

Grace Haven Assisted Living and Memory Care

Assisted Living | Comfort Care

December 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wear Something Homemade 3 10:30 Craft: Homemade Gifts (PD) 2:00 Resident Lead Games (MD and MC) 3:15 Exercise Band Workout (PD)	Christmas Song 4 10:30 Craft: Holiday Sweaters (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 6:00 Happy Hour: Candy Cane Cocktail (L)	Jeans and Christmas Shirt Day 5 10:00 Catholic Service and Rosary (PD) 11:00 Pilates Exercise (MD) 3:00 Briggs Library (PD) 4:00 Educational Talk About Hanukkah MC)	Christmas Shoes 6 10:30 GH Zumba (PD) 11:15 Kim's RESA Kids (MD) 1:30 Resident Forum with GH Managers (MD) 3:15 Music with Wendy (MC) 5pm-7pm Grace Haven Holiday Party	Green Day 7 10:30 Cooking Club: Holiday Brownies (MC) 12:30 One by One/ MC 2:00 Games (MD) 3:00 Mobile Cart: Cotton Candy 3:15 Exercise (MD)	Pat B.'s Birthday Brownie Day 8 10:30 Jen and Frankie 1:30 Bingo (MD) 3:30 Seated Holiday Chair Workout (PD) 6:00 Christmas Lights Party Bus Tour Outing	Holiday Sweater 9 9:00 Mystery Outing 1:15 Belly Dancer Performance (MD) 2:30 Sweatin' to the Oldies (PD) 6:00 Watching Silver Bells in the City (MC)
Gina's Birthday Gold Day 10 10:30 Men's Group: Holidays in December Talk (MC) 11:15 Holiday Trivia (PD) 2:30 Laughter Yoga (MC) 6:30 Resident Lead Euchre Games (MD and MC)	Blue Day 11 10:00 Craft: Christmas Canvas Art (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 4:15 Mobile Cart: Holiday Cookies	Tree Day 12 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 1:30 Oakview Friends Edible Trees (MD) 3:00 Zumba with Margie (MD)	Snowflake Day 13 10:30 A Cup of Joe-Veterans Only Event (PD) 1:30 Chair Synchronized Swimming Exercise (MD) 3:00 Christmas Karaoke (L)	Brittany's Birthday Grinch Day 14 10:00 Denise and Ruby Dog Therapy 2:00 Games (MD) 3:15 Exercise (MD) 6:00 Happy Hour: Sugar Cookie Martini (MD)	Candy Cane Day 15 10:00 The Nutcracker Ballet Group Performs (MD) 11:00 Candy Cane Hunt Exercise 1:30 Bingo (MD) 3:15 Music with Marty (MD) 6:00 Euchre Game (PD)	Mistletoe Day 16 10:30 Cooking Club: Chocolate Covered Foods (MC) 1:30 New Friend Welcome Party (PD) 3:30 Balloon Badmitten (MC) 6:00 One by One/ MC
Silver Day 17 10:30 Hallmark Christmas Movie and Popcorn (MC) 1:00 Cooking Club: Decorating Christmas Cookies (CD) 6:00 Walking Club	Alexcia's Birthday Christmas Hairstyles 18 10:30 Hand Out with Missy 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 4:15 Run, Run, Rudolph Nerf Gun Game (MD)	Holly Day 19 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 2:30 Mobile Cart: Holiday Pictures 3:00 Zumba with Margie (MD)	Vernon's Birthday Rudolph Day 20 10:00 Move Those Joints (MC) 11:00 Music with Tess (MD) 1:30 Outing to Walmart 6:00 Happy Hour: Rudolph's Topsy Spritzer (MD)	Snowman Day 21 10:30 Culinary Showcase with Paul (CD) 11:00 Christmas Carol's with the Care Team (MC) 2:00 Games (MD) 3:15 Exercise (MD) 4:00 One by One/ MC	Christmas Sweats 22 11:00 Music with Amanda (MD) 1:30 Bingo (MD) 2:30 Bingo Store (PD) 3:30 Christmas Sing - A - Long (L) 6:00 Before Bed Meditation	Holiday Attire 23 11:00 Holiday Extravaganza Bingo Store (PD) 1:30 Farkle Game (PD) 3:00 Don't Burst My Bubble Game (MC) 6:15 Winddown and Relax Exercise (PD)
Christmas Pajamas 24 10:15 Christmas Walking Workout (PD) 11:00 Church Service Streaming (MC) 2:00 Cornhole (MD) 6:00 Resident Lead Card Games (MD)	MERRY CHRISTMAS!!!! 25 Fun Holiday Activity packets and a Christmas Movie Day!	26 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 1:30 Cardio Drumming (PD) 3:00 Cross Words (MC) 4:00 Drinks and Holiday Jokes (MC)	27 10:30 Craft: Wine Cork Decorating (PD) 12:30 Resident Birthday Celebration 1:30 Resident Council (PD) 6:00 Swimming Aerobics (PD)	28 10:30 Food Committee with Paul (MD) 11:00 Craft: New Year's Resolution Time Capsule (MC) 2:00 Games (MD) 3:15 Exercise (MD)	29 10:30 Resistant Band Workout (PD) 1:30 Bingo (MD) 3:00 Mobile Cart: New Year's Eve Party Favors 6:00 Happy Hour: Jack Frost Winter Cocktail (MD)	30 10:30 TED Talk Holidays (MC) 12:30 One by One/ MC 3:30 Men's Group: New Year's Resolutions (MC) 6:00 Meditation Exercise (MC)
31 10:30 Sit and Be Fit Exercise (MC) 1:30 One by One/ MC 2:30 Sudoku (MC) 6:00 New Years Eve Party and Happy Hour: Here's to 2024 Cocktail (L)						

Calendar Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon

*Check our Countdown to Christmas Spirit Days!