



| November 2023 | | | | | | December 2023 | |
|--|--|--|---|---|--|---|--|
| Our Daily Wellness Path | | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| <div><div>Morning26</div><div>9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</div><div>Afternoon</div><div>3:00 Church Service with Pastor Al</div><div><div>DIMENSIONS OF WELLNESS</div><div>PHYSICAL</div><div>EMOTIONAL</div><div>INTELLECTUAL</div><div>SOCIAL</div></div></div> | <div><div>Morning27</div><div>Wake Up Daily Devotion& Message of Gratitude Memory Jogging Faces Snack & Hydration</div><div>Afternoon</div><div>Flower arranging Afternoon Stretching Monday Bingo Sammie Birthday Party</div></div> | <div><div>Morning28</div><div>Wake Up Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits</div><div>Afternoon</div><div>Afternoon Stretching Finish the Phrase Bingo Dining Table Centerpieces</div></div> | <div><div>Morning29</div><div>Staff Directed Snack & Hydration</div><div>Afternoon</div><div>1:45 Fitness with Todd 2:30 Bible Study with Pastor Al</div></div> | <div><div>Morning30</div><div>Wake Up Daily Devotion Memory Jogging Up Up And Away Crossword What Am I Hot Air Balloon Bodies in Motions Table Hockey</div><div>Afternoon</div><div>1:30 Manicures Birthday Cake with Kevin Movie Matinee: Up</div></div> | <div><div>Morning1</div><div>Elve on the shelf here Donut Day Wake Up Daily Devotion Memory Jogging Category Trivia Donuts and Hydration Bodies in Motions</div><div></div><div>Afternoon</div><div>Yoga Stretching Christmas Caramel Apples Snack Remembering Life in 1966</div></div> | <div><div>Morning2</div><div>Snack & Hydration</div><div></div><div>Afternoon</div><div>Saturday Stretches Movie Matinee</div><div>Evening</div><div>6:00 Lawrence Welk</div></div> | |

December 2023

Our Daily Wellness Path

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|
| Morning 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration Afternoon 3:00 Church Service with Pastor Al DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL | 3 National Cookie Day Morning Sensory TV Wake Up Baking Cookies Daily Devotion& Memory Jogging Cookie Trivia 11:00 Therapy Music with Kristin Snack & Hydration Afternoon Scarf Motions Trimming the Christmas Tree Cookie & Eggnog Social Christmas Singalong | 4 Morning Decorating For Christmas Sensory TV Wake Up Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits Afternoon Afternoon Stretching Bingo Artistic Passions Bath Bombs | 5 Morning Staff Directed Wake Up 1-1 Small Groups/Sensory Decorating Christmas tree Daily Bulletin Oldies Singalong Snack & Hydration Christmas Book Club Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Holiday Aromatherapy Massage Christmas Did you Know Trivia And Popcorn | 6 Morning Staff Directed Wake Up 10:00 Kid Kare The Pickle tradition Afternoon 1:30 Manicures Movie Matinee: Home Alone | 7 Morning Donut Day Wake Up Daily Devotion 1-1 Small Groups/Sensory wrapping boxes Memory Jogging Category Trivia Donuts and Hydration Bodies in Motions Bean Bag Hoop Toss  Afternoon Yoga Stretching Remembering Life in 1915 Making Christmas Cards Christmas Trivia | 8 Morning Brunch Prep 12:00 Family & Friends Brunch with Santa 12:45 Santa Visits  Afternoon Movie Matinee The Santa Clause Evening 6:00 Lawrence Welk |




