



# December 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

10:00 Televised mass  
11:00 **Calendar distribution**  
02:00 Board game Sorry  
03:30 Friendly visits

02

09:45 Exercise Group "PTA" (H)  
10:00 Piano "Sam" (A)  
02:00 Charade  
03:00 **Decoration the home**  
06:20 Short stories

03

10:00 Bible v. stories (A)  
11:00 Chair dance Exercise (H)  
02:00 **Bingo (H-M)**  
03:30 Friendly visits  
03:50 Basket ball  
06:20 Zumba



04

09:45 Exercise Group "PTA"(M-L)  
10:00 **Day program in the lobby**  
02:00 **Mass**  
03:00 **Decoration the home**  
06:20 Card game "Black jack"

05

09:45 Exercise Group "PTA" (H)  
10:00 Rosary  
11:00 Choir Practice  
02:00 **Music: Guy Lalonde**  
03:30 Friendly visits  
03:50 Pictionary  
06:20 Exercise wheel

06

09:45 Exercise Group "PTA" (M-L)  
10:00 **Visits from Babies who volunteer**  
02:00 **Bingo (H-M)**  
03:00 **Decoration the home**  
06:20 Mental aerobic

07

10:00 Beauty Salon (A) Woman)  
11:00 Spa sensation  
02:00 **Baking festive sugar cookies**  
03:30 Friendly visits



08

02:00 **Putty therapy**  
05:45 **Boarding bus for outing: Festival of Carols at the Meridian Theater**

09

09:45 Exercise Group "PTA" (H)  
10:00 Montessori challenge  
11:00 Parachute  
02:00 **Social hour with Hot cocoa and cookies**  
03:30 **Knitting club (A)**  
03:50 Coloring  
06:20 Ball toss



10

10:00 Bible v. stories (A)  
11:00 Chair dance Exercise (H)  
02:00 **Bingo (H-M)**  
03:30 Friendly visits  
03:50 Cover up dice  
06:20 Frisbee

11

09:45 Exercise Group "PTA"(M-L)  
11:00 Day program in lobby (A)  
02:00 Peer support group  
03:30 **Knitting club (A)**  
03:50 Hangman  
06:20 Tic-tac-toe

12

09:45 Exercise Group "PTA" (H)  
10:00 Rosary  
11:00 **Arts & Crafts: Christmas tree door ornaments**  
02:00 **Music: Alain Lavictoire**  
03:30 Friendly visits  
03:50 Mystery box  
06:15 Movie night

13

09:45 Exercise Group "PTA" (M-L)  
10:00 News Hour (A)  
11:00 Guess That tune  
02:00 **Bingo (H-M)**  
03:30 Bowling Challenge  
03:50 Friendly visits  
06:20 Festive season stories.

14

10:00 Beauty Salon (A) Woman)  
11:00 Spa sensation  
02:00 **Baking: Ginger bread cookies**  
03:30 Friendly visits



15

10:00 Televised mass  
11:00 Netflix (action)  
02:00 Basket ball  
03:30 Friendly visits

16

09:45 Exercise Group "PTA" (H)  
10:00 Piano "Sam" (A)  
11:00 Discussion group  
02:00 Volley ball challenge  
03:30 **Knitting club (A)**  
03:50 Friendly visits  
06:20 Giant crossword



17 *Res. Christmas party*

10:00 Bible v. stories (A)  
02:00-04:00pm  
**Residents Christmas party: Marochel Voice's Choir, Talent show, story telling, poetry reading**  
06:20 DVD sing along



18

09:45 Exercise Group "PTA"(M-L)  
*My Wish updates*  
11:00 Day program in lobby (A)  
02:00 **Christmas Mass**  
03:30 **Knitting club (A)**  
03:50 Hangman  
06:20 Secret occupation

