


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>ConnectFit: Assisted Living Memory Care Fitness &amp; Wellness Activity Calendar</b></p> <p>Find us on: <b>facebook</b></p> <p><a href="https://www.facebook.com/churchofchristassistedliving">https://www.facebook.com/churchofchristassistedliving</a></p> <p><a href="https://www.cofccc.org/assisted-living/">https://www.cofccc.org/assisted-living/</a></p>						<p>1</p> <p><u>3rd Floor:</u> 10:00 Wellness Jeopardy 1:30 BINGO! 2:00 Visit w/ Sam the Dog! 3:30 Health Seminar: How to Exercise with Pain</p>
<p>2</p> <p><u>3rd Floor</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 1:30 Holiday Mad Libs 3:00 Church w/ Troy COC</p>	<p>3</p> <p>10:30 Zumba® Gold w/ Dorothy – 2nd Floor 1:00 Holiday Mad Libs 1:30 Bible Study w/ Chaplain Jim – 3rd Floor 2:30 Movie &amp; Popcorn – 3rd Floor</p>	<p>4</p> <p><u>3rd Floor:</u> 10:00 Inspiration w/ Chaplain Jim 10:30 Exercise: Muscular Strengthening 1:30 Resident Council 2:30 Nails 3:30 Christmas Craft 6:30 BINGO!</p>	<p>5</p> <p>10:00 BINGO! – 3rd Floor 1:00 Communion – 3rd Floor 2:15 Bus to Nursing Home for Tango Performance 3:00 Argentine Tango Dance Performance @ Care Center Dining Hall – Sign Up w/ Katie Murphy, Wellness Coordinator</p>	<p>6</p> <p>9:45 Hymn Songs w/ Chaplain Jim 10:30 Chair Yoga w/ Mandy – 3rd Floor 1:00 Wildlife Conservation Movie: Disney Growing Up Wild! 2:00 Zumba® Gold w/ Michelle – 3rd Floor 3:00 Holiday Game: The Mitten Tree</p>	<p>7</p> <p>10:30 Exercise: Nintendo Wii – 1st Floor Lounge 1:30 Advent Prayer Service – 3rd Floor 2:45 Guitar w/ Bobby – 3rd Floor 5:00-8:00 Resident and Family Christmas Party!</p>	<p>8</p> <p><u>3rd Floor</u> 10:30 Christmas Jewelry Craft w/ Peggy! 1:30 BINGO! 3:30 Word Games</p>
<p>9</p> <p><u>3rd Floor:</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 2:00 Church w/ Chaplain Jim 3:00 Resident Choice</p>	<p>10</p> <p>10:30 Music &amp; Movement w/ Lori K. – 3rd Floor 1:30 Bible Study w/ Chaplain Jim – 3rd Floor 2:30 Movie &amp; Popcorn – 3rd Floor 3:00 Art Group w/ Megan</p>	<p>11</p> <p><u>3rd Floor:</u> 10:00 Inspiration w/ Chaplain Jim 10:30 Exercise w/ Peggy! 1:30 Bethlehem Lutheran Carolers 3:30 Piano w/ Henry –</p>	<p>12</p> <p><u>3rd Floor:</u> 10:00 Hymns w/ Chaplain Jim 10:30 Exercise 1:00 Communion – 2:00 BINGO! 3:30 Dreidel Game</p>	<p>13</p> <p>9:45 Hymn Songs w/ Chaplain Jim 10:30 Exercise w/ Peggy! – 3rd Floor 1:30 Mass w/ Father Brian – 3rd Floor 2:30 Musical Memories w/ Paul on Piano! – 3rd Floor</p>	<p>14</p> <p><u>3rd Floor:</u> 10:30 Music Memories w/ Dr. Butler 1:30 Christmas Craft 3:30 Decorate Christmas Cookies 6:30 BINGO!</p>	<p>15</p> <p><u>3rd Floor:</u> 10:00 Youth Visit from New Life C.C. 1:30 Birthday Party w/ Cake, Ice Cream, and Music by Tom Birchler</p>



