



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Ladderball Hymns and Church Service with Tina Birthday Bingo Secret Holiday Quote Puzzle Parkview Night at the Movies 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio WU: Writers Collective: Short Story Writing WU: Culinary Creations: Cheese Corn Balls Energy Burst: Corn Hole December Group Up Manicures and Music with Nayas 	<ul style="list-style-type: none"> Tai Chi Brain Games: Finish the Phrase WU: Artistry Unleashed: Winter Triangle Collage Energy Burst: Bowling Make a Gift Day: Homemade Bath Bombs How I Spend Christmas in my hometown Evening Puzzles 	<ul style="list-style-type: none"> Strength & Balance Gratitude & Reflections Energy Burst: Bocce Ball Craft Club: Abstract Art A Christmas Carol Discussion Evening Adult Coloring with Nayas 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games: Name 10 Virtual Adventure Energy Burst: Ladderball Christmas Cookie Creations: Stacked Christmas Tree Cookies Wrapping Party Music and Snacks 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio Energy Burst: Table Tennis WU: Person of Interest Christmas Nutcracker Ornaments December Junk Drawer Detective Game Night with Nayas 	<ul style="list-style-type: none"> Stretch & Strength Energy Burst: Velcro Dart Church Service Santa Card Creations Trim the Tree with Tina Popcorn Movie Night 	
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Table Tennis Christmas Piano Show (AL- Dining Room) Christmas Carols and Cookies with Tracy Smith Hymns and Bible Study with Tina Memory Baskets with Nayas 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio WU: Culinary Creations: Peppermint Bark Energy Burst: Ball Toss National Giving Month: Name Ten Book Club with Mr.King Art Club: Color and Me with Nayas 	<ul style="list-style-type: none"> Tai Chi Brain Games: Finish the Phrase WU: An Eye for Art Energy Burst: Putting National Lager Day: Non-Alcoholic Lager and Snacks Tasting Craft Club: Christmas Decorations Evening Bible Verse with Nayas 	<ul style="list-style-type: none"> Strength & Balance Guided Imagery Energy Burst: Chair Dancing Art Club: Color and Me National Christmas Lights Day Evening Manicures and Music with Nayas 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games: Fact or Fiction Virtual Trip Down Memory Lane Energy Burst: Chair Volleyball Gingerbread House Day: DIY Gingerbread House Reminiscing with the Senses Thriving Through Music with Nayas 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio Community Life Committee Meeting Energy Burst: Corn Hole Chair Volleyball with Texas Health Craft Club: Color and Me 	<ul style="list-style-type: none"> Stretch & Strength Energy Burst: Balloon Swat Christmas Family Brunch Trim the Tree with Tina Evening Relaxation with Country Music 	
<ul style="list-style-type: none"> Sole to Soul Walking Club Christmas Piano Show (AL- Dining Room) Energy Burst: Balloon Volleyball Hymns and Church Service with Tina Hot Coco and Christmas Tree Tour 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio WU: Culinary Creations: Bacon Wrapped Figs Energy Burst: Dodgeball December Jeopardy Trivia Finish the Line: Holidays Memory Baskets Thriving Through Music with Nayas 	<ul style="list-style-type: none"> Tai Chi Brain Games: Name That Tune WU: Artistry Unleashed: Christmas Foam Printing Energy Burst: Bowling Christmas Ornament Painting Mistletoe Day Manicures and Music 	<ul style="list-style-type: none"> Strength & Balance Gratitude & Reflections Energy Burst: Bocce Ball Entertainment with Krystal Readers Theater: Hama the No-Drama Llama Relax with Beethoven 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games: Name that Tune Virtual Roadtrippers Energy Burst: Ladderball Resident Christmas Party-AL Dining Room National Christmas Light Show Evening Relaxation with Country Music 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio Service Circles: Homeless Charity Energy Burst: Table Tennis Ugly Sweater Day: Showcase your favorite Ugly Sweater Book Club: Remembering the Bears 	<ul style="list-style-type: none"> Stretch & Strength Energy Burst: Croquet The Power of Contentment Book Club: The Trains of Tuscany Winter Matchup Game Parkview Movie Night 	
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Ladderball Hymns and Bible Study with Tina How Sweet the Sound: Reflecting on Amazing Grace Nightly Relaxing with Beach Waves 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio WU: Culinary Creations: Goat Cheese Crackers and Raspberry Sauce Energy Burst: Velcro Darts December Junk Drawer Detective Memory Baskets with Nayas 	<p>Christmas Eve</p> <ul style="list-style-type: none"> Tai Chi Brain Games: Fact or Fiction WU: An Eye for Art Energy Burst: Putting Singing Holiday Telegrams Evening Bible Verse with Nayas 	<p>Christmas Day</p> <ul style="list-style-type: none"> Christmas Morning Muffins Strength & Balance Guided Imagery Energy Burst: Chair Dancing Christmas Carols Can You Picture This Evening Relaxation with Country Music 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games: Scattergories Energy Burst: Chair Volleyball Whiners Day: Wine and Cheese Day Candy Cane Day: Create your own Crystal Candy Canes Pass the Presents Game Evening Puzzles 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio WU: Lives Well Lived Energy Burst: Corn Hole Lives Well Lived: Marge Day Project: Community Tree Parkview Movie Night 	<ul style="list-style-type: none"> Stretch & Strength Energy Burst: Balloon Swat Readers Theater: A Tasty Compromise Fill in the Holiday Colors Memory Baskets with Nayas 	
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Table Tennis Hymns and Church Service with Tina Can You Picture This? Game You Be the Judge Memory Baskets with Nayas 	<ul style="list-style-type: none"> Joyful Movement: Light Cardio WU: Culinary Creations: Crab Cakes Energy Burst: Corn Hole Men's Club: Name that Country Artist Toying with December Trivia Evening Puzzles with Nayas 	<p>New Years Eve</p> <ul style="list-style-type: none"> Tai Chi Brain Games: Name 10 WU: Artistry Unleashed Energy Burst: Bowling New Years Eve: New Years Resolutions Champagne and Noise Makers Evening Puzzles 	<p>Friendly Reminder: Schedule changes may occur; changes will be posted on the daily schedule</p>		<p>Quote of the Month "Winter is the time for comfort, for good food and warmth, and for a talk beside the fire: it is time for home." ~Edith Sitwell</p>	<p>December Birthdays Barbara Berry 12/30</p>	
<p>DECEMBER 2024 Prema Memory Care</p> 			<p>ACTIVITY LOCATOR KEY</p> <ul style="list-style-type: none"> Body Community Mind Spirit 				

DECEMBER 2024
Prema Memory Care



ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

