



DECEMBER 2023

Strasburg Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 New Year's Eve 9:45 Exercise 10:00 New Year's Trivia 2:00 New Years's Social 3:15 You & Me 5:00 Dinner					1 8:30 Breakfast 9:45 Exercise 11:00 Brains & Banter 12:00 Lunch 1:30 Indoor Walks 2:30 Boccie Ball	2 8:30 Breakfast 9:45 Number Bingo 11:15 Exercise 12:00 Lunch 1:45 Board Games 3:15 Express Yourself 5:00 Dinner
3 8:30 Breakfast 10:00 TV Church 12:00 Lunch 1:45 Express Yourself 3:15 For the fun of Fit 5:00 Dinner	4 8:30 Breakfast 9:45 Exercise 10:30 Brains and Banter 12:00 Lunch 1:30 Christmas Craft 2:00 Hand Therapy 3:00 Book Club 5:00 Dinner	5 Christmas Sweater/Scrubs Timbit Day 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner 5:45 Christmas Lights Outing	6 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 1:45 RIA Music Concert 2:30 Book Club 5:00 Dinner	7 8:30 Breakfast 9:45 Music Therapy (group1) 10:30 Music Therapy (group 2) 12:00 Lunch 1:30 Brains & Banter 2:30 You & Me 3:30 Tai Chi 5:00 Dinner	8 8:30 Breakfast 9:45 Exercise 10:30 Bowling 12:00 Lunch 1:30 Indoor Walks 3:00 Word Game 5:00 Dinner	9 8:30 Breakfast 10:00 Bingo 12:00 Lunch 1:45 Express Yourself 3:15 Stepping Out 5:00 Dinner
10 8:30 Breakfast 10:00 TV Church 12:00 Lunch 1:45 Express Yourself 2:00 Salvation Army Choir 3:15 For the fun of Fit 5:00 Dinner	11 8:30 Breakfast 9:45 Exercise 9:15 Walmart Outing 12:00 Lunch 1:30 Store Mobile 1:15 Christmas Crafts 3:00 Book Club 5:00 Dinner	12 Christmas Sweater/Scrubs 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 3:30 Let's Make Dinner 5:00 Dinner 6:00 Short Stories	13 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 2:00 Neighbourhood Christmas Party 5:00 Dinner	14 Christmas Dress Down Day 8:30 Breakfast 9:45 Music Therapy (group1) 10:30 Music Therapy (group 2) 12:00 Lunch 1:30 Brains & Banter 2:30 Book Club 3:30 Tai Chi 5:00 Christmas Dinner	15 8:30 Breakfast 9:45 Exercise 11:00 Brains & Banter 12:00 Lunch 1:30 Resident Meeting 2:30 Boccie Ball	16 8:30 Breakfast 9:45 Number Bingo 11:15 Exercise 12:00 Lunch 2:00 Birthday Sing-a-long 3:15 Stepping Out 5:00 Dinner
17 8:30 Breakfast 9:45 Exercise 10:45 Java Music 12:00 Lunch 1:45 Express Yourself 3:15 For the fun of Fit 5:00 Dinner	18 8:30 Breakfast 9:45 Exercise 10:30 Brains and Banter 12:00 Lunch 1:30 Food Committee Meeting 2:00 Hand Therapy 3:00 Book Club 5:00 Dinner	19 Christmas Sweater/Scrubs 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner 6:00 Short Stories	20 Christmas Socks 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 2:00 Christmas Chime Concert (Aberdeen) 2:30 Book Club 5:00 Dinner	21 Christmas Tie/Scarf 8:30 Breakfast 9:45 Music Therapy (group1) 10:30 Music Therapy (group 2) 12:00 Lunch 1:30 Brains & Banter 3:00 WP Retirement Choir-DR 3:30 Tai Chi 5:00 Dinner	22 Christmas Hat/Antlers 8:30 Christmas Breakfast 9:45 Exercise 10:30 Bowling 12:00 Lunch 1:30 Indoor Walks 3:00 Word Game 5:00 Dinner	23 Christmas PJ's 8:30 Breakfast 10:00 Bingo 12:00 Lunch 1:45 Christmas Movie Drinks & Treats 5:00 Dinner
24 Christmas Eve Red & Green Day 8:30 Breakfast 10:00 TV Church 12:00 Lunch 1:30 Apostolic Hymn Sing 3:00 Christmas Tradition 5:00 Dinner	25 Christmas Day 8:30 Breakfast 9:45 Exercise 10:30 Brains and Banter 12:00 Lunch 2:00 Christmas Social 5:00 Dinner	26 Boxing Day 8:30 Breakfast 10:00 Total Body Fitness 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner	27 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 1:30 Horse Racing 2:30 Book Club 5:00 Dinner	28 8:30 Breakfast 10:15 Resident Council 12:00 Lunch 1:30 Suzy Q -Sing-a-long 3:00 You & Me 3:30 Tai Chi 5:00 Dinner	29 8:30 Breakfast 9:45 Exercise 10:45 Brains & Banter 12:00 Lunch 1:30 Indoor Walks 3:00 Word Game 5:00 Dinner	30 8:30 Breakfast 9:45 Number Bingo 11:15 Exercise 12:00 Lunch 1:45 Board Games 3:15 Express Yourself 5:00 Dinner
New Year's Eve above						