<p>16 <u>3rd Floor:</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 1:30 Christmas Karaoke! 3:00 Church w/ Elmwood COC</p>	<p>17 10:30 Zumba® Gold w/ Dorothy – 3rd Floor 1:00 Name that Christmas Movie 1:30 Bible Study w/ Chaplain Jim – 3rd Floor 2:30 Visit from Tenniswood Students! 3:00 Art Group w/ Megan 6:30 BINGO! – 3rd Floor</p>	<p>18 <u>3rd Floor:</u> 10:00 Inspiration w/ Chaplain Jim 10:30 Exercise: Muscular Strengthening 12:00 BINGO Pizza Lunch – 25 Tickets! 1:30 Name that Christmas Tune! 3:30 Piano w/ Henry 6:30 Outing: Christmas Light Tour!</p>	<p>19 10:00 Hymns w/ Chaplain Jim – 3rd Floor 10:30 Virtual Walking Tour: Paris, France – 3rd Floor 1:00 Rosary – 3rd Floor 1:30 Mass w/ Father Dehondt – 3rd Floor 2:30 BINGO! – 3rd Floor 3:30 Ring Toss</p>	<p>20 9:45 Hymn Songs w/ Chaplain Jim 10-12 Nails by Dorsey Beauty School – 3rd Floor 10:30 Chair Yoga w/ Mandy – 2nd Floor 1:00 Holiday Mad Libs 3:00 Foodie Group: Healthy Holidays! – 1 East Dining Room 6:30 Outing: Christmas Light Tour!</p>	<p>21 10:30 Nintendo Wii – 1st Floor Lounge 1:30 Holiday Pictionary – 3rd Floor 3:30 BINGO STORE! – 3rd Floor 6:30 Friday Night Fun: Movie Night Featuring Rudy – 3rd Floor</p>	<p>22 <u>3rd Floor:</u> 10:00 Jeopardy 1:30 BINGO! 3:30 Visit w/ Zeppelin the Agility Dog!</p>
<p>23 <u>3rd Floor:</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 2:00 Church w/ Chaplain Jim 3:30 Card BINGO!</p>	<p>24 10:30 Bible Study w/ Chaplain Jim – 3rd Floor 1:30 Christmas Charades – 3rd Floor 2:30 Movie &amp; Popcorn – 3rd Floor 3:00 Art Group w/ Megan 6:30 BINGO! – 3rd Floor</p>	<p>25 </p>	<p>26 10:00 Hymns w/ Chaplain Jim – 3rd Floor 10:30 Exercise Video: Chair Yoga – 3rd Floor 1:00 Communion – 3rd Floor 2:30 BINGO! – 3rd Floor</p>	<p>27 9:45 Hymn Songs w/ Chaplain Jim 10:30 Virtual Walking Tour: Paris, France – 3rd Floor 1:30 Short Stories – 3rd Floor 2:00 Baby Doll Therapy 3:00 Travelogue: Let's Visit Bolivia! – 3rd Floor</p>	<p>28 10:30 Exercise Game: Mad Gab! – 3rd Floor 1:30 Strategy Game w/ Katie – 3rd Floor 3:30 Winter Smoothie Social – 3rd Floor 6:30 Friday Night Fun – 3rd Floor</p>	<p>29 <u>3rd Floor:</u> 10:00 Wellness Jeopardy 1:30 BINGO! 3:30 Health Seminar: How to Set Goals, Big or Small!</p>
<p>30 <u>3rd Floor:</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 2:00 Church w/ Chaplain Jim 2:30 Game: Would You Rather?</p>	<p>31 10:30 Exercise: Nintendo Wii Just Dance! – 1st Floor Lounge 1:30 Bible Study w/ Chaplain Jim – 3rd Floor 2:30 BINGO! – 3rd Floor 6:30 Rockin' New Year's Eve Party w/ Alex Safi!</p>					

