

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
9:30 Top of the Morning <b>10:30 Church of the Ascension Eucharistic Service AR (6)</b> 11:30 Exercise (1,2,4) 12:00 Linked Senior (1) <b>2:00-3:30 Love Revival Church &amp; Holiday Social w/ Church Members (6)</b> 4:00 Puzzles on your Own (1,4)	<b>Happy Birthday Marie!</b> 10:30 Awaken the Senses (5) 10:30 Exercise Video (1,2) 11:00 Target Games (2) 11:30 A Dickens of a Quiz & Christmas Carol Puzzle (1,4) <b>2:00 Make Holiday Ornaments w/Stephanie (1,3,4)</b> 3:00 Bingo (1,4) 4:00 Reindeer Word Scramble (1) <b>4:30 Piano Music w/ Isaiah LR</b>	10:30 Awaken the Senses (5) <b>10:30 Chair Zumba w/ Peggy (2)</b> 10:30 Retro TV 11:30 Java Music Club (1,4,5) 2:00 Monthly theme- Timeless Toys in December slideshow (1,6) 3:00 Andy Williams Songs & Facts 4:00 Linked Senior (1) <b>4:30 Live Piano Music w/ Sherry</b> <b>6:30 Daybreak Singers Holiday Program AR (4)</b>	<b>10:00 Sophie Visits (4,5)</b> 10:30 Awaken the Senses (5) 10:30 Travelogue-Montreux, Switzerland (8) <b>10:30 Catholic Mass AR (6)</b> 11:30 Java Time LR (1,4,5) <b>2:00 The Joy of Christmas-Devotions w/ Dave (6)</b> 3:00 Color another Carol (1,3,4) 4:00 Adorn Categories (1,4) 4:30 Afternoon Stretch (2)	<b>Happy Birthday Linda!</b> <b>10:30 Scripture &amp; Song w/ Will Etheridge (6)</b> 10:30 Mani & Music (3,4,5) 11:30 Retro Game Shows (1,5) 12:00 Linked Senior (1) 2:00 Bake Christmas Cookies (3,4,5) 3:00 December Pondering (1,3) 4:00 Christmas Words in a Word (1) <b>4:30 Piano Music w/ Joyce LR (6)</b> <b>6:00 Grand Illumination (6,7)</b>	10:30 Awaken the Senses (5) 10:30 Exercise & Weights (1,2) 11:30 Star of the Month-Judi Dench 12:00 Linked Senior (1) <b>2:00 Rock &amp; Roll, Blues &amp; Country Music w/ Mark (6)</b> 3:00 T.G.I.F Social (4,5) 3:30 Christmas Word Scramble (1,4) 4:00 Puzzles on your Own (1)	9:30 Top of the Morning & Good Morning Visits <b>10:30 Twinkle Toes Dance Program AR (6)</b> 11:30 Pearl Harbor Day -Slideshow <b>2:00 KOC Bingo &amp; Rosary (1,4)</b> 3:30 Give Out Bingo Prizes (3) 4:00 Cotton Candy Day-Facts (1,4) 4:30 Afternoon Stretches (2)		
9:30 Top of the Morning & Visits <b>10:30 Church of the Ascension Eucharistic Service AR (6)</b> 11:30 Exercise (1,2,4) 12:00 Linked Senior (1) <b>2:00 Caroling in Halls St. Pius</b> 2:30- 4:30 Movie Matinee-Resident Choice (4) 4:30 Group Crossword (1,4)	10:30 Awaken the Senses (5) 10:30 Exercise Video (1,2) 11:30 Target Games (2) 12:00 Linked Senior (1) <b>2:30 Christmas Choir Program St. Benedicts AR (5,6)</b> 3:30 What am I -WG? (1,4) 4:00 Puzzles on your own (1) <b>6:30 Cub Scouts Caroling in Halls</b>	<b>10:00 Salem Elementary Caroling in Halls (6)</b> 10:30 Awaken the Senses (5) 10:30 Move & Groove Exercise 11:00 Make a Holiday Craft (1,3) 12:00 Linked Senior (1) <b>1:00 St Matthew Caroling in Halls</b> <b>2:00 Music w/ Eddie Sal AR (6)</b> 3:00 Bingo (1,4) 4:30 Afternoon Stretch (2) <b>6:30 Lights on the Boards Outing</b>	<b>10:00 Sophie Visits (4,5)</b> 10:30 Awaken the Senses (5) 10:30 Travelogue (8) <b>10:30 Catholic Mass AR (6)</b> 11:30 Java