

# December 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Beech Villa

Hello December!

*Wishing you a month filled with peace, love, and joy.*

AM Ball Therapy  
AM Step Machine  
PM Arts & Crafts  
PM Christmas Crosswords  
PM Lawrence Welk Show

AM Chair Exercises  
AM Social Visits  
  
2:45 Acapella Quinte MPR  
PM Reindeer Bowling  
PM Cookies & Biscuits Trivia  
PM Eggnog & Cookies

**Advent** **3**  
AM Spiritual Time  
AM Hand Massages  
2:00 Church Service  
Hastings Bible Park  
PM The History of Christmas Cards  
PM Christmas Poems & Hot Chocolate

AM Ball Therapy  
AM Step Machine  
  
1:00 Shopping: Walmart  
1:30 Pet Therapy  
PM Christmas Stories  
PM Music Relaxation  
6:30 Christmas Light Tour

**International Volunteer Day** **5**  
AM Brain Fit & Exercises  
  
2:00 Resident Floor mtg.  
3:30 Wall Art Program Zoom Meeting  
PM Nail Care

10:00 Catholic Mass  
AM Ball Therapy  
2:00 Beech Christmas Party  
PM Life Skills  
7:00 Holiday Celebrations  
with Vicki Spurrell

Hanukkah  
10:00 Believer's Communion  
AM Fun & Fitness  
AM Music Therapy  
  
PM Christmas Crafts

AM Ball Therapy  
AM Step Machine  
  
1:00 Shopping: Quinte Mall  
PM Christmas Scategories  
PM Sing-Along  
PM Keno

AM Balloon Toss  
AM Social Visits  
  
PM Classic Christmas Movie  
PM Movement's with Mel  
PM Christmas Post Cards

AM Spiritual Time  
AM Stretch & Stroll  
2:00 Church Service  
Salvation Army  
PM Card Games  
PM Reading Group

10:00 Residents Council Meeting  
AM Ball Therapy  
AM Step Machine  
1:00 Shopping: Giant Tiger  
PM CD Christmas Art  
PM Musical Melodies (Karaoke)  
6:30 Christmas Light Tour

AM Fun & Fitness  
AM Sorting & Folding  
PM Birthday Party  
PM Proverbs  
PM Christmas Cards Making

AM Ball Therapy  
AM Step Machine  
  
2:00 Music w/ Vicki Spurrell -MPR  
3:30 Wall Art Program Zoom Meeting

AM Brain Fit & Exercises  
AM Manipulative Activities  
2:00 Music with Andy Forgie  
PM Euchre/ Cards Game  
PM Christmas Picture Quiz/Trivia

AM Ball Therapy  
11:15-11:45 Centennial  
highschool choir mpr  
PM Salon Day  
PM Christmas Manicures  
6:30 Christmas Light Tour

AM Chair Exercises  
AM Word Games  
  
2:00 Happy Harmony Choir  
PM Snowball Toss  
PM Light Tour 1:1

AM Spiritual Time  
AM Hand Massages  
2:00 Church Service  
Eastminster Church  
PM All I Want for Christmas Is My  
Two Front Teeth  
PM Christmas Movie Night

AM Ball Therapy  
AM Step Machine  
1:00 Shopping: Quinte Mall  
PM Christmas Movie  
PM Fireside Chats & Hot Chocolate  
6:30 Christmas Light Tour

AM Brain Fit & Exercises  
AM Manipulative Activities  
  
PM Salon Day

AM Gift Wrapping  
AM Christmas Movie  
PM Physical Activity  
PM Hand Massage  
PM Social Visits  
3:30 Wall Art Program Zoom Meeting  
7:00 Lions Club Bingo

**1st Day of Winter**  
AM Fun & Fitness  
AM Music Therapy  
  
1:45 Recreation Meeting

AM Ball Therapy  
AM Step Machine  
2:00 Harvey and Friends  
PM Hand Massages  
PM Christmas Jokes  
PM Pub Night

AM Balloon Toss  
AM Social Chats  
  
PM Christmas Sing-Along  
PM Reindeer Ring Toss  
PM Christmas Carols (Karaoke)

AM Spiritual Time  
AM One-to-One activities  
2:00 Church Service  
Maranatha Church  
PM Salon Day  
PM Lawrence Welk Show

**Christmas Day**  
10:00 Opening Christmas  
Presents  
2:00 Church service  
PM Christmas for the Soul Stories  
PM Reminiscing Group Chats

**Boxing Day**  
AM Fun & Fitness  
AM Sorting  
  
2:00 Pet Therapy  
PM Christmas Carols

AM Ball Therapy  
AM Step Machine  
  
PM Card Games

AM Brain Fit & Exercises  
AM Sorting/ Folding  
2:00 Critter Visits MPR  
  
PM Cookie Decorating  
PM Movie Night & Cookies

AM Exercises  
10:00 Rosary Prayer &  
Holy Communion  
2:00 Music with Cliff  
PM Snowball Toss  
6:30 Christmas Light Tour

AM Chair Exercises  
AM Reading Group  
  
PM New Year's Day Craft  
PM Decorate for New Year's Eve  
PM 2023 Current Events Review

**New Year's Eve**  
AM Spiritual Time  
AM Hand Massages  
2:00 The Pentecostal of  
Quinte Church Service  
PM New Year's Eve Word Search  
PM New Year's Eve Social

The Activity Calendar is subject to change after the time of printing.

