


# ST. ANNES MEAD MEMORY CARE HOME DECEMBER LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b>	<b>31</b>		<u>LOCATION CODES</u> ECU    Extended Care Unit HHR    Hollingshead Room CAS    Creative Art Studio SL      South Lounge NL      North Lounge MDR    Main Dining Room	ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.		<b>1</b>
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHRISTMAS CAROLS W/ ST. DAVID (NL) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>NEW YEARS EVE</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 NEW YEARS EVE PARTY & ENTERTAINMENT (MDR) 4:00 SPORTS GAMES 5:00 TRIVIA 6:00 DINNER 7:00 EVENING MEDITATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 SING ALONG W/ CHUCK (MDR) 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 BASKETBALL 5:00 BRAIN GAMES 6:00 CHRISTMAS DINNER 7:00 EVENING MEDITATION	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 COOKING DEMONSTRATION (MDR) 4:00 SPORTS GAMES 5:00 TRIVIA 6:00 DINNER 7:00 EVENING MEDITATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 SING ALONG W/ CHUCK (MDR) 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 BASKETBALL 5:00 BRAIN GAMES 6:00 CHRISTMAS DINNER 7:00 EVENING MEDITATION	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 WIND DOWN HOUR
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:00 CHRISTMAS CAROLS 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 CHRISTMAS COOKIE SOCIAL (MDR) 5:00 BRAINSTORMING 6:00 DINNER 7:00 MOTOR CITY CHORALE (HHR)	8:30 DAILY REFLECTIONS W/ FR JOHN 10:00 GINGERBREAD HOUSES (HHR) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SING ALONG W/ CHUCK 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 11:00 OUR LADY QUEEN OF MARYTRS CAROLING (HHR) 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART (CAS) 5:00 SILLY SENTENCES 6:00 DINNER 7:00 EVENING MEDITATION	8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 11:00 STAFF APPRECIATION (HHR) 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 PARACHUTE PLAY 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 ENTERTAINMENT W/ GARY KOLODY (MDR) 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHILDREN'S VIOLIN CONCERT (HHR) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING MEDITATION
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ JOE ARMIJO (ECU) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 BIRTHDAY PARTY & ENTERTAINMENT 4:00 SPORTS GAMES 5:00 WORDS THAT START W/ G 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:15 CHILDREN'S SANTA VISIT (HHR) 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSION 3:30 SNACK TIME 5:00 BRAIN GAMES 7:00 EVENING MEDITATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:00 MEN'S LUNCHEON (HHR) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART (CAS) 5:00 RANDOM LETTERS 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 CLOSEST TO THE PIN 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SNACK TIME 5:00 BEAT THE CLOCK 6:00 DINNER 7:00 EVENING MEDITATION	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SNACK TIME 4:00 CATHOLIC MASS (HHR) 5:00 FACT OR FICTION 6:00 DINNER 7:00 EVENING MEDITATION	<b>MERRY CHRISTMAS!</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:00 CHRISTMAS MASS W/ FATHER JOHN (CH) 12:30 LUNCH 2:00 SING ALONG 3:00 SNACK TIME 4:00 BOWLING 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:00 MEN'S LUNCH (HHR) 12:30 LUNCH 4:00 TENDERHEART (CAS) 5:00 CATEGORY CRUNCH 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 BIRTHDAY PARTY & ENTERTAINMENT (MDR) 3:30 NEW RESIDENT WELCOME MIXER (MDR) 5:00 BRAIN GAMES 6:00 DINNER	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ DANIEL BRYSON (NL) 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR	8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION

**ST. ANNES MEAD MEMORY CARE HOME DECEMBER LIFE ENRICHMENT CALENDAR**

				7:00 WIND DOWN HOUR		
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