

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:30 Catholic Virtual Church Service & Communion AL 1:00 Rest & Relax 2:00 Manicures and Hand Massage 3:00 BINGO 5:30 Tapple Game</p>	<p>2</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 Christmas Box Wrapping for Tree 1:00 Rest & Relax 2:00 Putting Up Christmas Tree 3:00 BINGO 5:30 Calming Coloring Hour</p>	<p>3</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 BINGO 1:00 Rest & Relax 2:00 Refreshment, Snacks and Movie 3:30 Afternoon Stretches 5:30 Word Search</p>	<p>4</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Sing Along with Susie Q. 1:00 Rest & Relax 2:00 BINGO 3:00 Coloring Hour 3:30 Afternoon Stretches 5:30 "Things You Won't Believe" & "The Things You'll Hear" Conversation Time</p>	<p>5</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Seated Dance Exercise 1:00 Rest & Relax 2:00 BINGO 3:00 It Happened in December Quiz 5:00 Rest and TV Time</p>	<p>6</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Pool Noodle Exercise 10:30 Chair Balloon Volleyball 1:00 Rest & Relax 2:00 Live Entertainment by T.G. LIGHTED 3:15 BINGO 5:30 Crosswords</p>	<p>7</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:00 Donuts and Coffee Social 11:30 Christmas Performance by Dixon Dance Studio (AL Lobby) AL 1:00 Rest & Relax 2:00 Movie Time: PEARL HARBOR 3:00 BINGO 5:30 Calming Coloring Hour</p>
<p>8</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:30 Catholic Virtual Church Service & Communion AL 1:00 Rest & Relax 2:00 Manicures and Hand Massage 3:00 BINGO 5:30 Tapple Game</p>	<p>9</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 Christmas Word Scramble 1:00 Rest & Relax 2:00 Cookies and Hot Chocolate Social 3:00 BINGO 5:30 Calming Coloring Hour</p>	<p>10</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 BINGO 1:00 Rest & Relax 2:00 Refreshment, Snacks and Movie 3:30 Afternoon Stretches 5:30 Word Search</p>	<p>11</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Sing Along with Susie Q. 1:00 Rest & Relax 2:00 BINGO 3:00 Coloring Hour 3:30 Afternoon Stretches 5:30 "Things You Won't Believe" & "The Things You'll Hear" Conversation Time</p>	<p>12</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Cardio Drumming Exercise 1:00 Rest & Relax 2:00 DIY Christmas Table Centerpiece 3:00 BINGO 5:00 Rest and TV Time</p>	<p>13</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Pool Noodle Exercise 10:30 Chair Balloon Volleyball 1:00 Rest & Relax 2:00 Live Entertainment by DAVID BUSTAMANTE 3:15 BINGO 5:30 Crosswords</p>	<p>14</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:00 Donuts and Coffee Social 1:00 Rest & Relax 2:00 Ginger Bread House Decorating 3:00 BINGO 5:30 Calming Coloring Hour</p>
<p>15</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:30 Catholic Virtual Church Service & Communion AL 1:00 Rest & Relax 2:00 Manicures and Hand Massage 3:00 BINGO 5:30 Tapple Game</p>	<p>16</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 Christmas Cookies Decorating 1:00 Rest & Relax 2:00 Let's Play Scrabble 3:00 BINGO 5:30 Calming Coloring Hour</p>	<p>17</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 BINGO 1:00 Rest & Relax 2:00 Refreshment, Snacks and Movie 3:30 Afternoon Stretches 5:30 Word Search</p>	<p>18</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Sing Along with Susie Q. 1:00 Rest & Relax 2:00 BINGO 3:00 Coloring Hour 3:30 Afternoon Stretches 5:30 "Things You Won't Believe" & "The Things You'll Hear" Conversation Time</p>	<p>19</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Beach Ball Sitting Exercise 1:00 Rest & Relax 2:00 BINGO 3:00 Shake Loose A Memory Game 5:00 Rest and TV Time</p>	<p>20</p> <p>Wear Your Ugly Sweater Day 9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Chair Balloon Volleyball 10:30 Holy Spirit Catholic Church Mass AL 1:00 Rest & Relax 2:00 PASSPORT EVENT TO NORTH POLE with music by DJ NOEL AL 3:00 Conversation Starters 5:30 Crosswords</p>	<p>21</p> <p>First Day of Winter 9:00 Morning Chair Yoga 9:30 Beverage Break 11:00 ROCKVILLE'S HOLIDAY BRUNCH 1:00 Rest & Relax 1:30 Live Entertainment by GLENN SNYDER 3:00 BINGO 5:30 Calming Coloring Hour</p>
<p>22</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:30 Catholic Virtual Church Service & Communion AL 1:00 Rest & Relax 2:00 Manicures and Hand Massage 3:00 BINGO 5:30 Tapple Game</p>	<p>23</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 Filling up Christmas Stockings 1:00 Rest & Relax 2:00 Christmas Caroling 3:00 BINGO 5:30 Calming Coloring Hour</p>	<p>24</p> <p>Christmas Eve 9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 BINGO 1:00 Rest & Relax 2:00 Refreshment, Snacks and Christmas Movie 3:30 Afternoon Stretches 5:30 Word Search</p>	<p>25</p> <p>Christmas Day 9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Sing Along Christmas Songs with Susie Q. 1:00 Rest & Relax 2:00 BINGO 3:00 Coloring Hour 3:30 Afternoon Stretches 5:30 "Things You Won't Believe" & "The Things You'll Hear" Conversation Time</p>	<p>26</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Dancing with Scarves Exercise 1:00 Rest & Relax 2:00 BINGO 3:00 Tapple Game 5:00 Rest and TV Time</p>	<p>27</p> <p>9:00 Morning Exercise and Stretches 9:30 Beverage Break 10:00 Pool Noodle Exercise 10:30 Chair Balloon Volleyball 1:00 Rest & Relax 2:00 Celebrating December Birthdays 3:15 BINGO 5:30 Crosswords</p>	<p>28</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:00 Donuts and Coffee Social 1:00 Rest & Relax 2:00 BINGO 3:00 New Year's Resolution Discussion Social 5:30 Calming Coloring Hour</p>
<p>29</p> <p>9:00 Morning Chair Yoga 9:30 Beverage Break 10:30 Catholic Virtual Church Service & Communion AL 1:00 Rest & Relax 2:00 Manicures and Hand Massage 3:00 BINGO 5:30 Tapple Game</p>	<p>30</p> <p>9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 Seated Dance Exercise 1:00 Rest & Relax 2:00 BINGO 3:00 Year End Reminiscing Social 5:30 Calming Coloring Hour</p>	<p>31</p> <p>New Year's Eve 9:00 Morning Exercise and Stretching 9:30 Beverage Break 10:00 BINGO 1:00 Rest & Relax 2:00 ROCKVILLE'S NEW YEAR'S EVE PARTY AL 4:30 NEW YEAR'S EVE CANDLELIGHT DINNER</p>			<p>Happy Birthday to the Following Residents!!</p> <ul style="list-style-type: none"> • Bill H. - 12/11 • Edna M. - 12/29 	

**All Events
Are Subject
to Change**