19 *Staff Christmas party*

09:45 Exercise Group "PTA" (H)  
10:00 Rosary  
11:00 Putty therapy  
02:00 **Music: Jimmy Leroux**  
03:30 Friendly visits  
03:50 Animal bingo



20

09:45 Exercise Group "PTA" (M-L)  
10:00 News Hour (A)  
11:00 Geometric block  
02:00 **Bingo (H-M)**  
03:30 Friendly visits  
03:50 Just for laughs  
06:20 Card game "War"

21

10:00 Beauty Salon (A) Woman)  
11:00 Spa sensation  
02:00 **Hot cocoa & festive cookies social**  
03:30 Friendly visits



22

10:00 Televised mass  
11:00 Cards "7 Up"  
02:00 Mini putting  
03:30 Friendly visits

23 *First day of Hanukkah*

09:45 Exercise Group "PTA" (H)  
10:00 Piano "Sam" (A)  
11:00 Hanukkah historical facts  
02:00 Christmas & Hanukkah brainstorming  
03:30 **Knitting club (A)**  
03:50 Friendly visits  
06:20 Mad lips



24

10:00 Bible v. stories (A)  
11:00 Chair dance Exercise (H)  
02:00 **Bingo (H-M)**  
03:30 Friendly visits  
03:50 Scrabble  
06:20 Monopoly



25 *Christmas day*

10:00 **Christmas movie, Hot chocolate and marshmallow location: West activity room**  
**Dress code: Pajamas**  
02:00 **Music: Noel Dimar**  
03:50 Friendly visit  
06:20 Peer Support group



26 *Boxing day*

10:00 Rosary  
11:00 O.K.O  
02:00 Charades  
03:30 Friendly visits  
03:50 Stack attack  
06:20 **Paint night**



27

10:00 News Hour (A)  
11:00 Drunk Drawer detective  
02:00 **Bingo (H-M)**  
03:30 Friendly visits  
03:50 Montessori Challenge  
06:20 Hot Potato



28

10:00 Beauty Salon (A) Woman)  
11:00 Spa sensation  
02:00 Super quiz  
03:30 Friendly visits

29

10:00 Televised mass  
11:00 Horseshoe game  
02:00 Snakes & ladder  
03:30 Friendly visits

30 *last day of Hanukkah*

10:00 Piano "Sam" (A)  
11:00 Balloon tennis  
02:00 **B-D party: Arlene Quinn**  
03:30 **Knitting club (A)**  
03:50 Memory box  
06:20 Reminiscing



31

10:00 Bible v. stories (A)  
11:00 Chair dance Exercise (H)  
02:00 **Bingo (H-M)**  
03:30 Friendly visits  
03:50 New year resolution  
06:20 **2020 calendar distribution**

**Free concert:** Festival of Carols at the Meridian Theater @ Centerpointe Mainstage : Register at the Programs office by Thursday Dec. 05h. Para tranpos seating limited to: 3 wheelchairs and 07 ambulatory. First come first served!  
**Concert gratuit :** Place limiter pour 3 chaises roulante et 07 marchettes, venez vous inscrire avant le 05 Décembre au bureau des activités . Premier arrivé premier servit!



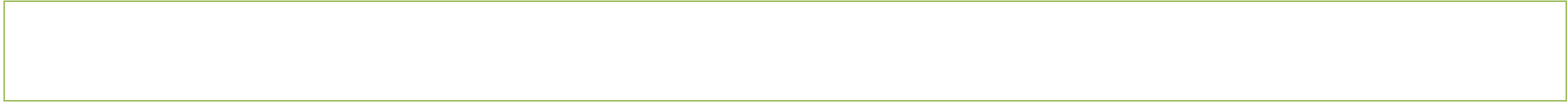
**December birthdays**

Douglas L. -03  
Clovis D. -26  
Marguerite G. -27  
Feng Y. -30

H=High M=Moderate L= Lower A= All

Group program based function ability + interest to improve the individual experience

Please note some Programs are subject to change.



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