

December 2023 - Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Daily Chronicles	Daily Chronicles	Daily Chronicles	Daily Chronicles	Daily Chronicles	Daily Chronicles	Daily Chronicles
Chair Zumba	Sit to be Fit	Noodle Exercise	Tai Chi Fitness Room 10:30am	Scarf Exercise	Stretch & Balance	Morning Stretch
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Church Services	1st Presbyterian Church Visit	New Resident Social	Oatmeal Bar	Coffee & Chat	Mike Basin Performing	Matching & Sorting
Sing Along w/Susie Q	Musical Instruments	St. Lawrence Church Visit	Picture Bingo	Keebler Cookie Social	Rockland Elementary School	Card Games
Balloon Toss	Manicures	Art & Crafts	Color Yellow w/Helene	Karaoke	Happy Hour	Bowling
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Christmas Light Display	Essential Oils	Warming Blankets	Hand Massages	Aromatherapy	Meditation & Relaxation	Puzzles