





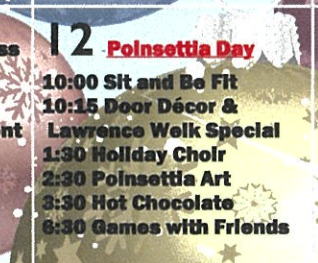


HEARTHSIDE COMMONS DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Resident Right: The right to make choices with respect to services and life-style</p> 		<p>Trips: TBA</p> 	 <p>KWANZAA</p>	<p>1 Rosa Parks Day</p>	<p>2 10:00 Chair Aerobics 10:15 Bowling 1:30 Bingo 2:30 Happy Hour w/ Live Entertainment "Tom Aafis" 3:30 Easy Listening 6:30 Games with Friends</p>	<p>3 10:00 Exercise 10:15 Dear Abby 1:30 Afternoon Stretch 2:30 Bingo 3:30 Social with Friends</p>
<p>4 10:00 Catholic Mass 1:30 Church Service with Bible way 2:30 Music Entertainment & Refreshments with Candyce G.</p>	<p>5 10:00 Sit and Be Fit 10:15 Monday Muffins & Mimosas 1:30 Holiday Choir 2:30 Arm Chair Travel "Hawaii" 3:00 Famous Cliches 3:30 Fruit Social 6:30 Games with Friends</p>	<p>6 10:00 Exercise 10:15 Wheel of Fortune 1:30 Afternoon Stretch 2:00 Music of Choice 2:30 Bingo 3:30 Snack and Chat 6:30 Uno</p> 	<p>7 10:00 Jazzercise 10:15 Music & Manicures 1:30 Black Jack 2:00 Yoga & Meditations 2:30 Write A Friend and Card Making 3:30 Fact or Fiction 6:30 Movie Night</p>	<p>8 Brownie Day</p>	<p>9 10:00 Chair Aerobics 10:15 Ornament Making 1:30 Bible Study 2:00 Jingle All the Way 2:30 Bingo 3:30 Eggnog Social 6:30 Game with Friends</p>	<p>10 10:00 Exercise 10:15 Word Scramble 1:30 Afternoon Stretch 2:30 Bingo 3:30 Social with Friends</p>
<p>11 10:00 Catholic Mass 1:30 Church Service on (TV) 2:30 Music Entertainment & Refreshments</p> 	<p>12 Poinssettia Day</p>	<p>13 10:00 Exercise 10:30 Resident Council 1:30 Making Ginger Bread Houses with Bayada 2:45 Bingo 3:45 Hydration & Music 6:30 Kings in a Corner</p> 	<p>14 10:00 Jazzercise 10:15 Music & Manicures 1:30 Holiday Show 2:30- 3:30 Holiday Party with Friends 6:30 Movie Night</p>	<p>15 10:00 Exercise 10:15 Left Right Center 1:30 Holiday Choir 1:30 Adopt A Grandparent Gifting 2:30 Holiday Photo Shoot 3:30 Chocolate Covered Anything 6:30 Chair Volley Ball</p>	<p>16 Boston Tea Party Day</p>	<p>17 10:00 Exercise 10:15 Puzzle Race 1:30 Christmas Carlos with the Glamour Girls 2:30 Bingo 3:30 Social with Friends</p>
<p>18 10:00 Catholic Mass 1:30 Church Service on (TV) 2:30 Singing with Salvation Army & Refreshments</p>	<p>19 Holly Day</p>	<p>20 10:00 Exercise 10:15 Christmas Jeopardy 1:30 Afternoon Stretch 2:00 Holiday Choir 2:30 Bingo 2:30 Sangria and Music 6:30 Dominoes</p>	<p>21 Winter Begins</p>	<p>22 10:00 Exercise 10:15 Making Holiday Cookies 1:30 Skpbo 2:30 Art Show with Judith 3:30 Wine & Cheese Social 6:30 Angel Stories</p>	<p>23 Bingo Birthday</p>	<p>24 Christmas Eve</p>
<p>25 Christmas Day 10:00 Catholic Mass 1:30 Church Service with Bible way 2:30 Christmas Bingo Social</p>	<p>26 10:00 Sit and Be Fit 10:15 Monday Muffins & Mimosas 1:30 Activity Packets 2:00 Movie and Popcorn "Miracle on 34th Street"</p>	<p>27 10:00 Exercise 10:15 Deal or No Deal 1:30 Afternoon Stretch 2:00 Music of Choice 2:30 Bingo 3:30 Snack and Chat 6:30 Pokemo</p>	<p>28 10:00 Jazzercise 10:15 Music & Manicures 1:30 Build A Word 2:00 Music Trivia 2:30 Kwanzaa Facts & Social 3:30 Point Store 6:30 Movie Night</p>	<p>29 10:00 Exercise 10:15 Cool Beans Café 1:30 Funny Poem Writing 2:00 Easy Listening 2:30 Celebrating December Birthdays 3:30 Table Games (L1) 6:30 Bingo</p>	<p>30 10:00 Chair Aerobics 10:15 Pancakes & Trivia 1:30 Rosary 2:00 Holiday Hangman 2:30 Bingo 3:30 Cheese Cake Social 6:30 Games with Friends</p>	<p>31 New Years Eve 10:00 Exercise 10:15 Bocce Ball 1:30 Afternoon Stretch 2:30 Bingo 8:00 New Years Eve Celebration on TV & Pre Ball Drop Snacks</p>