December 2026

Spring Arbor of Williamsburg

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations cafe (C) Lobby (L) Activity Room (AR) Living Room (LR) Sunroom (300 Hall) (S(H) Cottage (C) Activity Courtyard (AC)	**Dimensions** Social Physical Creative Cognitive Spiritual	01 9:00 AM - Coffee & Current Events (C) 10:30 AM - Walking Club (L) 10:30 AM - Bayada Fitness (AR) 1:00 PM - Head-Scratchers (AR) 2:00 PM - Cooking Club- Cream Cheese Gingerbread Cookies (AR) 3:30 PM - Bingo (AR)	02 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 10:30 AM - In House Lunch Bunch- Chick-Fil-A (LR) 1:00 PM - Art of the Heart- Christmas Cards (AR) 2:00 PM - Short Stories: Experiences from the Holidays (AR) 3:30 PM - Sips & Social w/ Funny letters to Santa (AR)	03 9:00 AM - Coffee & Current Events (C) 10:00 AM - St. Bede Comm. Service (S(H) 10:30 AM - Chair Fitness (AR) 1:00 PM - Fine Art with Kathy (AR) 2:30 PM - Live Music with Roberto (AR) 3:30 PM - Bingo (AR)	04 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 1:00 PM - Heads Up Christmas Edition (AR) 2:00 PM - Game Shows (AR) 3:30 PM - Bible Studies with the Rhymers (AR) 6:00 PM - Bus Ride - Christmas Lights in Newport News (L)	05 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 1:00 PM - 2 truths & a Lie (AR) 2:00 PM - The Story Behind Christmas Lights & Tree (AR) 3:30 PM - Bingo (AR)
06 9:00 AM - Coffee & Current Events (C) 10:30 AM - Church Service with the Rhymers (AR) 1:00 PM - Making Christmas Ornaments 2:00 PM - Left, Right, Center 3:30 PM - Cards-Residents Choice (AR)	07 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 1:30 PM - Resident Council Meeting (AR) 2:00 PM - Gourmet Hot Chocolate Social W/ Christmas Trivia (AR) 3:30 PM - Prayer Group with Donna (AR) 6:00 PM - Movie Monday (LR)	08 9:00 AM - Coffee & Current Events (C) 10:30 AM - Walking Club (L) 10:30 AM - Bayada fitness (AR) 10:30 AM - Williamsburg Library (C) 2:00 PM - Cooking Club- S'more Crack (AR) 2:00 PM - Cottage, We Care Social (C) 3:30 PM - Bingo (AR)	09 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 10:30 AM - Lunch Bunch- Olive Garden (L) 1:00 PM - Heart From the Hear Christmas Cards (AR) 2:00 PM - Bayada Wellness Talk (AR) 3:30 PM - Sips & Social (AR)	10 9:00 AM - Coffee & Current Events (C) 10:00 AM - St. Bede Comm. Service (S(H) 10:30 AM - Chair Fitness (AR) 2:00 PM - Live Music W/Mike Demoss (AR) 3:30 PM - Bingo (AR)	11 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 1:00 PM - Residents Choice Card Game (AR) 2:00 PM - Game Shows (AR) 3:30 PM - Bible Studies with the Rhymers (AR)	12 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 1:00 PM - Resident Christmas Stories (AR) 2:00 PM - Dots & Squares (AC) 3:30 PM - Bingo (AR)
