ACTIVITIES CALENDAR December 23 – 29						
Monday, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27	SATURDAY, 28	SUNDAY, 29
7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast
9:00 Human Light Explore the history behind the idea of uplifting humanity <i>Coffee Shop</i>	9:00-11:00 Hair Salon 9:00 Coffee Shop Chat about your favorite Christmas Memories	۲۰۰۲ ۲۰۰۲ ۲۰۰۲ ۲۰۰۲ ۲۰۰۲ ۲۰۰۲ ۲۰۰۲ ۲۰۰	9:00 Coffee shop Kwanzaa Learn about this cultural holiday; celebrate community	9:00 National Zoo Day Animal Trivia <i>Coffee Shop</i>	9:30 Residents meet in <i>Coffee Shop</i> Listen to Music	9:00 Worship Chapel
10:00 Zumba w/ Kathi Exercise Room	10:00 Yoga w/ Jim Exercise Room		10:00 Yoga w/ Jim Exercise Room	10:00 Zumba w/ Kathi Exercise Room	Did you make any New Year's Resolutions?	Walk the halls for exercise. Your body & mind will thank you.
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
2:00 Sunshine Room Resident Christmas Party begins! Drinks & Appetizers 2:30 Live Music	12:30-2:00 Bingo Dining Room	1:15 Ari plays guitar & sings Sunshine Room	12:30 Jigsaw Puzzles Dining Room	1:00 States & Capitals Refresh your brain Sunshine Room 2:00 Opportunity Bus to store 2:30 Sing-a-long with Duane	"You'll never get bored if you try something new." ~ Dr Seus	12:15 Documentary & Discussion w/ Joan <i>Coffee Shop</i>
3:30 Special Guest Arrives	3:30 Christmas Eve Service Families Invited Sunshine Room	Christmas Dinner prepared by head chef, Stephen, will be served in Dining Room	2:30 Corn Hole Exercise Room	3:15 Happy Hour Come down for a drink & chit chat Sunshine Room		Rest
4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner

Week 4 - Regular/NAS			WI	NTER FW 2024-2025	Week At A Glance		
Μ	Sunday	Monday	Tuesday	CHRISTMAS	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL MINI DOUGHNUTS MILK	CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG WITH CHEESE TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST CINNAMON BUN MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: BACON RASBERRY SCONES MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: FRENCH TOAST / SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK
N O O N	BBQ CHICKEN FRENCH FRIES BROCCOLI FLORETS ROLL/MARG PIE MILK	MEATLOAF BAKED POTATO/MARG CARROTS BREAD/MARG ICE CREAM MILK	ROAST BEEF MASHED POTATOES BEEF GRAVY SPICED WINTER SQUASH BREAD/MARG APPLE BUTTER CRISP MILK	SESAME CHICKEN FRIED RICE VEGETABLE BLEND TOOTIE FROOTIE BAR MILK	MANICOTTI W/ MEATSAUCE GREEN BEANS GARLIC TOAST CHOCOLATE PUDDING MILK	FISH & CHIPS MIXED VEGGIES HUSHPUPPIES CAKE ROLL MILK	CRISPY ONION CUBE STEAK MASHED POTATOES BEEF GRAVY MIXED VEGETABLES BREAD/MARG BROWNIE MILK
E V E	CHEESE ENCHLADAS REFRIED BEANS CHURROS MILK	GRILLED CHEESE SANDWICH CREAM OF TOMATO SOUP TOSS SALAD/ DRESSING PEACHES MILK	PULLED PORK ON BUN TATER TOTS CREAMY COLESLAW PEARS MILK	CHRISTMAS DINNER! ROASTED HONEY HAM MASHED POTATOS & GRAVY, ROLLS GREEN BEANS BREAD PUDDING MILK	TURKEY STUFFING BAKE SCANDINAVIAN VEGETABLES MANDARIN ORANGES MILK	HAMBURGER ON BUN FRENCH FRIES CORN MANDARIN ORANGES MILK	SHEPARDS PIE SOURDOUGH BREAD CHILLED FRUIT MILK

Menus Approved By:



09/08/24, 10/06/24, 11/03/24, 12/01/24, 12/29/24, 01/26/25, 02/23/25, 03/23/25

Notes:

		ACTIVITIES CALE	NDAR MC Dec	ember 23-29		
MONDAY, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27	SATURDAY, 28	SUNDAY, 29
7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST	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	9:30	9:30	9:00	9:30	9:00
Caregivers gather	Watch <i>It's a</i>	Caregivers lead	Caregivers	Caregivers	Coffee, Tea, Hot	Welcome to
residents into Dining	Wonderful Life	discussion of	encourage & lead	encourage & lead	Сосоа	attend service in
Room for exercise		Christmas	residents in	residents in	Old Classic Shows	chapel
9:30 Movement w/ Kathi		Memories	movement	movement		
10:00	10:00	10:00	10:00	10:30	10:30	10:30
Watch Nature Shows	Welcome to join	Welcome to join AL	Welcome to join	TLC w/ Andrea	Hand out	Help with Jigsaw
	Yoga	Zumba	Yoga		Magazines/Books	Puzzles
	AL Exercise Room		AL Exercise Room			
11:00	11:00	11:00	11:00	11:00	11:00	11:00
Listen to Music while	Listen to Music while	Listen to Music while	Listen to Music while	Listen to Music	Listen to Music	Listen to Music
toileting and washing	toileting and washing	toileting and washing	toileting and washing	while toileting and	while toileting and	while toileting and
for lunch	for lunch	for lunch	for lunch	washing for lunch	washing for lunch	washing for lunch
11:30 LUNCH	11:30 LUNCH	11:30 LUNCH	11:30 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	Welcome to join	Down Time	Down Time	Down Time
		sings with	Jigsaw Puzzles			
		residents -TV Room	AL Dining Room			
2:00	3:30	2:30	2:30	2:30	2:30	2:30
Christmas Party	Christmas Eve	Cognitive Activity	Cognitive Activity	Welcome to join us	Cognitive Activity	Cognitive Activity
Sunshine Room	Service	w/ caregivers	w/ caregivers	<i>in Sunshine Room</i> for music	w/ caregivers	w/ caregivers
	Sunshine Room					
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			
4:30 DINNER	dinner 4:30 DINNER	dinner 4:30 DINNER	dinner 4:30 DINNER	dinner 4:30 DINNER	dinner 4:30 DINNER	dinner 4:30 DINNER
After 5:30	After 5:30	After 5:30	After 5:30	After 5:30	After 5:30	After 5:30
Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed