	ACTIVI	TIES CALENDA	AR December	16 – 22 202	4	
Monday, 16	TUESDAY, 17	WEDNESDAY, 18	THURSDAY, 19	FRIDAY, 20	SATURDAY, 21	SUNDAY, 22
7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast
In your Room	In your Room	In your Room				
Sunshine Remodel	9:00	9:00	Hair Salon 9-11	9:00	9:30	9:00
starts this Week!	Maple Syrup Day	Geography Trivia	9:00	Ugly Christmas	Residents meet in	Worship
9:00	Learn about the	& pastry	Music Video Day	Sweater Day	Coffee Shop	Chapel
This Day in History	interesting process of	Coffee Shop	Touching Videos	Wear your sweater	Listen to Messiah,	±
Boston Tea Party	syrup - coffee shop		Coffee Sho	& join us to watch	Christmas Music	
Coffee Shop		573	Auri the Dog visits	Charlie Brown Christmas		
10:00	9:45 - Movement w/	10:00	10:00	10:00	Have you found	
Zumba w/ Kathi	Michelle	Zumba w/ Kathi	Yoga w/ Jim	Zumba w/ Kathi	the Holiday Spirit?	
Exercise Room	Exercise Room	Exercise Room	Exercise Room	Exercise Room	the Honday Spirit.	
Exercise Hoom	Exercise Noon	10:00-11:30	Exercise Room	Exercise Noon	* Like	
	16.56.5	Durango Library	STORY OF THE PARTY			
		Sunshine Room	TOTAL TIE		和某个	
	10:30 Mentors Visit MC					
11:30 Lunch	MEAL OF THE	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
in your Room	MONTH (in room)	In your Room				
12:30-1:30	12:30-2:00	11:15 -Luncheon at	12:30	2:00	Children Little	12:15
Ice Cream	Bingo	Hilton Hotel	Wheel of Fortune	Martin, Mandolin		Documentary
Sandwiches!	Exercise Room	for those who signed up	Game	group, & kids'		& Discussion
Delivered to your	BINGO	Bring coat & money	Exercise Room	performance	TILL THE STATE OF	w/ Joan
room	15 20 1 10 10 25 44 40 18 60 53 10 10 37 60 2 13 30 0 10 65			5 (1) 1 / 5 / 5	Check out the new	Coffee Shop
WHILIA	22 70 67 64 50 1 2 3 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5		S T E S B T!		furniture & art	
		Meet in Sunshine Rm			ranneare & are	
3:00	2:30 -Movie Matinee	12:30	2:30	3:15		
Musician David	10 a -08	Hymns & Verses	Resident Caroling the	Happy Hour		
Smith	6836	Sunshine Room	halls of Sunshine			4
Sunshine Room		1:30	Meet in Exercise Room			Non-
		Ari guitar	* 2 3 4 1 See	Come down for a		
		& sing-a-long		drink & chit chat	2	_
71	Coffee Shop	Sunshine Room		Sunshine Room		Rest
4.20 D'	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner
4:30 Dinner	4.30 Dillile	4.30 Dillilei	4.30 Dillilei	4.30 Dillilei	4.30 Dillilei	4.30 Dillile

