

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>9:30a. Morning Stroll 10a. Snacks & Your Choice of Music (IN2L) 10:30a. Sunday Devotional (TV) 11a. Spiritual Music & Singalong (IN2L) 1:30p. Bible Study with Greg Rogers (2nd Floor) 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Colorful Nails 4p. Music & Relaxation (IN2L)</p>	<p>2</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Monthly Trivia (IN2L) 1:45p. Afternoon Social Circle 2p. Cards for Soldiers with Restore Therapy (Sunroom) 2:30p. Music Therapy with Kathryn Sharp (1st Floor PW) 3:30p. Colorful Nails 4:15p. Music and Memory</p>	<p>3</p> <p>9:30a. Sit to Be Fit 10a. Spiritual Songs with Shelly Jones (1st Floor PW) 11a. State Trivia (IN2L) 12p. Ladies & Purple Hats Lunch Club (Sunroom) 1:45p. Apple Cider and Social 2:15p. Bingo for Chocolate (IN2L) 3:45p. Walking Club 4:15p. Word Search Circle</p>	<p>4</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Bible Study and Trivia (IN2L) 1:45p. Hot Chocolate and Social (Christmas Ornament) 2:30p. Creative Mind and Craft (Christmas Ornament) 3:30p. Kick Ball Circle 4p. Adult coloring Circle</p>	<p>5</p> <p>9:30a. Sit to be Fit 10a. Dulcimer Group Concert (1st Floor) 11a. Snacks and Reminisce (IN2L) 1:45p. Music for your soul with Vanessa Hill (1st Floor PW) 2:45p. Bingo for Prizes (IN2L) Pw 1st floor 3:45p. Afternoon Stroll 4p. Music and Relaxation</p>	<p>6</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Lunch Out at Kasey's Home Cooking Buffet 1:45p. Afternoon Social 2:30p. Pool Noodle and Balloon Circle 3:30p. Holiday's Music (Karaoke/IN2L) 4:30p. Holiday Movie with Friends and Popcorn</p>	<p>7</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Christmas Carols with Girl Scout Troop 451 (1st Floor PW) 11a. Snacks/ Music (IN2L) 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Pool Noodle Balloon Circle 3:30p. Afternoon Stroll 4p. Movie with Friends (Your Choice)</p>		
<p>8</p> <p>9:30a. Morning Stroll 10a. Snacks & Your Choice of Music (IN2L) 10:30a. Bible Trivia (IN2L) 11a. Colorful Nails 1:30p. Bible Study with The Rogers (2nd Floor) 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Kickball Circle 3:30p. Word Search</p>	<p>9</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Winter Olympic Trivia (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (Italy PW1st Floor) 3p. Colorful Nails 4p. Afternoon Stroll 4:15p. Music & Relaxation</p>	<p>10</p> <p>9:30a. Sit to Be Fit 10a. Fun Songs with H.U.L.A Strummers (PW 1st Floor) 11a. Snacks and Reminisce (IN2L) 12p. Gentlemen Lunch Club (Sunroom) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (Germany PW1st Floor) 2:30p. Bingo for Chocolate (IN2L) 4p. Afternoon Stroll</p>	<p>11</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Bible Story and Trivia (IN2L) 1:45p. Hot Chocolate and Social Dancer (PW 1st Floor) 3:30p. Beading with Friends 4p. Adult Coloring Circle</p>	<p>12</p> <p>9:30a. Sit to be Fit 10a. Whitesburg Academy Caroling (PW 1st Floor) 11a. Snacks and Reminisce (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (USA PW 1st Floor) 2:30p. Bingo for Prizes (1st Floor) 3:30p. Afternoon Stroll 4p. Music and Relaxation</p>	<p>13</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Cooking Club (Hershey drop Cookie) PW 1st Floor 1:45p. Caroling with Restore Therapy (1st Floor PW) 2:30p. Enjoy your Snacks (Hershey drop Cookie) 3:30p. Holiday Movie with Friends 6p. Scenic Ride (Galaxy of Lights)</p>	<p>14</p> <p>***8a.-10a. Breakfast with Santa (1st Floor Main Dining Room)*** 10:30a. Bingo with Franscine (2nd Floor) 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Bingo /IN2L 3:30p. Kick Ball Circle 4p. Movie with Friends (Your Choice)</p>		
<p>15</p> <p>9:30a. Morning Stroll 10a. Snacks & Your Choice of Music (IN2L) 10:30a. Sunday Devotional (TV) 11a. Spiritual Music & Singalong (IN2L) 1:30p. Bible Study with The Rogers (2nd Floor) 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Colorful Nails 4p. Music & Relaxation (IN2L)</p>	<p>16</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Concert with Karen Newsum (1st Floor PW) 10:30a. Snacks/ Music (IN2L) 11a. Winter Sports Trivia (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (Canada, 2nd Floor) 2:30p. Colorful Nails 3:30p. Afternoon Stroll 4p. Music and Memory</p>	<p>17</p> <p>9:30a. Sit to be Fit 10a. Morning Stroll 10:30a. Snacks and Reminisce (IN2L) 11a. States Trivia and Video (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (Philippine, 2nd Floor) 2:30p. Bingo for Chocolate 3:30p. Afternoon Stroll 4p.