

White Lake Assisted Living

Independent Living | Assisted Living

December 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Wear RED Friday 1 10:30 am Exercise 11:00 am Join us decorating for Christmas 2:00 pm Bible Study	2 1:30 pm Saturday Matinee ~ The Christmas Chronicles (Netflix) 3:45 pm Worship with St. Stephens Lutheran Church
3 Grab a coloring page and/or crossword puzzle from in the Community Room	4 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Connecting with Memories 6:30 pm New Amsterdam	5 10:30 am Cardio Drums 11:00 am Coffee & Chronicles 1:30 pm Bingo & Happy Hour 6:30 pm Virgin River	6 9:30 am Communion Service 10:30 am Stretch & Tone 2:00 pm Kitchen Cabinet 6:30 pm New Amsterdam	7 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:00 pm We will help you fill out and address Christmas Cards. 6:30 pm Virgin River	Wear RED Friday 8 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Bible Study	9 2:00 pm Saturday Matinee ~ It's a Wonderful Life (Amazon)
10 Grab a coloring page and/or crossword puzzle from in the Community Room	11 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Make a Christmas Shirt - see daily sign for details. 6:30 pm New Amsterdam	12 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Christmas Bingo & Happy Hour 6:30 pm Virgin River	13 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Painting class 6:30 pm New Amsterdam	14 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Praising Harmonica 6:30 pm Virgin River	Wear RED Friday 15 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Bible Study	16 1:30 pm White Lake Chorale singing 3:45 pm Worship with St. Stephens Lutheran Church
17 Christmas Movie Marathon • Freeform Channel will be on and have movies on all day. Please see the list of movies/times on the Community Room window.	Wear your Christmas Shirt 18 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Cookie decorating with your family 6:30 pm New Amsterdam	Wear Green/Grinch/Elf 19 10:30 am Cardio Drums 11:00 am Coffee & Chronicles 1:30 pm Christmas Bingo & Happy Hour 3:30 pm WHS Choir 6:30 pm Virgin River	Candy Cane - wear red/white 20 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Ornament Making 11:00 am Hospice in MC 6:30 pm New Amsterdam	Wear your Ugly Sweater 21 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:00 pm MHS Choir 1:30 pm Ugly Christmas Sweater Décor 6:30 pm Virgin River	Wear your Christmas hats/accessories 22 11:00 am Christmas Store 2:00 pm Christmas Party in IL Dining room	Pajama Day 23 Christmas Movie Marathon • Freeform Channel will be on and have movies on all day. Please see the list of movies/times on the Community Room window.
24 Grab a Christmas themed coloring page/puzzle from in the Community Room.	25 Merry Christmas!!	26 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Bingo & Happy Hour 6:30 pm Virgin River	27 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Resident Council 6:30 pm New Amsterdam	28 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Travel Club: Scandanavia 6:30 pm Virgin River	29 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm New Year's Eve, December Birthdays and New Resident Party	30 2:00 pm Saturday Matinee ~ New Year's Eve (Amazon)

Calender Key:

MC - Memory Care

CM - Community Room

L - Lobby

SCR - Small Conference
Room

IL- Independent Dining
Room

Resident Birthdays:

14th - Ken #1

22nd - Dorothy #20

27th - Carol #22

Resident Birthdays:

29th - Joyce #21

Staff Birthdays:

10th - Amia

29th - Donna