December 2023

Our Daily Wellness Path

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|---|
| <div><div>Morning10</div><div>9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</div><div>12:00 Ron’s Birthday Party</div><div>Afternoon</div><div>3:00 Church Service with Pastor Al</div><div><div>DIMENSIONS OF WELLNESS</div><div>PHYSICAL</div><div>EMOTIONAL</div><div>INTELLECTUAL</div><div>SOCIAL</div></div></div> | <div><div>Morning11</div><div>Sensory TV Celtic Women’s Christmas Wake Up Daily Devotion& Memory Jogging Faces 11:00 Music therapy with Kristin Snack & Hydration</div><div>Afternoon</div><div>1:30 Denim & Lace Scarf Motions Pfeffernusse Cookie Baking</div></div> | <div><div>Morning12</div><div>Sensory TV Winter Animals Wake Up Sensory Gingerbread and Massage Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits 10:30 Rankin 5th grade Carolers</div><div>Afternoon</div><div>Afternoon Stretching Artistic Passions Gingerbread Houses Color Bingo</div></div> <div></div> | <div><div>Morning13</div><div>Wake Up Sensory Christmas Pine Aromatherapy Daily Bulletin Baking Club Eggnog Poke Cake Bodies in Motion Bingo Christmas Singalong Snack & Hydration</div><div></div><div>Afternoon</div><div>1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Trivia And Fruit Cake Making Christmas Trees</div></div> | <div><div>Morning14</div><div>Wake Up Daily Bulletin & Devotion Baking Club Ambrosia Salad 11:15 Christmas songs with Pastor Al Bodies in Motions Memory Jogging Winter Spelling Bee</div><div>Afternoon</div><div>1:30 Linda’s Birthday Celebration 2:00 Manicures Independent Projects Movie Matinee: The Christmas Carol</div></div> | <div><div>Morning15</div><div>Donut Day Sensory TV Andy Williams Christmas Show Wake Up Daily Devotion 1-1 small groups/ Sensory Sugar Cookie Scent Massage Memory Jogging Winter Words Bodies in Motions Snowman Drop 1:45 Party ball with staff</div><div>Afternoon</div><div>Yoga Stretching Frosting Sugar Cookies Christmas Tree Pointillism Christmas Trivia</div><div></div></div> | <div><div>Morning16</div><div></div><div>Afternoon</div><div>Saturday Stretches Movie Matinee Evening 6:00 Lawrence Welk</div></div> |

December 2023

Our Daily Wellness Path.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|--|
| <div><div><div>Morning17</div><div>9:30 Canvas Church service & Cookies</div><div>Trivia Puzzles & Crosswords</div><div>Snack & Hydration</div></div><div><div>Afternoon</div><div>3:00 Church Service with Pastor Al</div></div><div><div>DIMENSIONS OF WELLNESS</div><div>PHYSICAL</div><div>EMOTIONAL</div><div>INTELLECTUAL</div><div>SOCIAL</div></div></div> | <div><div><div>Morning18</div><div>Wake Up/ Sensory TV children playing</div><div>Daily Devotion& Memory Jogging</div><div>Faces</div><div>11:00 Music therapy with Kristin</div><div>Snack & Hydration</div></div><div><div>Afternoon</div><div>2:00 Razzmatazz</div><div>Christmas Freud with Hot Chocolate And Truffles</div><div>Relaxing Christmas Music & Cracking Fire</div></div><div></div><div><div>3:45 Christmas Lights Tour and Dinner</div></div></div> | <div><div><div>Morning19</div><div>Wake Up/Sensory TV</div><div>Martha Stewart Christmas Baking Classics</div><div>Daily Bulletin</div><div>Daily Devotion</div><div>Memory Jogging</div><div>Conversation Ball</div><div>11:15 Yoga with Ashely</div><div>11:30 1-1 Catholic Visits</div></div><div></div><div><div>Afternoon</div><div>Sensory TV Winter Wonderland</div><div>Afternoon Stretching</div><div>Artistic Passions</div><div>Making Snow Globes</div><div>Snowy Village Hand & Back massage</div><div>Christmas Carol Bingo</div></div></div> | <div><div><div>Morning20</div><div>Wake Up/Sensory TV</div><div>Figure Skating</div><div>Daily Bulletin</div><div>Baking Club</div><div>Pistachio Salad</div><div>Sensory Christmas Box</div><div>Bodies in Motion</div><div>Balloon Volleyball</div><div>Bingo</div><div>Oldies Singalong</div><div>Snack & Hydration</div><div>Christmas Book Club</div></div><div><div>Afternoon</div><div>1:45 Fitness with Todd</div><div>2:30 Bible Study with Pastor Al</div><div>Christmas Stories and Eggnog Tasting</div></div></div> | <div><div><div>Morning21</div><div>Wake Up/Sensory TV</div><div>Tony Bennett in Concert</div><div>Daily Devotion</div><div>Bodies in Motions</div><div>Drop in cup</div><div>Christmas Trivia</div><div>1-1 small groups and sensory</div><div>Singing Christmas Carols</div></div><div><div>Afternoon</div><div>1:30 Creston</div><div>Crooners Singalong</div><div>2:30 Manicures</div><div>Independent Projects</div><div>Movie Matinee: Dean Martian Christmas</div></div></div> | <div><div><div>Morning22</div><div>Donut Day</div><div>Wake Up/Sensory TV</div><div>Watching Santa Cam</div><div>Daily Devotion</div><div>1-1 small groups and sensory</div><div>Sensory Hour Guess the Christmas Sound</div><div>Hand and Back Massage with Cinnamon</div><div>Bodies in Motions</div></div><div><div>Afternoon</div><div>Yoga Stretching</div><div>Christmas Bird Craft</div><div>Christmas Around the World</div><div>Christmas Trivia</div><div>Johnny Mathis Christmas Song</div></div></div> | <div><div><div>Morning23</div><div></div></div><div><div>Afternoon</div><div>Saturday Stretches</div><div>Movie Matinee</div></div><div><div>Evening</div><div>6:00 Lawrence Welk</div></div></div> |

