



DECEMBER 2023

Alderwood Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Outing: One of the Kind Show 09:30 Stepping Out 10:30 Express Yourself 02:30 You and Me 04:00 Family Feud	2 09:15 Musical Moments 10:00 Brains and Banter 11:00 Zumba Exercise 12:00 Meal Assistance 02:30 In the Kitchen
3 09:15 Soothing Sensation 10:00 Church Service 11:00 Hymn Sing 12:00 Meal Assistance 02:30 In the Kitchen 04:00 Wine and Cheese	4 10:00 Christmas Wreath Decorating 12:00 Meal Assistance 01:45 Java Memory 04:00 Family Feud	5 12:00 Meal Assistance 2:00 Christmas Décor 05:00 Christmas Dinner 5:30 Entertainment: Matthew	6 09:15 Horticulture Therapy 10:00 Balloon Fun 11:00 Dominoes Game 12:00 Meal Assistance 02:30 Christmas Carols 04:00 Baking	7 Hanukkah Begins 09:15 Card Games 10:00 For the Fun of Fit 12:00 Meal Assistance 02:30 Circle of Friends 03:30 You and Me 04:00 Menorah Lightening	8 09:15 Stepping Out 10:00 Italian Club 11:00 Brains and Banter 12:00 Meal Assistance 02:30 For the Soul 04:00 Family Feud	9 09:30 For the Fun of Fit 10:30 Aqua Painting 12:00 Meal Assistance 02:30 Social 04:00 For the Fun of Fit
10 09:15 Musical Moments 10:00 Church Service 11:00 For the Fun of Fit 12:00 Meal Assistance 02:30 Brains and Banter	11 12:00 Meal Assistance 01:45 Discussion Group 03:00 For The Fun Of Fit 05:00 Meal Assistance 6:30 Musical Moments	12 10:00 You & Me 12:00 Meal Assistance 02:30 Hanukkah Social 04:00 For the Fun of Fit	13 09:15 Horticulture Therapy 10:00 Apple Cider Social 11:00 Card Game 12:00 Meal Assistance 02:30 For the Soul 04:00 Family Feud	14 Centennial Park Green House 10:00-11:30 10:00 In the Kitchen 11:00 Book Club 12:00 Meal Assistance 02:30 Brains and Banter	15 Ugly Christmas Sweater 09:30 You and Me 10:30 Brains and Banter 12:00 Meal Assistance 02:30 Christmas Movie 04:00 Stepping Out	16 09:30 Soothing Sensations 10:30 Zumba Fitness 12:00 Meal Assistance 02:30 Dominoes 03:30 Brains and Banter
17 09:15 Musical Moments 10:00 Church Service 11:00 Circle of Friends 12:00 Meal Assistance 02:30 For the Fun of Fit 04:00 Social Hour	18 12:00 Meal Assistance 01:45 Express Yourself 02:00 Stepping Out 04:00 Soothing Sensations 06:30 Musical Moments	19 09:30 You and Me 10:30 Card Game 11:00 For the Fun of Fit 02:00 Christmas Caroling 04:00 In the Kitchen	20 09:30 Horticulture Therapy 10:30 For the Fun of Fit 12:00 Meal Assistance 02:30 Musical Moments 04:00 Family Feud	21 First Day of Winter 09:30 Musical Moments 10:30 Travelogue 12:00 Meal Assistance 02:30 Circle of Friends 03:00 Resident Council	22 09:30 Stepping Out 10:00 Bingo 12:00 Meal Assistance 02:30 In the Kitchen 03:30 For The Soul 04:00 Family Feud	23 09:30 Express Yourself 10:00 You and Me 12:00 Meal Assistance 02:30 Gingerbread House Decorating
24 Christmas Eve 09:30 Musical Moment 10:00 Church Service 12:00 Meal Assistance 02:30 Express Yourself 04:00 Circle of Friends	25 Christmas Day 9:30 Musical Moments 10:00 Christmas Treats 12:00 Meal Assistance 02:30 Entertainment: Ori Dagan 4:00 Christmas Movie	26 09:30 Stepping Out 09:30 You & Me 12:00 Meal Assistance 02:30 Brains and Banter 04:00 Family Feud	27 Shoe Vendor Nelly's Comfort Shoes 11am-4pm 09:30 Horticulture Therapy 10:00 Puzzle Buddies 12:00 Meal Assistance 02:30 Brains and Banter 04:00 Stepping Out	28 10:00 Outing: Shoppers Drug Mart 10:30 Stepping Out 12:00 Meal Assistance 02:00 In the Kitchen 04:00 Family Feud	29 09:30 You & Me 10:15 For The Fun of Fit 12:00 Meal Assistance 02:30 Afternoon Movie 04:00 Brains and Banter	30 09:30 Stepping Out 10:15 For the Fun of Fit 12:00 Meal Assistance 02:30 Social Hour 04:00 Brains and Banter
31 New Years Eve 12:00 Meal Assistance						