

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:45 Chair Aerobics</p> <p>2:45 Calendar Review</p>	<p>2</p>  <p>No Recreation Programs</p>	<p>3</p>  <p>No Recreation Programs</p>	<p>4</p> <p>10:45 Strength Exercise</p> <p>2:45 Christmas Crafts</p>	<p>5</p> 
<p>6</p>  <p>10:45 Elf Stretches</p> <p>2:45 Giant Scrabble – V1</p>	<p>7</p> <p>10:45 Elf Stretches</p> <p>2:45 Giant Scrabble – V1</p>	<p>8</p> <p>10:45 12 days of Christmas Exercises</p> <p>2:45 Friendship Visits/ 1:1 Meditation Sessions</p>	<p>9</p> <p>10:45 Visual Meditation</p> <p>2:45 Christmas Movie – The Elf & Eggnog</p>	<p>10</p> <p>10:45 History of Christmas Symbols</p> <p>1:00 – 4:00 Recreation Team Meeting</p> <p><small>Hanukkah Begins</small></p>	<p>11</p> <p>10:45 Rudolf Aerobics</p> <p>2:45 Tree Poetry Day</p>	<p>12</p> 
<p>13</p>  <p>10:45 Elf Stretches</p> <p>2:45 White Christmas Bowling V1</p>	<p>14</p> <p>10:45 Elf Stretches</p> <p>2:45 White Christmas Bowling V1</p>	<p>15</p> <p>10:45 Mexican Christmas Tour</p> <p>12:15 Christmas Lunchtime Melodies C2</p> <p>2:45 Friendship Visits/ 1:1 Meditation Sessions</p>	<p>16</p> <p>10:45 Movement & Meditation</p> <p>2:45 Holiday Ice Cream Cart</p>	<p>17</p> <p>10:45 Nut Cracker Bingo</p> <p>2:45 Winter Wonderland – Virtual Christmas Light Show</p> <p><small>Ebenezer Scrooge's Birthday</small></p>	<p>18</p> <p>10:30 12 days of Christmas Exercises</p> <p>2:45 Guess the Christmas Carols Quiz</p>	<p>19</p> 
<p>20</p>  <p>10:45 Santa Stretches</p> <p>12:00 In-House Swiss Chalet Christmas Lunch – sign up only \$\$ V1</p> <p><small>Winter Begins</small></p>	<p>21</p> <p>10:45 Santa Stretches</p> <p>12:00 In-House Swiss Chalet Christmas Lunch – sign up only \$\$ V1</p> <p><small>Winter Begins</small></p>	<p>22</p> <p>10:45 12 days of Christmas Exercises</p> <p>2:45 Festive Hot Chocolate Cart</p>	<p>23</p> <p>10:45 Christmas Guided Meditation/Breathing</p> <p>1:30 Christmas Game – Left & Right</p>	<p>24</p> <p>Santa's Helper's – Elf Visits</p>		
<p>27</p>  <p>10:45 After Christmas Stretches</p> <p>2:45 Giant Scrabble V1</p>	<p>28</p> <p>10:45 After Christmas Stretches</p> <p>2:45 Giant Scrabble V1</p>	<p>29</p> <p>10:45 Chair Aerobics</p> <p>2:45 Friendship Visits/ 1:1 Meditation Sessions</p>	<p>30</p> <p>10:45 Zen Meditation</p> <p>2:45 Pictionary</p>	<p>31</p> <p>10:45 Calendar Distribution</p> <p>12:30 Happy Noon Year Celebration! – Dining Room</p> <p>2:45 New Year's Eve Reminisce</p> <p><small>New Year's Eve</small></p>		