December 2023

Our Daily Wellness Path

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|--|
| Christmas Eve 24 Morning 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration Afternoon 3:00 Christmas Church Service with Pastor Al DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL | Christmas Day 25 Morning Wake Up Disney Christmas Celebration Parade 11:00 Music therapy with Kristin Snack & Hydration Billy Graham Worship Message Afternoon Christmas Movie & Popcorn Holiday Treats Christmas Sketching & Puzzles | Morning 26 Wake Up/Sensory TV Norway snowy cam Daily Bulletin Daily Devotion 1-1 small groups and sensory Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits Afternoon Santa Hat Oreos Bites Afternoon Stretching Christmas Tea & Trivia Bingo | Morning 27 Wake Up Daily Bulletin Sensory New Year's Eve boxes 9:30 Growing Roots Daycare Crafting Baking Club Pumpkin Pudding Dump Cake Christmas Book Club  Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Poinsettias And Popcorn | Morning 28 Wake Up/Sensory TV Daily Bulletin & Devotion 1-1 small groups and sensory Bodies in Motions Memory Jogging Afternoon 1:30 Manicures Independent Projects Movie Matinee: Celine Dion Live in Las Vegas | Morning 29 Donut Day Wake Up/Sensory TV Cooking Daily Devotion 1-1 small groups and sensory Memory Jogging Category Trivia Donuts and Hydration Bodies in Motions  Afternoon Yoga Stretching Christmas Karaoke Name that 1940 tune | Morning 30  Afternoon Movie Matinee Evening 6:00 Lawrence Welk |

| Dec | | January 2024 | | | | | |
|--|--|---|--|--|--|--|---|
| Our Daily Wellness Path. | | | | | | | |
| Sunday | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| <div><div>New Year's Eve 31</div><div>Morning</div><div>9:30 Canvas Church service & Cookies</div><div>Trivia Puzzles & Crosswords</div><div>Snack & Hydration</div><div>12:00 New Year's Eve Countdown</div><div>Afternoon</div><div>3:00 Church Service with Pastor Al</div><div>DIMENSIONS OF WELLNESS</div><div>PHYSICAL</div><div>EMOTIONAL</div><div>INTELLECTUAL</div><div>SOCIAL</div></div> | | <div><div>New Year's Day 1</div><div>Morning</div><div>Wake Up</div><div>Daily Devotion&</div><div>1-1 small groups and sensory</div><div>Memory Jogging</div><div>New Years Words</div><div>Making Chex Party Mix</div><div>11:00 Music therapy with Kristin</div><div>Snack & Hydration</div><div>Afternoon</div><div>Scarf Motions</div><div>New Year's Bingo</div><div>Champagne and Appetizers</div></div> | <div><div>Morning 2</div><div>Wake Up</div><div>Daily Bulletin</div><div>Daily Devotion</div><div>Memory Jogging</div><div>Conversation Ball</div><div>11:15 Yoga with Ashely</div><div>11:30 1-1 Catholic Visits</div><div>Afternoon</div><div>Afternoon Stretching</div><div>Not Cocoa Tasting</div><div>Bingo</div></div> | <div><div>Morning 3</div><div>Wake Up</div><div>Daily Bulletin</div><div>Baking Club</div><div>Bodies in Motion</div><div>Bingo</div><div>Oldies Singalong</div><div>Snack & Hydration</div><div>Afternoon</div><div>1:45 Fitness with Todd</div><div>2:30 Bible Study with Pastor Al</div><div>Trivia And Popcorn</div></div> | <div><div>Morning 4</div><div>Wake Up</div><div>Daily Bulletin & Devotion</div><div>1-1 small groups and sensory</div><div>10:00 Kid Kare</div><div>Snowman</div><div>Luminaries</div><div>Bodies in Motions</div><div>Memory Jogging</div><div>Afternoon</div><div>1:30 Manicures</div><div>Independent Projects</div><div>Movie Matinee:</div></div> | <div><div>Morning 5</div><div>Donut Day</div><div>Wake Up</div><div>Daily Devotion</div><div>Memory Jogging</div><div>Category Trivia</div><div>Donuts and Hydration</div><div>Bodies in Motions</div><div>Afternoon</div><div>Yoga Stretching</div></div> | <div><div>Morning 6</div><div></div><div>Afternoon</div><div>Saturday Stretches</div><div>Movie Matinee</div><div>Evening</div><div>6:00 Lawrence Welk</div></div> |