

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						AM: April Fool's Day Color Sheet PM: Board Games in your House
3	4	5	6	7	8	9
AM: Watch Church on TV PM: Stretching Exercises	AM: Music with residents in your house PM: Snowman Ornament	AM: ROM (Range of Motion) PM: Write out a Christmas Card	AM: Q-tip Snowflakes PM: Walk the Loop weather permitting	9:30 AM: Exercise with residents PM: Yarn Babble Ornaments	AM: Christmas Ceiling Hangers PM: Tell a story or share a memory	AM: Write to Family or Friends PM: Decorate an Ornament
10	11	12	13	14	15	16
AM: Watch Church on TV PM: Make PB&J French Toast for Supper with residents	AM: Toilet paper Christmas Tree PM: Play a game in your house	AM: ROM (Range of Motion) Decorate a Tree PM: Outing to see the Rotary Lights H6 & H7	AM: Decorate Cut Out Cookies - House 7 PM: Outing to see the Rotary Lights H3	9:30 AM: Chair exercises PM: Outing to see the Rotary Lights H8 & H9	AM: Salt Dough Ornament PM: Music, Singing & Dancing	AM: Wood Slice Snowman Ornament PM: Start a puzzle
17	18	19	20	21	22	23
AM: Watch Church on TV PM: Stretching Exercises	AM: Sock Snowman PM: Board Games in Your House	AM: ROM Painted Christmas Tree Craft PM: Bangor Rotary Lights	AM: Christmas Luncheon H7 at Noon PM: Walk the Loop weather permitting	AM: Christmas Luncheon HA & HB PM: Chair Exercises	AM: Pocket Truck Craft PM: Music, Singing & Dancing	AM: Nail care day - have a Spa Day PM: Handprint Cardinal
24	25	26	27	28	29	30
AM: Watch Church on TV PM: Stretching Exercises	AM: Sing a long in Your House PM: Nativity Booklet	AM: Accordion Christmas Tree PM: ROM (Range of Motion)	AM: Toilet Paper Roll Printed Snowman PM: Board Game in Your House	9:30 AM: Chair exercises PM: Snowman Suncatcher	AM: Read a Book, Magazine or Newspaper PM: Coffee Filter Snowflakes	AM: Make a New Year's Eve Hat P.M: Popcorn and a movie
31						
AM: Watch Church on TV PM: Stretching Exercises						