Time LR (1,4,5) <b>2:00 Strings of Joy a Music Christmas w/ Communion (6)</b> <b>3:30 CHS Caroling in Halls (6)</b> 4:00 Winter Wonderland Game (1) 4:30 Afternoon Stretch (2)	<b>10:30 The Spirit of Christmas Carols &amp; Reflections Service</b> 10:30 Retro TV (1,5) 11:30 Holiday Arts & Crafts (1,3,4) 11:30 Retro Game Shows (1,5) 12:00 Linked Senior (1) 2:00 Bake Christmas Cookies (3,5) 3:30 Sinatra Trivia & Listen to his Songs (1,6) <b>4:30 Music w/ Vanessa &amp; Geoffrey LR (6)</b>	<b>10:30 VA Beach Master Garden Club- Christmas Trees (3,4,5)</b> 10:30 Funny Videos & Awaken the Senses LR (5) 11:30 Exercise (2) 12:00 Linked Senior (1) 2:00 Hot Cocoa, Toppings & Game 3:00 12 Days of Christmas Bingo 4:00 The Tradition of Stringing Popcorn & Word Mining (1,4,6) 4:30 Afternoon Stretches (2)	<b>Happy Birthday Virginia G!</b> 9:30 Top of the Morning & Good Morning Visits 10:30 Exercise (1,2) 11:00 National Velvet Anniversary-Elizabeth Taylor Slideshow & Trivia <b>12:00 Hampton Roads Church of Christ Caroling in Halls (6)</b> <b>2:00 Bingo (1,4)</b> 3:30 Give out Bingo Prizes (3) 4:00 Puzzles on your Own (1)		
9:30 Top of the Morning & Good Morning Visits <b>10:30 Church of the Ascension Eucharistic Service AR (6)</b> 11:30 Exercise (1,2,4) 12:00 Linked Senior (1) <b>2:00 Christmas Recital AR (4,6)</b> <b>3:00 Gateway Church Caroling in Halls (6)</b> 4:00 Puzzles on your Own (1)	10:30 Awaken the Senses (5) 10:30 Exercise Video (1,2) 11:00 Target Games (2) 11:30 Christmas Trivia (1) <b>2:00 Beach Tones Entertain AR</b> 3:00 Bingo (1,4) 4:00 December Modern Jeopardy Trivia (1,4) 4:30 Afternoon Stretch (2)	10:30 Awaken the Senses (5) <b>10:30 Chair Zumba w/ Peggy 2</b> 10:30 Retro Game Shows 11:30 Toying w/ December Theme Trivia Slideshow (1,4,6) <b>12:00 EAL Resident Council (3)</b> <b>2:00 Holiday Songs w/ Frank (6)</b> 3:00 Make Fudge (1,3,5) 4:00 Word Scrambles (1) <b>4:30 Live Piano Music w/ Sherry</b> <b>4:30 Daisy Girl scouts Caroling &amp; Give out Ornaments (6)</b>	<b>10:00 Sophie Visits (4,5)</b> 10:30 Awaken the Senses (5) 10:30 Travelogue (8) <b>10:30 Catholic Mass AR (6)</b> <b>11:00 Rosary-Legion of Mary (6)</b> 11:30 Java Time LR (1,4,5) <b>11:30 NF Resident Council Meeting</b> <b>2:00 Christmas Service w/ Chaplain Dave AR (6)</b> 3:00 Bingo (1,4) 4:00 Linked Senior (1) 4:30 Afternoon Stretch (2)	<b>10:30 Christmas from the Heart Church Service (6)</b> 10:30 Retro TV (1,5) 10:30 Mani & Music (3,4,5) 11:30 Retro Game Shows (1,5) 12:00 Linked Senior (1) 2:00 Gingerbread Demonstration & Christmas Songs (3,4,5) 3:00 Gingerbread Houses w/ Residents (1,3,4) 4:00 Christmas Short Stories (1) 4:30 Afternoon Stretch (2)	10:30 Awaken the Senses (5) 10:30 Exercise & Weights (1,2) 11:00 Holiday Pictionary (1,4) 11:30 Reindeer Bowling (2) 12:00 Linked Senior (1) 2:00-4:00 Christmas Movie-Resident Choice (6) 4:00 Puzzles on your Own (1)	9:30 Top of the Morning & Good Morning Visits 10:30 Exercise (1,2) 11:00 December Random Trivia Slideshow (1) 11:30 Linked Senior (1) <b>2:00 The VALRR Music Studio Perform Holiday Concert AR</b> 3:30 Junk Drawer Detective-Gift Giving Detective & Party Disaster Stretches 4:30 Afternoon Stretches <small>Winter Begins</small>		
