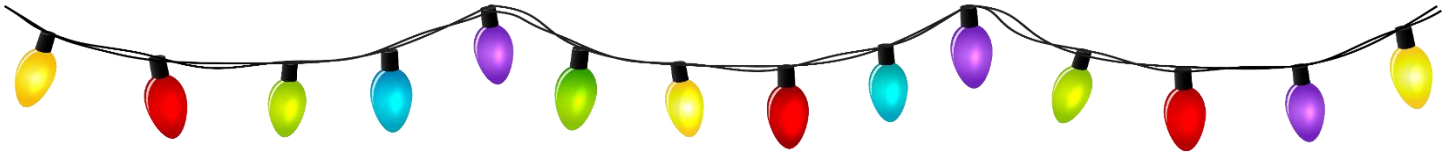


TODAY'S ACTIVITY SCHEDULE

TODAY IS

MONDAY, DECEMBER 20, 2021



10:00am Coffee & Muffins

10:30am Chair Travel with Rick Steves

11:00am Holiday Trivia

11:30am LUNCH!

1:30pm Balloon Tennis & Country Music

2:00pm Sit & Fit with LEGACY

2:30pm Afternoon Social & Bingo!

3:30pm Music Therapy w/ Michael

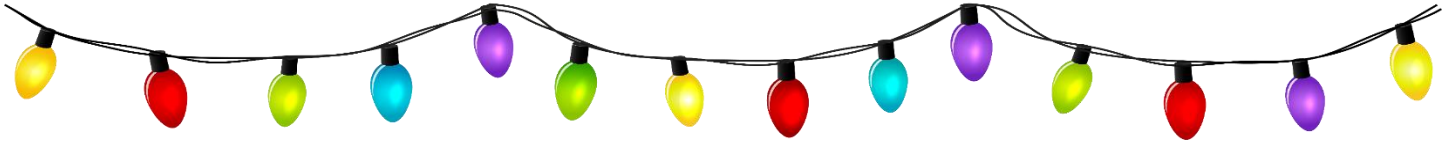
4:30pm DINNER!

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

TUESDAY, DECEMBER 21, 2021



10:00am Coffee & conversations

10:30am Chair Travel with Rick Steves

11:00am **Strength & Balance**

11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Afternoon Social & Ray Charles

3:00pm **BINGO!**

3:30pm Movie Tuesday: **Office Christmas Party**

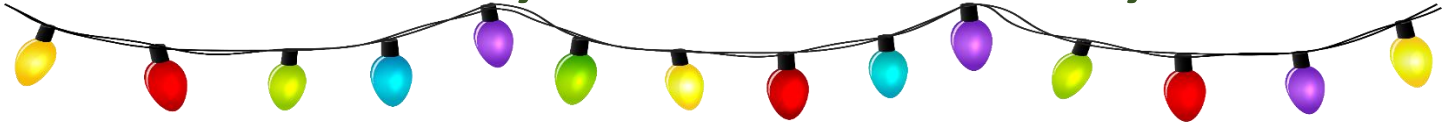
4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, DECEMBER 22, 2021



10:00am Coffee & muffins

10:30am Chair Travel with Rick Steves

11:00am Balloon Tennis & Rock & Roll

11:30am **LUNCH!**

1:30pm Puzzles & Word Search

2:00pm **Balance & Motion with Michael**

3:00pm Afternoon Social & Frank Sinatra
Christmas special.

3:30pm **BINGO!**

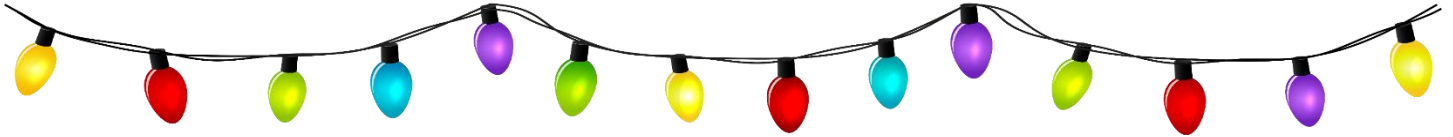
4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