-6p. Christmas Open House</p>	<p>18</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Bible Study and Trivia (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (France, 2nd Floor) 2:30p. Sip and Paint "Reindeer" (1st Floor PW) 4p. Afternoon Social and Music</p>	<p>19</p> <p>9:30a. Sit to be Fit 10a. Morning Stroll 10:30a. Snacks and Reminisce (IN2L) 11a. Christmas Music Trivia (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (Ireland, 3rd Floor) 2:30p. Bingo for Prizes 3:30p. Afternoon Stroll 4p. Music and Relaxation</p>	<p>20</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Whitesburg P8 Choir (Caroling/ 1st Floor Main Dining Room) 11a. Name That Tune Trivia & Snacks (IN2L) 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (Mexico, 3rd Floor) 3p. Mike and Mollie Cole Concert (PW 1st Floor) 4p. Holiday Movie with Friends</p>	<p>21</p> <p>9:30a. Morning Stroll 10a. Snacks & Your Choice of Music (IN2L) 11a. Trivia or Games (IN2L) 1:45p. Afternoon Social 2p. Afternoon Snacks & Country Music (IN2L) 2:30p. Pool Noodle Balloon Circle 3p. Afternoon Stroll 4p. Movie with Friends (Your Choice) <p style="text-align: right;">Winter Begins</p></p>		
<p>22</p> <p>9:30a. Morning Stroll 10a. Snacks & Your choice of Music (IN2L) 10:30a. Bible Trivia (IN2L) 11a. Colorful Nails 1:30p. Bible Study with The Rogers (2nd Floor) 2p. Afternoon Snacks & Soft Melody (IN2L) 2:30p. Sunday Devotional with HSV Chaplin (Traci Loveman 1st Floor PW) 4p. Word Search</p>	<p>23</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Colorful Nails 1:45p. Around the world Christmas tree, Trivia IN2L and Snacks (England, 3rd Floor) 2:30p. Concert with Mr. Smith and Auto Harp 4p. Afternoon Stroll <p style="text-align: center;">First Day of Hanukkah</p></p>	<p>24</p> <p>9:30a. Sit to be Fit 10a. Morning Stroll 10:30a. Snacks and Reminisce (IN2L) 11a. Christmas Reminisce and Trivia (IN2L) 1:45p. Afternoon Social 2:30p. Christmas Party with Mrs. Clause (1st, 2nd and 3rd Floor) 3:30p. Christmas Movie and Popcorn 4p. Afternoon Stroll</p>	<p>25</p> <p style="text-align: center;">MERRY CHRISTMAS</p> <p>9:30a. Morning Stroll 10a. Snacks & Your Choice of Music (IN2L) 11a. Christmas Trivia and Games (IN2L) 1:45p. Afternoon Social 2p. Afternoon Snacks & Holiday Music (IN2L) 2:30p. Pool Noodle Balloon Circle 3p. Afternoon Stroll 4p. Your choice of a Movie with Friends <p style="text-align: center;">Christmas</p></p>	<p>26</p> <p>9:30a. Sit to be Fit 10a. Morning Stroll 10:30a. Snacks and Reminisce (IN2L) 11a. Kwanzaa Trivia (IN2L) 1:45p. Coffee and Cookie 2:15p. Bingo for Prizes 3:30p. Afternoon Stroll 4p. Music and Relaxation <p style="text-align: center;">Kwanzaa Begins</p></p>	<p>27</p> <p>9:30a. Morning Stretches Circle 10a. Morning Stroll 10:30a. Snacks & Music (IN2L) 11a. Movies Trivia (IN2L) 11a. Down the Memory Lane with Michael Havron (3rd Floor) 2p. December Birthdays Celebration (1st, 2nd, and 3rd Floor) 3:15p. Pool Noodle Balloon Circle 4p. Down the Memory Lane with Michael Havron (1st Floor)</p>	<p>28</p> <p>9:30a. Morning Stroll 10a. Morning Snacks & Music (IN2L) 10:30a. Word Search or Adult Coloring 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Bingo (IN2L) 3:30p. Kick Ball Circle 4p. Your choice of a Movie with Friends</p>		
<p>29</p> <p>9:30a. Morning Stroll 10a. Snacks & Your Choice of Music (IN2L) 10:30a. Sunday Devotional (TV) 11a. Spiritual Music & Singalong (IN2L) 1:30p. Bible Study with The Rogers (2nd Floor) 2p. Afternoon Snacks & Your choice of Music (IN2L) 2:30p. Colorful Nails 4p. Music & Relaxation (IN2L)</p>	<p>30</p> <p>9:30a. Stretch Bands Exercise Circle 10a. Morning Stroll 10:30a. Snacks/ Music (IN2L) 11a. Wedding Trivia (IN2L) 1:45p. Activities Participation Appreciation* Raffle for prizes *(1st Floor PW) 3p. Colorful Nails 3:30p. Bean Bag Toss 4p. Music & Relaxation</p>	<p>31</p> <p>9:30a. Sit to be Fit 10a. Morning Stroll 10:30a. Snacks and Reminisce (IN2L) 11a. New Year's Resolutions and Trivia (IN2L) 11:45a. New Year's Count Down and Sparkling Juice (All Dining room) 2:15p. 2019 Chili Cook Off Contest, New Year's Party and Concert (Main Dining Room 1st FI) 4p. Word Search Circle <p style="text-align: center;">New Year's Eve</p></p>					<h1>December 2019</h1> 	

Green Activities are "Mind", Yellow are "Spirit", and Blue are Body. Activities are subject to change based on resident's needs. *** STAFF PLANS ON ASSISTS WHEN NEEDED