13 9:00 AM - Coffee & Current Events (C) 10:30 AM - Spiritual Reading & Discussion W/Diane (AR) 1:00 PM - Holiday Painting & More (AR) 2:00 PM - Live Music with Jack Gorman (AR) 3:30 PM - Cards-Residents Choice (AR)	14 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 1:00 PM - Christmas Music Trivia (AR) 2:00 PM - Live Music with Jon Durfee (AR) 3:30 PM - Prayer Group with Donna (AR) 6:00 PM - Know Your Neighbor Christmas Party (AR)	15 9:00 AM - Coffee & Current Events (C) 10:30 AM - Walking Club (L) 10:30 AM - Bayada fitness (AR) 1:00 PM - Holiday Head-Scratchers (AR) 2:00 PM - Cooking Club- Chirstmas Cookies (AR) 3:30 PM - Bingo (AR)	16 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 10:30 AM - Lunch Bunch- Honey Butter's Kitchen (L) 1:00 PM - Art From the Art- Finishing Christmas Gifts (AR) 2:00 PM - Tenzi Dice Game (AR) 3:30 PM - Sips & Social (AR)	17 9:00 AM - Coffee & Current Events (C) 10:00 AM - St. Bede Comm. Service (S(H) 10:30 AM - Chair Fitness (AR) 1:30 PM - Food Service Meeting (AR) 3:30 PM - Bingo (AR)	18 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 2:00 PM - Heads Up (AR) 3:30 PM - Bible Studies with the Rhymers (AR) 6:00 PM - Bus Ride - Christmas Lights in Newport News (L)	19 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 1:00 PM - History of Christmas Carols & Sing-along (AR) 2:00 PM - You Be The Judge (AC) 3:30 PM - Bingo (AR)
20 9:00 AM - Coffee & Current Events (C) 10:30 AM - Church Service with the Rhymers (AR) 1:00 PM - Christmas Ornaments (AR) 2:00 PM - Finish any Christmas Presents (AR) 3:30 PM - Cards-Residents Choice (AR)	21 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 1:00 PM - Holly Jolly Bur Lives Holiday (AR) 2:00 PM - Mystery Biography (AC) 3:30 PM - Prayer Group with Donna (AR) 6:00 PM - Movie Monday (LR)	22 9:00 AM - Coffee & Current Events (C) 10:30 AM - Walking Club (L) 10:30 AM - Bayada fitness (AR) 1:00 PM - Head-Scratchers (AR) 2:00 PM - Cooking Club- Christmas Cookies (AR) 3:30 PM - Bingo (AR)	23 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 10:30 AM - In House Lunch Bunch- Shorty's Diner (AR) 1:00 PM - Art of the Heart- Gift Wrapping (AR) 2:00 PM - Short Stories & Discussion (AR) 3:30 PM - Sips & Social (AR)	24 9:00 AM - Coffee & Current Events (C) 10:00 AM - St. Bede Comm. Service (S(H) 10:30 AM - Chair Fitness (AR) 1:30 PM - Music W/ Eddie Sal (AR) 3:30 PM - Bingo (AR)	25 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 1:00 PM - Residents Choice Card Game (AR) 2:00 PM - Christmas Movie and Cookies (AR)	26 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 1:00 PM - Bean Bag Toss (AR) 3:30 PM - Bingo (AR)
27 9:00 AM - Coffee & Current Events (C) 10:30 AM - History of Hymns (AR) 1:00 PM - Fall Painting & More (AR) 1:00 PM - Charades (AR) 2:00 PM - Would You Rather? (AC) 3:30 PM - Cards-Residents Choice (AR)	28 9:00 AM - Coffee & Current Events (C) 10:30 AM - Bayada fitness (AR) 1:00 PM - Wacky Wordies (AR) 2:00 PM - Music & Info with Diane (AR) 3:30 PM - Prayer Group with Donna (AR)	29 9:00 AM - Coffee & Current Events (C) 10:30 AM - Walking Club (L) 10:30 AM - Bayada fitness (AR) 1:00 PM - Head-Scratchers (AR) 2:00 PM - Cooking Club- Red Velvet Peppermint Cookies (AR) 3:30 PM - Bingo (AR)	30 9:00 AM - Coffee & Current Events (C) 10:30 AM - Chair Fitness (AR) 10:30 AM - Lunch Bunch- Old City BBQ (L) 1:00 PM - Art of the Heart (AR) 2:00 PM - Tenzi Dice Game (AR) 3:30 PM - Know Your Neighbor Social (C)	31 9:00 AM - Coffee & Current Events (C) 10:00 AM - St. Bede Comm. Service (S(H) 10:30 AM - Chair Fitness (AR) 3:30 PM - Bingo (AR)		