THURSDAY, DECEMBER 23, 2021



10:00am Coffee & conversations

10:30am Strength & Balance

11:00am Balloon Tennis & Best of 50'S

11:30am **LUNCH!**

1:30pm Trivia Categories

2:00pm **Scenic Van Ride**

2:30pm Afternoon Social & Frank Sinatra with care team

3:30pm **BINGO!** With care team

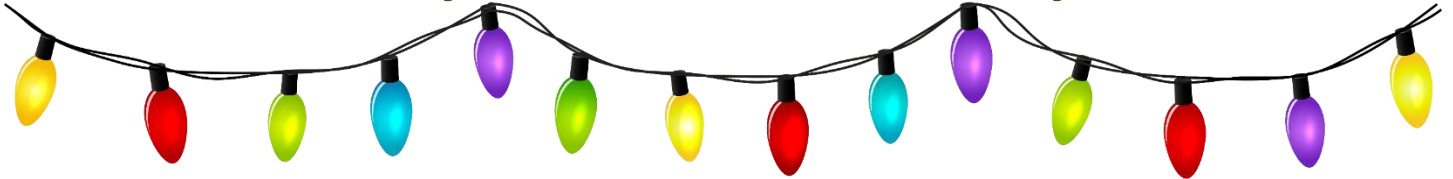
4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

FRIDAY, DECEMBER 24, 2021



10:00am Coffee & conversations

10:30am Sit & Fit

11:00am Christmas card Making

11:30am **LUNCH!**

1:30pm **Tea, Cookies & Ballet**

2:00pm Balance & Motion with Michael

3:00pm Afternoon Social & Susie Q
Christmas songs.

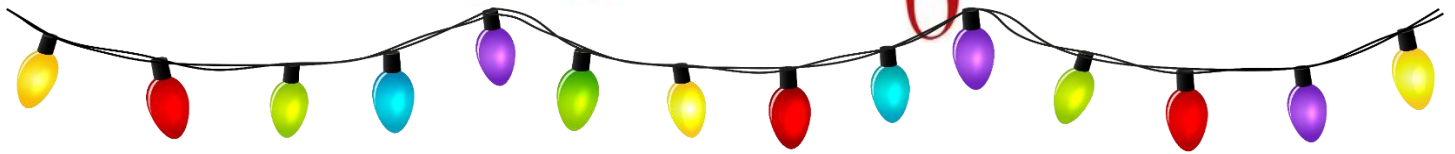
3:30pm **Movie: The Holiday Calendar**

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY IS
SATURDAY, DECEMBER 25, 2021

Merry Christmas



10:00am Coffee & conversations

10:30am Chair Travel with Rick Steves

11:00am Balloon Tennis

11:30am **LUNCH!**

1:30pm **Christmas cards Exchange**

2:00pm **Balance & Motion with Michael**

3:00pm Afternoon Social & Christmas Concert

3:30pm **BINGO!**

4:30pm **DINNER!**

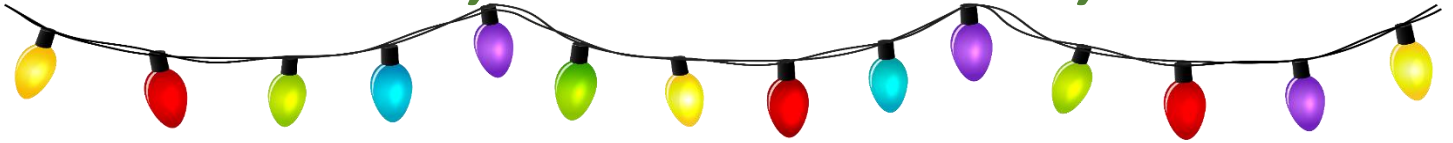
Daily Activities Schedule Is Subject To Change



TODAY'S ACTIVITY SCHEDULE

TODAY IS

SUNDAY, DECEMBER 26, 2021



10:00am Coffee & conversations

10:30am Bible Study & Hymns

11:00am Sunday's Mass Live Streaming
(National Shrine DC)

11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Afternoon Social & Favorite Holiday
Tunes from Movies

3:30pm **BINGO!** with care team!

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change