

December 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1	2 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM:Play Scramble 6PM: Resident choice Movie!	3 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	4 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	5 10AM: Stretch &weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	6 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!
7 10AM: Seated Strength 11AM: Karaoke Sunday 1PM:Move your Body! 3PM:Play Scramble 6PM: Romance/Drama Movie	8 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	9 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM:Play Scramble 6PM: Resident choice Movie!	10 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	11 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	12 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	13 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!
14 10AM: Seated Strength 11AM: Karaoke Sunday 1PM:Move your Body! 3PM:Play Scramble 6PM: Romance/Drama Movie	15 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	16 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM:Play Scramble 6PM: Resident choice Movie!	17 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	18 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	19 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	20 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!
21 10AM: Seated Strength 11AM: Karaoke Sunday 1PM:Move your Body! 3PM:Play Scramble 6PM: Romance/Drama Movie	22 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	23 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM:Play Scramble 6PM: Resident choice Movie!	24 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	25 Merry Christmas! Holiday Movie Game of Choice Christmas dinner	26 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	27 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!
28 10AM: Seated Strength 11AM: Karaoke Sunday 1PM:Move your Body! 3PM:Play Scramble 6PM: Romance/Drama Movie	29 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	30 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM:Play Scramble 6PM: Resident choice Movie!	31 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie			

