

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Day Program For Older Adults - Care Home

December 2018



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| | | | | | | | Coffee Klatch Music with Joanne Harris Exercises Lunch Bingo Chit Chat | 1 |
| | 2 Coffee Klatch Word Jumbles Exercises Lunch Family Feud Trivia | 3 Coffee Klatch Christmas Gift Making Exercises Lunch Music Therapy Horseshoes | 4 Coffee Klatch News and Views Chair Yoga Lunch Mindfulness & Meditation Let's Google That | 5 Coffee Klatch Exercises Piano with Kelvin Lunch Art Therapy Bowling | 6 Coffee Klatch Trivia Tai Chi Lunch International Writing Day: "Letter Writing for a Greater Cause" | 7 Coffee Klatch December Fun Facts Exercises Lunch Arm Chair Travels: "Europe's Christmas Markets" Games | 8 | |
| | 9 Coffee Klatch Games Exercises Lunch Cookie Decorating | 10 Coffee Klatch All Things Hanukah Exercises Lunch Music Therapy Games | 11 Coffee Klatch Positively Canadian: "Nova Scotia" Chair Yoga Lunch Holiday Trivia This & That | 12 Coffee Klatch Music with Joanne Harris Exercises Lunch Gentleman's Club- A Christmas Project Bowling | 13 Coffee Klatch Christmas Party Centerpiece Making Tai Chi Lunch Christmas Carols with "Liz & Steve" | 14 Coffee Klatch Do You Know? Exercises Lunch Christmas Karaoke Stories to Warm the Heart | 15 | |
| | 16 Coffee Klatch 11:30 Christmas Luncheon in the Community Centre | 17 Coffee Klatch This Day in History Exercises Lunch Music Therapy Remember When? | 18 Coffee Klatch Tea Social with Delta Potters Chair Yoga Lunch Health Presentation: "Bones & Falls" | 19 Coffee Klatch Name that Christmas Tune Exercises Lunch Art Therapy Java Music | 20 Coffee Klatch Community Center Concert Tai Chi Lunch Snooker and Sweetheart Knitters | 21 Coffee Klatch Christmas Trivia Exercises Lunch Christmas Social & Carols Reminiscing | 22 | |
| | 23 Coffee Klatch Words in a Word Exercises Lunch Hot Chocolate & Trivia | 24 Christmas Day CLOSED | 25 Boxing Day CLOSED | 26 Coffee Klatch Music Appreciation: "The Blues" Exercises Lunch Curling | 27 Coffee Klatch What Happened in 2018 Tai Chi Lunch New Year's Around the World | 28 Coffee Klatch A Year in Review Exercises Lunch Health Presentation: "Bones & Falls" | 29 | |
| | 30 New Year's Eve Coffee Klatch New Year's Resolutions Exercises Lunch Words in a Word | 31 | | | | | | |