



DECEMBER 2023

Waldau Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 New Year's Eve 8:15 Breakfast 10:00 For the Soul 11:00 Brains and Banter 12:00 Lunch 2:15 Stepping Out 3:00 New Years Eve Party! 4:00 You and Me 5:15 Dinner					1 8:15 Breakfast 10:00 For The Spirit 11:00 Express Yourself 12:00 Lunch 2:15 Brains and Banter 3:00 Fun and Fitness (PAL) 4:00 You and Me 5:15 Dinner	2 8:15 Breakfast 10:00 Morning Greetings 11:00 Manicures 12:00 Lunch 2:15 Stepping Out 3:00 For the Fun of Fit 4:00 You and Me 5:15 Dinner
3 8:15 Breakfast 10:00 For the Soul 11:00 Express Yourself 12:00 Lunch 2:15 Brains and Banter 3:00 Stepping Out 4:00 You and Me 5:15 Dinner	4 8:15 Breakfast 10:00 Brains and Banter 11:15 Would you rather? 12:00 Lunch 2:00 For the Spirit 2:15 Stepping Out 4:00 You and Me 5:15 Dinner	5 Christmas Sweater/Scrub Timbit Day 8:15 Breakfast 9:45 Music Therapy 11:00 Fun and Fitness 12:00 Lunch 2:15 Brains and Banter 3:00 Christmas Manicures 5:15 Dinner 6:15 Tom Denomme performs	6 8:15 Breakfast 10:00 Brains and Banter 11:00 For The Soul 12:00 Lunch 2:15 For The Fun of Fit 3:15 Music Therapy 4:00 You and Me 5:15 Dinner	7 8:15 Breakfast 10:00 Brains and Banter 11:15 Music Therapy 12:00 Lunch 2:15 Stepping Out 3:00 For The Spirit 4:00 Jim Young Performs 5:15 Christmas Dinner	8 8:15 Breakfast 10:00 For The Spirit 11:00 In the Kitchen: Scents Social 12:00 Lunch 1:45 RIA Music Concert 3:00 Fun and Fitness (PAL) 4:00 You and Me 5:15 Dinner	9 8:15 Breakfast 10:00 Brains and Banter 11:00 Manicures 12:00 Lunch 2:15 For The Fun of Fit 3:00 Music & Dancing 4:00 You and Me 5:15 Dinner
10 8:15 Breakfast 10:00 For the Soul 11:00 Brains and Banter 12:00 Lunch 2:15 Reading Circle 3:00 Music & Dancing 4:00 You and Me 5:15 Dinner	11 8:15 Breakfast 10:00 Brains and Banter 11:15 Opposites Game! 12:00 Lunch 2:00 For the Spirit 2:15 Stepping Out 4:00 You and Me 5:15 Dinner	12 Christmas Sweater/Scrub 8:15 Breakfast 9:45 Music Therapy 11:00 Fun and Fitness 12:00 Lunch 2:15 Baking cookies 3:00 Hot Chocolate Social 5:15 Dinner 6:00 Bingeman's Lights Tour	13 8:15 Breakfast 10:00 Brains and Banter 11:00 For The Fun of Fit 12:00 Lunch 2:15 Stepping Out 3:15 Music Therapy 4:00 You and Me 5:15 Dinner	14 Christmas Dress Down Day 8:15 Breakfast 10:00 Brains and Banter 11:15 Music Therapy 12:00 Lunch 2:15 Stepping Out 4:00 You and Me 5:00 Dinner	15 8:15 Breakfast 10:00 For The Spirit 11:00 Brains and Banter 12:00 Lunch 2:15 Stepping Out 3:00 Fun and Fitness (PAL) 4:00 You and Me 5:15 Dinner	16 8:15 Breakfast 10:00 Morning Greetings 11:00 Christmas Music 12:00 Lunch 2:15 In the Kitchen: Christmas Baking 3:00 Brownie Social 4:00 You and Me
17 8:15 Breakfast 10:00 For the Soul 11:00 Express Yourself 12:00 Lunch 2:15 Hot Chocolate Social 3:00 Christmas Manicures 4:00 You and Me 5:15 Dinner	18 8:15 Breakfast 10:00 Brains and Banter 11:15 You and Me 12:00 Lunch 1:45 Food Committee Meeting 2:00 For the Spirit 2:15 Stepping Out 5:15 Dinner	19 Christmas Sweater/Scrub 8:15 Breakfast 9:45 Music Therapy 11:00 Fun and Fitness 12:00 Lunch 2:15 Brains and Banter 3:00 In the Kitchen 5:15 Dinner 7:00 Christmas shows in the lounge	20 Christmas Socks 8:15 Breakfast 10:00 Brains and Banter 11:00 Stepping Out 12:00 Lunch 2:00 Christmas Chime Choir (Aberdeen) 4:00 You and Me 5:15 Dinner	21 Christmas Tie/Scarf 8:15 Breakfast 10:00 Brains and Banter 11:15 Music Therapy 12:00 Lunch 2:30 Hot Chocolate Social 4:00 You and Me 5:15 Dinner	22 Christmas Hat/Antlers 8:15 Christmas Breakfast 10:00 For The Spirit 11:00 Sweater Social 12:00 Lunch 2:15 Christmas Manicures 3:00 Fun and Fitness (PAL) 4:00 You and Me 5:15 Dinner	23 Christmas PJ's 8:15 Breakfast 10:00 Brains and Banter 11:00 Christmas Crafts 12:00 Lunch 2:15 Stepping Out 3:15 Christmas Sing Along 4:00 You and Me 5:15 Dinner
24 Christmas Eve Red and Green Day 8:15 Breakfast 10:00 Spiritual Hymns 11:00 Brains and Banter 12:00 Lunch 2:15 For The Fun of Fit 3:00 Christmas Music 4:00 You and Me 5:15 Dinner	25 Christmas Day 8:15 Breakfast 9:10 Christmas Movies 10:00 Gingerbread competition 12:00 Lunch 2:30 Christmas Music and Opening Christmas Presents 4:00 Hot Chocolate Social 5:15 Dinner	26 8:15 Breakfast 11:00 Fun and Fitness 12:00 Lunch 2:00 Brains and Banter 3:00 For the Fun of Fit 5:15 Dinner 7:00 Movie in the lounge	27 8:15 Breakfast 10:00 Brains and Banter 11:15 In The Kitchen 12:00 Lunch 2:15 For The Fun of Fit 3:15 Stepping out 4:00 You and Me 5:15 Dinner	28 8:15 Breakfast 10:00 Brains and Banter 11:15 Music & Dancing 12:00 Lunch 2:15 In the Kitchen 3:15 Stepping Out 4:00 You and Me 5:15 Dinner	29 8:15 Breakfast 10:00 For The Spirit 11:00 Brains and Banter 12:00 Lunch 2:15 Stepping Out 3:00 Fun and Fitness (PAL) 4:00 You and Me 5:15 Dinner	30 8:15 Breakfast 10:00 Express Yourself 11:00 Stepping Out 12:00 Lunch 2:15 Manicures 3:00 Brains and Banter 4:00 You and Me 5:15 Dinner