

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# December 2018



## Alto Senior Living Ensemble

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1948 Scrabble Patent</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Word Search- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Color Pencil Art- <b>AR</b> 2:15 Saturday Movie Madness- <b>AR</b> 5:00 Dinner W/ Music - <b>DR</b>
<b>National Fritters Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Brain Games - <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:00 Sunday Movie Matinee- <b>AR</b> 3:00 Pic & Paint- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	10:00 Morning Exercise- <b>SR</b> 10:30 Story Time- <b>TR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Scenic Drive- <b>ML</b> 2:30 Catholic Prayer- <b>CH</b> 3:30 Musical Entertainment- <b>DR</b> (Al Urezio) 5:00 Dinner W/ Music- <b>DR</b> First Day of Hanukkah	<b>National Sock Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Magazines & Memories- <b>LR</b> 11:00 Hangman- <b>SR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Balloon Volley Ball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Finger Painting- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>Bathtub Party Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Biweekly Manicures- <b>DR</b> 11:00 Grab & Goes- <b>LR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Pool Noodle Baseball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Puzzle time- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b>	10:00 Morning Exercise- <b>SR</b> 11:00 Color Pencil Art- <b>DR</b> 11:30 Puzzle Time- <b>DR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Big Ball Toss- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Movie Matinee- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Cotton Candy Day</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Life Stations- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Bingo!!!- <b>DR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Jenga- <b>LR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>Christmas Card Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Word Search- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Color Pencil Art- <b>AR</b> 2:15 Saturday Movie Madness- <b>AR</b> 5:00 Dinner W/ Music - <b>DR</b>
<b>National Pastry Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Brain Games - <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:00 Sunday Movie Matinee- <b>AR</b> 3:00 Pic & Paint- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>Nobel Prize Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Story Time- <b>TR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Scenic Drive- <b>ML</b> 2:30 Catholic Prayer- <b>CH</b> 3:30 Musical Entertainment- <b>DR</b> (Lawrence Langston)	<b>N Knitters Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Magazines & Memories- <b>LR</b> 11:00 Hangman- <b>SR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Balloon Volley Ball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Finger Painting- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Ambrosia Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 This & That Trivia- <b>LR</b> 11:00 Grab & Goes- <b>LR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Pool Noodle Baseball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Puzzle time- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Violin Day</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Color Pencil Art- <b>DR</b> 11:30 Puzzle Time- <b>DR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Big Ball Toss- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Movie Matinee- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>NASCAR 1947</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Life Stations- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Bingo!!!- <b>DR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Jenga- <b>LR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>Fire Fighters Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Word Search- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Color Pencil Art- <b>AR</b> 2:15 Saturday Movie Madness- <b>AR</b> 5:00 Dinner W/ Music - <b>DR</b>
<b>National Chocolate-covered Anything Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Brain Games - <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:00 Sunday Movie Matinee- <b>AR</b> 3:00 Pic & Paint- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Maple Syrup Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Story Time- <b>TR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Scenic Drive- <b>ML</b> 2:30 Catholic Prayer- <b>CH</b> 3:30 Musical Entertainment- <b>DR</b> (Laura Mccarthy)	<b>N Play Bingo Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Magazines & Memories- <b>LR</b> 11:00 Hangman- <b>SR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Balloon Volley Ball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Finger Painting- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Oatmeal Muffin Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Biweekly Manicures- <b>DR</b> 11:00 Grab & Goes- <b>LR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Pool Noodle Baseball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Puzzle time- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Sangria Day</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Color Pencil Art- <b>DR</b> 11:30 Puzzle Time- <b>DR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Big Ball Toss- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Movie Matinee- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>Ugly Christmas Sweater Day</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Life Stations- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Bingo!!!- <b>DR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Jenga- <b>LR</b> 5:00 Dinner W/ Music- <b>DR</b> Winter Begins	<b>National Date Nut Bread Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Word Search- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Color Pencil Art- <b>AR</b> 2:15 Saturday Movie Madness- <b>AR</b> 5:00 Dinner W/ Music - <b>DR</b>
<b>The Night Before Christmas 1823</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Brain Games - <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:00 Sunday Movie Matinee- <b>AR</b> 3:00 Pic & Paint- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Eggnog Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Story Time- <b>TR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Scenic Drive- <b>ML</b> 2:30 Catholic Prayer- <b>CH</b> 3:30 Musical Entertainment- <b>DR</b> (TBA)	<b>Merry Christmas!!</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Magazines & Memories- <b>LR</b> 11:00 Hangman- <b>SR</b> 12:00 Lunch W/ Music- <b>DR</b> 2:30 The 12 Days of Christmas- <b>SR</b> 3:30 Finger Painting- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b> Christmas Day	<b>National Candy Cane Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 This & That Trivia- <b>LR</b> 11:00 Grab & Goes- <b>LR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Pool Noodle Baseball- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Puzzle time- <b>DR</b> 5:00 Dinner W/ Music- <b>DR</b> Kwanzaa Begins	<b>National Fruitcake Day</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Color Pencil Art- <b>DR</b> 11:30 Puzzle Time- <b>DR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Big Ball Toss- <b>SR</b> 2:00 Mindful Meditation- <b>TR</b> 3:00 Movie Matinee- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>Chocolate Candy Day</b> 10:00 Morning Exercise- <b>SR</b> 11:00 Life Stations- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Bingo!!!- <b>DR</b> 2:00 Mindful Meditation- <b>TR</b> 3:30 Jenga- <b>LR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>1862 Bowling Ball</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Word Search- <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Color Pencil Art- <b>AR</b> 2:15 Saturday Movie Madness- <b>AR</b> 5:00 Dinner W/ Music - <b>DR</b>
<b>National Bacon Day</b> 10:30 Morning Flex & stretch- <b>SR</b> 11:00 Brain Games - <b>AR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:00 Sunday Movie Matinee- <b>AR</b> 3:00 Pic & Paint- <b>AR</b> 5:00 Dinner W/ Music- <b>DR</b>	<b>National Champagne Day</b> 10:00 Morning Exercise- <b>SR</b> 10:30 Story Time- <b>TR</b> 12:00 Lunch W/ Music- <b>DR</b> 1:30 Scenic Drive- <b>ML</b> 2:30 Catholic Prayer- <b>CH</b> 3:30 Musical Entertainment- <b>DR</b> (The Richards) New Year's Eve	<b>Physical</b> <b>Creative</b> <b>Spiritual</b> <b>Social</b> <b>Cognitive</b> <b>Reminiscent</b>	<b>Legend</b> <b>Main Lobby-ML</b> <b>Dining Room-DR</b> <b>Activity Room-AR</b> <b>Library-L</b> <b>Bistro-B</b> <b>Courtyard-CY</b>	<b>Outing-</b> <b>Sunroom- SR</b> <b>Tranquility Room-TR</b>		

All Activities and times are subject to change. Please contact Trent