

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Daily Chronicle 10:30 Chair Zumba 11:00 Church Services 1:30 Flower Arranging 2:30 Jokes & Juice 3:30 Walkie Talkie 6:00 Coloring/Relaxing Sounds	2 9:00 Daily Chronicle 10:00 Upper Body Exercises 10:30 1st Presbyterian Visit 12:30 Lunchtime Cleanup 2:00 Manicures 3:30 Holiday Sand Art 6:00 Meditation & Relaxation	3 9:00 Daily Chronicle 10:00 Move to the Music 11:00 Let's Set the Table 1:30 Board Games 2:00 St. Lawrence Church 3:30 Guess the Sound 6:00 Short Stories/Coloring Pages	4 9:00 Daily Chronicle 10:30 Tai Chi 1:30 Polish the Silverware 2:00 Gingerbread Eggnog 3:00 Handmade Holiday Gifts 5:00 December Dice Day 6:00 Relaxing Music/ Hand Massages	5 9:00 Daily Chronicle 10:00 Sit to be Fit 11:00 Hot Cocoa Cart 1:30 Dust & Shine 2:00 Painting/Arts & Crafts 3:30 Horse Racing 6:00 Window Watching/ White Noises	6 9:00 Daily Chronicle 9:30 St. Nicholas Day Treats 10:00 Morning Stretch 11:00 St. Joseph Church 1:30 Sorting by Colors 2:00 Joe Senior Moments Performance 3:00 Happy Hour 6:00 Christmas Movie	7 9:00 Daily Chronicle 10:00 Parachute 11:00 Closet Organizing 2:00 Bean Bag Toss 3:00 Water Colors 4:00 Sing Along with Brad 6:00 Saturday Night Movie
8 9:00 Daily Chronicle 10:00 Noodle Exercises 11:00 Church Services 1:00 Bowling 2:00 Train Your Brain 3:30 Old TV Shows 6:00 Construct a Puzzle/ Shoulder Massages	9 9:00 Daily Chronicle 10:00 Movement Through Music 11:00 Helping Hands 1:30 Black Jack 2:00 Handmade Holiday Gifts 3:30 Holiday Name That Tune 6:00 Armchair Travel-Hawaii	10 9:00 Daily Chronicle 10:30 Hot Tea & Scones Cart 11:00 Chair Fitness 1:30 Tuesday Tidy 2:00 This & That 3:00 Beat the Average 6:00 Meditation & Relaxation	11 9:00 Daily Chronicle 10:00 Cardio Drumming 10:30 Peppermint Hot Cocoa 11:00 Counting Coins 1:30 Painting with Susie 3:00 Handmade Holiday Gifts 4:00 Paint Your Nails Day & Trivia 6:00 Tandem Puzzles	12 9:00 Daily Chronicle 10:00 Scenic Drive 11:00 Let's Get Physical 1:30 Coupon Clipping 2:00 Chef Demo 3:30 Decorating Sugar Cookies with Greg 5:00 Reindeer Ring Toss 6:00 Nature Landscapes	13 9:00 Daily Chronicle 10:00 Scarf Exercises 11:00 Matching & Sorting 1:00 Libertyville High School Winter Concert 3:00 Happy Hour Birthday Bash 4:15 Rockland Elementary School Concert 6:00 Friday Flick	14 9:00 Chronicle 10:00 Coffee Time 11:00 Let's Set the Table 1:30 Cards - War 2:00 Raid the Pantry 3:00 Musical Instruments 4:00 Neighborhood Walk 6:00 Aromatherapy/ Sensory Activity
15 9:00 Daily Chronicle 10:00 Chair Yoga 11:00 Church Services 1:00 Corn Hole 2:00 Old Shows 3:30 Water Colors 6:00 Nature Landscapes/ Essential Oils	16 9:00 Daily Chronicle 10:00 Drum Circle with Lucas 11:00 Rise & Shine Exercises 1:30 All SORTS of Fun 3:30 Holiday Beaded Garland Craft 5:00 Tug of War Game 6:00 Monday Night Movie	17 9:00 Daily Chronicle 10:00 Sit to be Fit 11:00 Folding Laundry 1:30 Rock the Block 2:00 General Trivia 3:00 Washer Toss 6:00 Relaxing Sounds/ Read. Return. Repeat.	18 9:00 Daily Chronicle 10:30 Heather's "Winter Show" 1:30 Matching Socks 2:00 Blender Bliss-Chocolate Shakes 4:00 Wrapping Gifts 5:00 Slam Game 6:00 Meditation & Relaxation	19 9:00 Daily Chronicle 10:00 Pumpkin Spice Hot Chocolate Cart 11:00 Balance in Action 1:30 In the Kitchen-Making Cookies 3:30 Kitchen Cleanup 5:00 Riddle Me This 6:00 Essential Oils/ Coloring Pages	20 9:00 Daily Chronicle 10:00 Upper Body Exercises 11:00 Holiday Song Bingo 2:00 Janet & Grant Performing 3:00 Happy Hour Holiday Party 6:00 Great Art Explained/ Christmas Movie	21 9:00 Daily Chronicle 10:00 1950's Oldies Workout 11:00 Sing Along with Susie Q 2:00 Reminiscing 3:00 Ball Toss 6:00 SCENTsational Sounds/ Old Time Magazines
22 9:00 Daily Chronicle 10:00 Noodle Exercises 11:00 Church Services 1:30 Helping Hands 2:00 Cards 3:00 Bean Bag Toss 6:00 Coloring/ White Noise	23 9:00 Daily Chronicle 10:00 Scarf Exercises 11:00 10 Minute Tidy 1:30 Monday Manicures 2:00 Dice Bingo 3:30 Who am I 6:00 Shoulder Massages/ Star Gazing	24 9:00 Daily Chronicle 10:00 Stretching & Balancing 11:00 Holiday Punch & Holiday News 2:00 Holiday True or False 6:00 Relaxing/Warming Blankets/Santa Claus is Comin' to Town Movie	25 9:00 Daily Chronicle 10:30 Tai Chi 1:30 Snowball Toss 2:30 Eggnog for Everyone 5:00 Reminiscing - The Best Gift I Ever Received 6:00 How the Grinch Stole Christmas Movie	26 9:00 Daily Chronicle 9:30 Marching Madness 10:00 Scenic Drive 1:00 Counting Coins 2:00 Celebrating Hanukkah 3:00 High Five Ladder Game 5:00 Skee Ball 6:00 Meditation & Relaxation	27 9:00 Daily Chronicle 10:00 Morning Stretch 11:00 Let's Set the Table 2:00 EZ Does it Trivia 3:00 Happy Hour 5:00 Dice Bingo 6:00 Friday Night Movie/ Warming Blankets	28 9:00 Daily Chronicle 10:00 Seated Core Exercise 1:00 Lunchtime Cleanup 2:00 Clay Play 3:00 Train Your Brain 6:00 Movie & Popcorn
29 9:00 Daily Chronicle 10:00 Chair Yoga 11:00 Window Washing 1:30 Cupboard Organizing 2:00 Bowling 3:00 Sunday Strolls 6:00 Easy Listening/ Great Art Explained	30 9:00 Daily Chronicle 10:00 Improve Your Flexibility 11:00 Reducing Dust 1:30 Manicures 2:00 Wipe Out 5:00 Bean Bag Toss 6:00 Easy Listening/Our Universe - Netflix	31 9:00 Daily Chronicle 10:00 Stomping Ground 11:00 Let's Set the Table 1:30 Caramel Cappuccino Cart 3:30 Table Tennis 5:00 Armchair Travel-Times Square NYC 6:00 Countdown to the New Year!				