

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	02 Games: Memory puzzles, Sit and Be Fit. Movie and Music English class	03 Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group.	04 Games: Bingo, Puzzles, Sit and Be Fit. News Review. Chair Yoga	05 Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	06 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. Hair Cut.	7
8	09 Games: Memory puzzles, Sit and Be Fit. Movie and Music English class. Trip to Denver Museum.	10 Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut. Bowling	11 Games: Bingo, Puzzles, Sit and Be Fit. News Review. Chair Yoga	12 Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting. CINEMA	13 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	14
15	16 Games: Memory puzzles, Sit and Be Fit. Movie and Music	17 Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Hair Cut CASINO	18 Games: Bingo, Puzzles, Sit and Be Fit. News Review. HOLIDAY PARTY	19 Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	20 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	21
22	23 Games: Memory puzzles, Sit and Be Fit. Movie and Music.	24 Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut	25 Games: Bingo, Puzzles, Sit and Be Fit. News Review. Chair Yoga	26 Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting	27 Games: Monopoly, Puzzles. Sit and Be Fit.	28
29	30 Games: Memory puzzles, Sit and Be Fit. Movie and Music	31 Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut				

DAILY: Exercise/ Dance, Local Trips, Walking Groups, Resting and Chat Time
Breakfast 10 AM, Snack 12 PM, Lunch 2 PM