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BFST	CHOICE OF JUICE CHOICE OF CEREAL EGG: CINNAMON COFFEE CAKE MILK	CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG W/ HAM & CHEESE TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY PANCAKES MAPLE SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE BREAKFAST TACO WITH BACON, CHEESE AND EGGS MILK	CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG WITH CHEESE HASHBROWNS TOAST MARGARINE/JELLY MILK
NOON	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY VEGETABLES ROLL/MARG PIE MILK	BBQ TURKEY PLATTER CHEESY CORN CREAMY COLESLAW CORNBREAD FROSTED CAKE MILK	SURPRISE! CHEF'S CHOICE, INCLUDING DESSERT! MILK	RIBLETS BBQ BAKED POTATO/MARG MIXED VEGETABLES BROWNIE MILK	CHICKEN CORDON BLEU BAKED YAM GREEN BEANS BREAD/MARG SMORES PUDDING MILK	CATCH OF THE DAY FRIED POTATOES BREAD/MARG FRUIT & JELLO MILK	BAKED HAM SCALLOPED POTATOES CARROTS ROLL/MARG COOKIE MILK
E V E	COBB SALAD WITH RANCH DRESSING WINTER FRUIT CUP MILK	CHICKEN & RICE CASSEROLE MAPLE SQUASH BANANA BERRY CUP MILK	SMOKED SAUSAGE SCALLOPED POTATOES VEGETABLE BLEND BREAD/MARG PEARS MILK	TERIYAKI BEEF NOODLE BOWL BROCCOLI FLORETS SESAME BREADSTICK MANDARIN ORANGES MILK	SLOPPY JOE TATER TOTS PEACHES ICE CREAM MILK	CHICKEN CLUB SALAD SALAD DRESSING OF CHOICE BREAD/MARG CHEESECAKE FLUFF MILK	LASAGNA BUTTERED PEAS GARLIC TOAST APRICOTS MILK

Menus Approved By:

Notes:



09/01/24, 09/29/24, 10/27/24, 11/24/24, 12/22/24, 01/19/25, 02/16/25, 03/16/25, 04/13/25

MC ACTIVITIES CALENDAR December 16-22

MONDAY, 16	TUESDAY, 17	WEDNESDAY, 18	THURSDAY, 19	FRIDAY, 20	SATURDAY, 21	SUNDAY, 22
7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST				
8:30	8:30	8:30	8:30	8:30	8:30	8:30
Hygiene, hair, & Oral	Hygiene, hair, &	Hygiene, hair, &	Hygiene, hair, &	Hygiene, hair, &	Hygiene, hair, &	Hygiene, hair, &
Care	Oral Care	Oral Care	Oral Care	Oral Care	Oral Care	Oral Care
9:20	9:30	9:15	9:30	9:00	9:30	9:00
Caregivers gather	Movement w/	Pastries &	Auri the Therapy	Movement w/	Coffee, Tea, Hot	Welcome to
residents into Dining	Caregivers	breakfast drinks	Dog visits	Caregivers	Cocoa	attend service in
Room for exercise		9:30 Eric walks			Old Classic Shows	chapel
9:30		with residents				
Movement w/ Kathi						
10:00	10:30	10:00	10:00	10:30	10:30	10:30
Watch Nature Shows	Mentors Visit	Welcome to join AL	Welcome to join AL	TLC w/ Andrea	Hand out	Help with Jigsaw
	Sing-a-long	Zumba	Yoga		Magazines/Books	Puzzles
	TV Room					
11:00	11:00	11:00	11:00	11:00	11:00	11:00
Listen to Music while	Listen to Music	Listen to Music	Listen to Music			
toileting and washing for lunch	while toileting and washing for lunch	while toileting and washing for lunch	while toileting and washing for lunch			
11:30 LUNCH	11:30 LUNCH	11:30 LUNCH				
12:30	12:30	12:30	12:30	12:30	12:30	12:30
Down Time	Down Time	Ari plays guitar and	Down Time	Down Time	Down Time	Down Time
DOWN TIME	Down Time	sings with	Down Time	Down Time	Down Time	Down Time
		residents -TV Room				
1:30 Ice Cream Social	2:30	2:30	2:45	2:0	2:30	2:30
3:00 May join us for	Cognitive Activity	Cognitive Activity	AL Residents will	Welcome to join us	Cognitive Activity	Cognitive Activity
music in Sunshine	w/ caregivers	w/ caregivers	come-a-Caroling	in Sunshine Room	w/ caregivers	w/ caregivers
Rm	,	,		for music	,	,
4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	4:00	4:00-4:30	4:00-4:30
Wash & prep for dinner	Wash & prep for	Wash & prep for	Wash & prep for			
	dinner	dinner	dinner	dinner	dinner	dinner
4:30 DINNER	4:30 DINNER	4:30 DINNER				
After 5:30	After 5:30	After 5:30				
Dress for Bed	Dress for Bed	Dress for Bed				