December 2024 Generations Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Glam and Groom Day sponsored by Care Staff 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Sunday Mindfulness Meditation Practice 10:30am Art & Activities 1:00pm Bingo 2:30pm Activity Kits, Games & Puzzle 3:30pm Games: Bowling, Balloon Tennis, Corn Hole 4:00pm Sing Along w/ Scott	2 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art & Activities 1:00pm Bingo 2:00pm Art & Activities 3:30pm Games: Beach Ball Soccer, Balloon Tennis, Corn Hole 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	3 9:00am Chair Yoga w/ Sherry Zak Morris 9:30am Mindful Morning Check-In, Discussion, Daily Chronicle 10:00am Tai Chi with Richard 10:30am Art & Activities 1:00pm Bingo 2:00pm Art & Activities 3:00pm Choir Practice w/ Lisa & Sausalito Slim 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	4 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art & Activities 1:00pm Bingo 2:00pm Art & Activities 3:00pm Happy Hour: Live Music with Ken Jackson 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	5 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art & Activities 1:00pm Bingo 2:00pm Music: Drum Circle w/ Matt 3:00pm Trivia, Current Events, Reading Newpapers & Discussion 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	6 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art & Activities 1:00pm Bingo 2:00pm Live Music with Sausalito Slim 3:00pm Armchair Travel Around the World 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	7 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art & Activities 1:00pm Bingo 2:00pm High School Volunteers Visit 2:00pm Music: Drum Circle w/ Matt 3:00pm Therapy Dog Tucker Visits 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater
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