD] 7:00 • Movie Time [MCLR]