


# December



**PARK REGENCY THORNTON**  
a Bethesda Senior Living Community

## Memory Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 8:00 Current Events 9:30 Morning Coffee 10:30 Balloon Noodle game 2:00 Afternoon Snacks 3:00 Guesstures Game 6:00 Movie & Snacks
<b>2</b> 8:00 Current Events 9:15 Worship w/Mike 11:00 Bronco Game 2:00 Afternoon Snacks 3:00 Crossword Puzzles 6:00 Movie & Snacks	<b>3</b> 8:00 Current Events 9:00 Sock Matching Game 10:00 Stretch & Breathe Exercise 1:30 Conversation Cards 3:00 Afternoon Snacks 6:00 TV Time w/Celia	<b>4</b> 8:00 Current Events 9:30 Balloon Volley Ball 10:00 Morning Snacks 10:30 Chair Exercise 2:00 Word Noodle & Snacks 6:30 Nail Care / Polishing	<b>5</b> 8:00 Current Events 9:30 Reading Circle 10:00 Morning Coffee 10:30 Exercise Circle 3:00 Mind Joggers & Snacks 6:00 Bingo	<b>6</b> 8:00 Current Events 9:00 Puzzles 10:00 Mind Joggers 10:30 Zumba Exercise 1:00 Piano & Caroling w/Nancy 6:00 Movie & Popcorn	<b>7</b> 8:00 Current Events 10:00 Chair Stretches w/Mary 1:00 Catholic Services 1:30 Mind Joggers 3:00 Afternoon Snacks 6:00 Evening Exercise	<b>8</b> 8:00 Current Events 9:30 Morning Coffee 10:30 Balloon Noodle game 2:00 Afternoon Snacks 3:00 Guesstures Game 6:00 Movie & Snacks
<b>9</b> 8:00 Current Events 9:15 Worship w/Mike 10:00 Mind Joggers 2:05 Bronco Game 3:00 Tea & Crackers 6:00 Movie & Snacks	<b>10</b> 8:00 Current Events 9:00 Sock Matching Game 10:00 Stretch & Breathe Exercise 1:30 Conversation Cards 3:00 Afternoon Snacks 6:00 TV Time w/Celia	<b>11</b> 8:00 Current Events 9:30 Balloon Volley Ball 10:00 Morning Snacks 10:30 Chair Exercise 2:00 Word Noodle & Snacks 6:00 Memory Game	<b>12</b> 8:00 Current Events 9:30 Reading Circle 10:00 Coffee & Donuts 10:30 Exercise Circle 3:00 Mind Joggers & Snacks 6:00 Bingo	<b>13</b> 8:00 Current Events 9:00 Puzzles 10:00 Mind Joggers 10:30 Zumba Exercise 1:00 Piano & Caroling w/Nancy 6:00 Movie & Popcorn	<b>14</b> 8:00 Current Events 10:00 Chair Stretches w/Mary 1:00 Catholic Services 1:30 Mind Joggers 3:00 Afternoon Snacks 6:00 Evening Exercise	<b>15</b> 8:00 Current Events 9:30 Morning Coffee 10:30 Let's Get Fit 2:30 Brronco Game 3:00 Tea & Crackers 6:00 Movie & Snacks
<b>16</b> 8:00 Current Events 9:15 Worship w/Mike 10:00 Mind Joggers 2:00 Afternoon Snacks 3:00 Crossword Puzzles 6:00 Movie & Snacks	<b>17 Holiday P.J.'s Day</b> 8:00 Current Events 9:00 Sock Matching Game 10:00 Stretch & Breathe Exercise 1:30 Conversation Cards 3:00 Afternoon Snacks 6:00 TV Time w/Celia	<b>18 Holiday Socks Day</b> 8:00 Current Events 9:30 Balloon Volley Ball 10:00 Morning Snacks 10:30 Chair Exercise 2:00 Word Noodle & Snacks 6:30 Nail Care / Polishing	<b>19 Ugly Holiday Sweater</b> 8:00 Current Events 9:30 Reading Circle 10:00 Morning Coffee 10:30 Exercise Circle 3:00 Mind Joggers & Snacks 6:00 Bingo	<b>20 Flannel &amp; Jeans Day</b> 8:00 Current Events 9:00 Puzzles 10:00 Mind Joggers 10:30 Zumba Exercise 1:00 Piano & Caroling w/Nancy 6:30 Decorate Cookies	<b>21 Holiday Hat Day</b> 8:00 Current Events 10:00 Chair Stretches w/Mary 1:00 Catholic Services 1:30 Mind Joggers 3:00 Afternoon Snacks 6:00 Evening Exercise	<b>22</b> 8:00 Current Events 9:30 Morning Coffee 10:30 Balloon Noodle game 2:00 Afternoon Snacks 3:00 Snazzi Match Game 6:00 Movie & Snacks
<b>23</b> 8:00 Current Events 9:15 Worship w/Mike 10:00 Mind Joggers 2:00 Afternoon Snacks 3:00 Crossword Puzzles 6:00 Movie & Snacks	<b>24</b> 8:00 Current Events 9:00 Sock Matching Game 10:00 Stretch & Breathe Exercise 1:30 Conversation Cards 3:00 Afternoon Snacks 6:15 Bronco Game	<b>25</b> 	<b>26</b> 8:00 Current Events 9:30 Reading Circle 10:00 Morning Coffee 10:30 Exercise Circle 3:00 Mind Joggers & Snacks 6:00 Bingo	<b>27</b> 8:00 Current Events 9:00 Puzzles 10:00 Mind Joggers 10:30 Zumba Exercise 1:00 Piano & Caroling w/Nancy 6:00 Movie & Popcorn	<b>28</b> 8:00 Current Events 10:00 Chair Stretches w/Mary 1:00 Catholic Services 1:30 Mind Joggers 3:00 Afternoon Snacks 6:00 Evening Exercise	<b>29</b> 8:00 Current Events 9:30 Morning Coffee 10:30 Balloon Noodle game 2:00 Afternoon Snacks 3:00 Guesstures Game 6:00 Movie & Snacks
<b>30</b> 8:00 Current Events 9:15 Worship w/Mike 10:00 Mind Joggers 2:25 Bronco Game 3:00 Afternoon Snacks 6:00 Movie & Snacks	<b>31</b> 8:00 Current Events 9:00 Sock Matching Game 10:00 Stretch & Breathe Exercise 1:30 Conversation Cards 3:00 Afternoon Snacks 6:00 TV Time w/Celia					