

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 8:30- 9:30 a.m. Chair Yoga, Stretch and Strength 9:00 a.m. Window Visits 3:00 p.m. Skype Video Chats	2 8:30- 10:00 a.m. Wii Sports Baseball 11:00 a.m. Donuts and coffee 1:45 p.m. One on One Music	3 8:30- 9:30 a.m. Priority One Chair Exercise 1:00 p.m. Bible Study 2:00 p.m. Bingo	4 9:30 a.m. Movie in the Morning (Big TV) 10:45 a.m. Snack Time 1:45- 3:30 p.m. Dominoes	5 Michelle Various activities conducted by the weekend activity aides throughout the entire day.
6 2:00 p.m. (Chapel Service for Blue Wing) 2:30 p.m. (Chapel Service for Red Wing) 3:00 p.m. (Chapel Service for Green Wing)	7 10:00- 11:00 a.m. Music Therapy 1:45 p.m. All Wrapped Up! Card Game	8 8:30- 9:30 a.m. Lung Power Walking Workout (Seated) 9:00 a.m. Window Visits 3:00 p.m. Table Pool	9 9:30 a.m. Movie in the Morning (Big TV) 11:00 a.m. Donuts and coffee 1:45 p.m. One on One Music	10 8:30- 9:30 a.m. AT HOME Chair Exercises 1:00 p.m. Bible Study 2:00 p.m. Bingo <small>Hanukkah Begins</small>	11 9:30 a.m. Movie in the Morning (Big TV) 10:45 a.m. Snack Time 1:45- 3:30 p.m. Wii Sports Bowling	12 Pamela Various activities conducted by the weekend activity aides throughout the entire day.
13 2:00 p.m. (Chapel Service for Blue Wing) 2:30 p.m. (Chapel Service for Red Wing) 3:00 p.m. (Chapel Service for Green Wing)	14 10:00- 11:00 a.m. Music Therapy 1:00- 4:00 p.m. Resident Council Discussion	15 8:30- 9:30 a.m. Arthritis-Friendly Workout 9:00 a.m. Window Visits 3:00 p.m. Skype Video Chats <small>HAPPY BIRTHDAY MR. PRINCE</small>	16 8:30- 10:00 a.m. Wii Sports Boxing 11:00 a.m. Donuts and coffee 1:45 p.m. One on One Music	17 8:30- 9:30 a.m. Wheelchair Upper Body Exercise 1:00 p.m. Bible Study 2:00 p.m. Bingo	18 9:30 a.m. Movie in the Morning (Big TV) 10:45 a.m. Snack Time 1:45 p.m. Mystery Matchup	19 Karla Various activities conducted by the weekend activity aides throughout the entire day.
20 2:00 p.m. (Chapel Service for Blue Wing) 2:30 p.m. (Chapel Service for Red Wing) 3:00 p.m. (Chapel Service for Green Wing)	21 10:00- 11:00 a.m. Music Therapy 1:45 p.m. Save the Nutcracker <small>Winter Begins</small>	22 8:30- 9:30 a.m. Move and Groove Chair Aerobics 9:00 a.m. Window Visits 3:00 p.m. Table Bean Bag Toss	23 8:30- 10:00 a.m. Wii Sports Golf 11:00 a.m. Donuts and coffee 1:45 p.m. One on One Music	24 8:30- 9:30 a.m. Low Impact Seated Chair Workout 1:00 p.m. Bible Study 2:00 p.m. Bingo <small>HAPPY BIRTHDAY MRS. MILLER</small>	25  <small>Christmas</small>	26 Adrian Various activities conducted by the weekend activity aides throughout the entire day. <small>Boxing Day (Canada) Kwanzaa Begins</small>
27 2:00 p.m. (Chapel Service for Blue Wing) 2:30 p.m. (Chapel Service for Red Wing) 3:00 p.m. (Chapel Service for Green Wing)	28 10:00- 11:00 a.m. Music Therapy 1:45- 3:30 p.m. Dominoes	29 8:30- 9:30 a.m. Chair Yoga, Stretch and Strength 9:00 a.m. Window Visits 3:00 p.m. Skype Video Chats	30 8:30- 10:00 a.m. Wii Sports Tennis 11:00 a.m. Donuts and coffee 1:45 p.m. One on One Music	31 8:30- 9:30 a.m. 20 Minute Seated Workout 1:00 p.m. Bible Study 1:30 p.m. New Year's Party 2:15 p.m. Bingo <small>New Year's Eve</small>		

Recreation Specialist: Alexander, Adrian

Thursday 3 <https://www.youtube.com/watch?v=W5ajl1kRHhM>

Thursday 10 <https://www.youtube.com/watch?v=sIBsNXH4GW8>

Thursday 17 <https://www.youtube.com/watch?v=R6Nr-VaFcqM>

Thursday 24 https://www.youtube.com/results?search_query=chair+exercises+for+seniors+paul+eugene+

Thursday 31 https://www.youtube.com/watch?v=_MgBFEPWDG8