9:30 Top of the Morning & Good Morning Visits <b>10:30 Ascension Eucharistic Service AR (6)</b> 11:30 Exercise (1,2,4) 12:00 Linked Senior (1) <b>2:00 Worship w/ Desiree AR (6)</b> 3:15- 5:00 Movie Matinee-Resident Choice (4)	10:30 Awaken the Senses (5) LR 10:30 Christmas Cartoon (6) <b>10:30 Make Ornaments w/ Mary Rose- Activity Room (3,4,5)</b> 11:30 Exercise (2) 12:00 Linked Senior (1) <b>2:00 Resident Holiday Party and visit for Mrs. Claus (4,5)</b> 4:00 Puzzles on your own (1)	<b>CHRISTMAS EVE</b> 10:30 Awaken the Senses (5) 10:30 Move & Groove Exercise 11:00 December Jeopardy Trivia 11:30 Christmas Reindeer Games 12:00 Sing Christmas Carols (1) 2:00 Bingo (1,4) 3:00- 5:00 Christmas Movie-Resident Choice (4,6)	<b>MERRY CHRISTMAS</b> <b>10:00 Christmas Mass w/ Father Daniel Malingumu AR</b> <b>10:00- 12:00 Give out Christmas Presents</b> 11:30 Exercise to Christmas Songs 12:00 Funny Christmas Videos (6) 2:00 Christmas Social & Reminiscing (4,5) 3:00 Christmas Music Trivia (1) 4:00 Puzzles	<b>10:30 "You, Me, and the Christmas Tree"- You Tube Religious Video LR (6)</b> 11:30 Exercise (2) 12:00 Linked Senior (1) 2:00 Java Music Club (1,4,5) 3:00 Bingo (1,4) 4:00 Puzzles on your own (1)	10:30 Awaken the Senses (5) 10:30 Exercise & Weights (1,2) 11:00 Corn Hole (2,4) 11:30 December More Jeopardy Trivia (1,4) 12:00 Linked Senior (1) <b>2:00 December Birthday Party AR</b> 3:00 Thingamajig Day-Guess the Gadget Game-Slideshow (1,4) 4:00 Word Mining (1,4) 4:30 Afternoon Stretches (2)	9:30 Top of the Morning & Good Morning Visits 10:30 Exercise (1,2) 11:00 Target Games (2,4) 11:30 Endangered Species Day -Quiz & Trivia (1,4) 12:00 Linked Senior (1) <b>2:00 Bingo (1,4)</b> 3:30 Give out Bingo Prizes (3) 4:00 Puzzles on your Own		
9:30 Top of the Morning & Visits <b>10:30 Church of the Ascension Eucharistic Service AR (6)</b> 11:30 Exercise (1,2,4) 12:00 Linked Senior (1) 2:00 Movie Matinee-Resident Choice (4) 4:00 Puzzles on your own (1)	<b>Happy Birthday Sis!</b> 10:30 Awaken the Senses (5) 10:30 Exercise Video (1,2) 11:00 Target Games (2) 11:30 Have a Cup of Coffee Day-Facts, Trivia & Java Time (1,4,5) 2:00 Bingo (1,4) 3:00 Categories-Night (1,4) 4:00 Group Crossword (1,4) 4:30 Afternoon Stretch (2)	<b>Happy New Year's Eve</b> 10:30 Awaken the Senses (5) <b>10:30 Move &amp; Groove Exercise</b> 11:00 Java Music Club (1,4,5) 12:00 Linked Senior (1) <b>2:00 Pre -New Year's Eve Party 2025!!!! (4,5,6)</b> 4:00 National Champagne Day-Facts-What Am I? (1,4) 4:30 Word Mining (1,4)	<b>December 2024</b>					

**Nursing & Extensive Assisted Living**

LOCATION KEY: Assembly Room (AR) Chapel (C) Living Room (LR)  
ACTIVITY KEY: 1-Cognitive/Creative 2-Physical 3-Productive  
4-Social 5-Sensory 6-Reflective 7-Outdoor 8-Nature

Any changes or additions will be noted in the Top of the Morning. Resident mail is delivered daily. Most activities are a minimum of 30 minutes long. All supplies are accounted for before and after each activity.

