

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sunday Stretch 1 10:45 Sunday Stretch 2 2:00 Chapel 2:00 Holiday Movie Matinee 1 2:00 Holiday Movie Matinee 2 Montessori Activity of the Day: Coloring wooden ornaments	10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Holiday Card Creations 1 2:45 Holiday Card Creations 2 6-7:15 Massages with Jan	10:00 Tuesday Tone-Ups 3 10:45 Tuesday Tone-Ups 1:30 -3:15 Ringling Circus History and Word in a Word Game 1 3:30 Conversation Corner 2 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2	10:00 Pool Noodle Exercise 4 10:45 Pool Noodle Exercise 1:30 Winter Wonderland Snowflake Painting 1 2:45 Winter Wonderland Snowflake Painting 2 6:00 Evening Movie with popcorn 1,2	10:00 Fun and Fitness 5 10:45 Fun and Fitness 1:30 -3:15 Move and Groove Music and Snowman Games 2 3:30 Conversation Corner 1 5:30 Scenic Drive 1,2	10:00 Chair Chi Exercise 6 10:45 Chair Chi Exercise 1:30-3:30 Holiday Classics Tune Talk and Games 1:30-3:30 Christmas Tree Craft and Reminisce 2	10:00 Conversation Catch and True of False Game 1 10:45 Conversation Catch and True or False Game 2 2:00 Musical and Montessori Activities 1 2:00 Musical and Montessori Activities 2
9:30 Visit and Chronicles 1,3 10:00 Holiday Finishing Lines 1 10:45 Holiday Finishing Lines 2 2:00 Chapel 2:00 Musical and Montessori Activities 1 2:00 Musical and Montessori Activities 2 Montessori Activity of the Day: Tree art	10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Toy Timeline Reminisce 1 2:45 Toy Timeline Reminisce 2 3:00 Protestant Communion 1 3:15 Protestant Communion 2	10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 1:30 -3:15 Resident Reading Group: The Gift of the Magi Trivia with a Twist 1 3:30 Table Topics 2 5:30 Stretch and Sing 1 6:00 Stretch and Sing 2	10:00 Balloon Volleyball 1 10:45 Balloon Volleyball 2 1:30 Snowman Ornament 1 2:45 Snowman Ornament 2 5:30 Visits with Tex 1 6:00 Visits with Tex	10:00 Fun and Fitness 12 10:45 Fun and Fitness 1:30 -3:15 Music Spotlight: Frank Sinatra/Outburst Game 2 3:30 Table Topics 1 6:00 Evening Movie with popcorn 1,2	10:00 Friday Fitness 1 10:45 Friday Fitness 2 1:30 Cookie Decorating and Cocoa 1 2:45 Cookie Decorating and Cocoa 2	10:00 Saturday Warm-Ups and Daily Chronicle 1 10:45 Saturday Warm-Ups and Daily Chronicle 1:30 Who Am I Game 2:45 Who Am I Game
10:00 Sunday Stretch 1 10:45 Sunday Stretch 2 1:30 Oak Grove Resident and Family Holiday Sing-along with Stephanie and Roberta 3:00 Oak Grove Resident and Family Holiday Sing-along with Stephanie and Roberta	10:00 Monday Morning Fitness 1 10:45 Monday Morning Fitness 2 1:30 Nutcracker Paper Doll Craft and Nutcracker Ballet Music 1 2:45 Nutcracker Paper Doll Craft and Nutcracker Ballet Music 2	10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 1:30 -3:30 Name that Tune and Memory Game 1 1:30-3:30 Bongo Christmas Bingo and Memory Game 2 5:00 Resident and Family Holiday Dinner Cranberry Lake Grill	10:00 Instrument Exercise 1 10:45 Instrument Exercise 2 1:30 Holiday Jeopardy 1 2:45 Holiday Jeopardy 2 6:00 Evening Movie with popcorn 1,2	10:00 Fun and Fitness 19 10:45 Fun and Fitness 1:30 -3:15 Holiday Bell Choir and Sing-along 2 3:30 Shake Loose a Memory 1 6:00 Evening Movie with popcorn 1,2	10:00 Chair Yoga 1 10:30 Chair Yoga 2 11:30 Resident Holiday Lunch Auditorium/Card Room 1:30 What's in the Santa Bag/Reminisce 1 2:45 What's in the Santa Bag/Reminisce 2	10:30 Pet Visits with Oakley 11:00 Pet Visits with Oakley 1:30 Mandala Art Group 1 2:00 Mandala Art Group 2
10:00 Sunday Morning Stretch and 10:45 Sunday Stretch and 2:00 Chapel 2:00 Holiday Movie Matinee 1 2:00 Holiday Movie Matinee 2 Montessori Activity of the Day: Puzzles and mandala art	10:00 12 Days of Christmas Exercise 10:45 12 Days of Christmas Exercise 1:30 Holiday Song Would You Rather? 1 2:45 Holiday Song Would You Rather? 2	10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 1:30-3:15 Holiday Games/Cocoa/'Twas the Night Before Christmas reading 3:30 'Twas the Night Before Christmas reading	10:00 Happy Holidays Workout 10:45 Happy Holidays Workout 1:30 Holiday Sing-along and Stories 1 2:30 Holiday Sing-along and Stories 2 6:00 Evening Movie with popcorn 1,2 <small>Christmas Hanukkah Begins</small>	10:00 Fun and Fitness 26 10:45 Fun and Fitness 1:30 -3:15 Holiday Picture this and Pictionary 2 3:30 Mandalas and Music 1 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2 <small>Boxing Day (Canada) Kwanzaa Begins</small>	10:00 Chair Chi Exercise 1 10:45 Chair Chi Exercise 2 1:30 Music Appreciation: John Denver 1 2:45 Music Appreciation: John Denver 2	10:00 Saturday Stretch and Daily Chronicle Discussion 10:45 Saturday Stretch and Daily Chronicle Discussion 2:00 Musical and Montessori Activities 1 2:00 Musical and Montessori Activities 2
10:00 Conversation Catch and Chronicle 10:45 Conversation Catch and Chronicle 2:00 Chapel 2:00 Movie and Montessori Activities 1 2:00 Movie and Montessori Activities 2	10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Bingo Game 1 2:45 Bingo Game 2	10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 1:30-3:15 New Year's Traditions with Eggnog and Cookies 1 3:30 Name 5 Game-New Years Edition 2 <small>New Year's Eve</small>	<h1>December 2024</h1> <h2>Sherwood Oaks Oak Grove</h2>			

Activities are subject to change