* Activities are subject to change

December 2026

Spring Arbor of Williamsburg

MEMORY CARE

Locations

Cottage (C)
AL Activity Room (AA)

Dimensions

- Creative
- Physical
- Cognitive
- Social

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 10:30 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Art From the Heart: Santa Hats (C) 3:30 PM - Check the Mail (C) 6:00 PM - The Lucy Show	**02** 9:00 AM - Royal Treatment and See Clear 10:30 AM - Bible Study 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Hot Coco Social and Daily Chronicles (C) 3:00 PM - Cornhole 6:00 PM - Nature Documentry Night	**03** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Music W/ Roberto (AA) 2:30 PM - Art with Kathy (C) 6:00 PM - Leave It to Beaver	**04** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Chair Fitness 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Cooking Club: Christmas Cookies (C) 3:00 PM - Check the Mail	**05** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Smoothie w/ Daily Chronicles and Disscussion 3:00 PM - Tover 6:00 PM - Hallmark Movie Night
06 9:00 AM - Royal Treatment and See Clear 10:00 AM - Televised Church Service 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Baby Joy 3:00 PM - One-on-One Activities 6:00 PM - Jeopardy	**07** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Tover: Gardening 3:00 PM - Reminiscing When...? 6:00 PM - Little House on the Prairie	**08** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 10:00 AM - Stories w/Santa (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Art From the Heart- Stockings 3:30 PM - Check the Mail (C) 6:00 PM - Lassie	**09** 9:00 AM - Royal Treatment and See Clear 10:30 AM - Bible Study 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Hot Coco Social and Daily Chronicles (C) 3:00 PM - Balloon Toss 6:00 PM - Nature Documentry Night	**10** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 3:00 PM - Live Entertainment w/ Mike Demoss 6:00 PM - Leave It to Beaver	**11** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Chair Fitness 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Happy Hour 3:00 PM - Check the Mail 6:00 PM - Christmas Lights in Newport News Park (C)	**12** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Smoothie w/ Daily Chronicles and Disscussion 3:00 PM - Tover 6:00 PM - Hallmark Movie Night
13 9:00 AM - Royal Treatment and See Clear 10:00 AM - Church Service w/ Mike and Joan Rhymer 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Tover: Puzzles 3:00 PM - One-on-One Activities 6:00 PM - The Price is Right	**14** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Movie Monday (C) 3:30 PM - Reminiscing When...? (C) 6:00 PM - Little House on the Prairie	**15** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 10:30 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Art From the Heart- Ornaments 3:30 PM - Check the Mail (C) 6:00 PM - The Lucy Show	**16** 9:00 AM - Royal Treatment and See Clear 10:30 AM - Bible Study 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Hot Coco Social and Daily Chronicles (C) 3:00 PM - Cornhole 6:00 PM - Nature Documentry Night	**17** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 3:00 PM - Live Music w/ Jack Gorman (C) 6:00 PM - Leave It to Beaver	**18** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Chair Fitness 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Cooking Club 3:00 PM - Check the Mail 6:00 PM - Game Show Night	**19** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Smoothie w/ Daily Chronicles and Disscussion 3:00 PM - Tover 6:00 PM - Hallmark Movie Night
20 9:00 AM - Royal Treatment and See Clear 10:00 AM - Televised Church Service 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Baby Joy 3:00 PM - One-on-One Activities 6:00 PM - Jeopardy	**21** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Tover: Gardening 3:00 PM - Reminiscing When...? 6:00 PM - Little House on the Prairie	**22** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 10:30 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Art From the Heart- Snow Flakes 3:30 PM - Check the Mail (C) 6:00 PM - Lassie	**23** 9:00 AM - Royal Treatment and See Clear 10:30 AM - Bible Study 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Hot Coco Social and Daily Chronicles (C) 3:00 PM - Balloon Toss 6:00 PM - Nature Documentry Night	**24** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 1:30 PM - Live Music w/ Eddie Sal (AA) 6:00 PM - Leave It to Beaver	**25** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Chair Fitness 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Egg Nogg and Movie 3:00 PM - Check the Mail 6:00 PM - Game Show Night	**26** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Smoothie w/ Daily Chronicles and Disscussion 3:00 PM - Tover 6:00 PM - Hallmark Movie Night
27 9:00 AM - Royal Treatment and See Clear 10:00 AM - Church Service w/ Mike and Joan Rhymer 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Tover: Puzzles 3:00 PM - One-on-One Activities 6:00 PM - The Price is Right	**28** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Movie Monday (C) 3:30 PM - Reminiscing When...? (C) 6:00 PM - Little House on the Prairie	**29** 9:00 AM - Royal Treatment and See Clear 9:45 AM - Fitness w/ Bayada 10:30 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Art From the Heart- New Years Painting (C) 3:30 PM - Check the Mail (C) 6:00 PM - The Lucy Show	**30** 9:00 AM - Royal Treatment and See Clear 10:30 AM - Bible Study 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 2:00 PM - Hot Coco Social and Daily Chronicles (C) 3:00 PM - Cornhole 6:00 PM - Nature Documentry Night	**31** 9:00 AM - Royal Treatment and See Clear 10:00 AM - Sensory Spa Escape (C) 11:30 AM - Refresh (C) 1:00 PM - Quiet and Relaxation Time 6:00 PM - Leave It to Beaver		

* Activities are subject to change