

# December 2023

Hello Healthy Aging Family,  
December is a time of stillness, rest, and reflection. Please note that we are **CLOSED** Monday, Dec 25th through Tuesday, January 2nd. *Activities subject to change.*



**HELPLINE 844-373-4400**

## Women Supporting 1 Women Day

9:15 Categories Game  
9:45 LCSW & Speech Therapy  
10:00 Music Making/Karaoke  
Small Group Loteria  
10:30 Spanish Club  
11:00 Chair Stretch  
12:45 Colors & Cards  
**1:00 Silver Singers**, Small Activity Group & **Uno**  
2:00 Geography Trivia  
2:30 Gardening & Corn Hole  
3:00 Table Ball Roll

## National Cookie Day 4

9:15 Unscramble Words  
10:00 Piano with Pat  
10:30 Spanish Group  
11:00 Active Group Exercise  
12:45 Math Sheets & Colors  
1:00 **Cookie Making**, Balloon Volley, Solitaire, Jeopardy, Cribbage, Spa Day & Current Events  
2:00 Finish the Phrase  
2:30 Arts & Crafts  
3:00 Table Ball Roll

## Walt Disney Day 5

9:15 Rhyming Words  
10:00 Bingo with Tim  
10:30 **Heartstrings Quartet**  
11:00 Movin & Groovin  
**Women's Group**  
12:45 Coloring/Word Search  
1:00 Walk Club, Mah Jong  
**Uno w/ Tim**, Darts, Table Ball Roll & **Purpose Driven Life**  
2:00 A-Z Game  
2:30 Acrylic Painting Tutorial

## St. Nicholas Day 6

9:15 Opposite Words  
10:00 Olympic Bingo  
10:30 Spanish ESL Class  
11:00 Stretch & Flex  
12:45 Card Games & Coloring  
1:00 Walking Group, Chair Dance, Cribbage, Darts, Uno, Memories Chat, & Sing-Along  
2:00 Mega Quiz Trivia  
2:30 Floral Arrangements  
3:00 Table Ball Roll

## National Pearl Harbor Day of Remembrance 7

9:15 Mega Quiz  
10:00 Pokeno with Bill  
10:30 Mah Jong Club  
11:00 Chair Dance  
**Men's Group**  
12:45 Word Search & Sudoku  
**1:00 Sunshine Group** & Small Group Activities  
2:00 Finish the Phrase  
2:30 Watercolor Class  
3:00 Volleyball Competition

## Christmas Sweater Day 8

9:15 Categories Game  
**9:30 Preschool Singers**  
9:45 LCSW & Speech Therapy  
10:00 Music Making/Karaoke  
Small Group Loteria  
10:30 Spanish Club  
11:00 Chair Stretch  
12:45 Colors & Cards  
**1:00 Balloon Volleyball**, Uno, Jeopardy, Talking for the Soul Group & **Uno with Tim**  
2:00 Geography Trivia

## Int'l Animal Rights Day 11

9:15 Unscramble Words  
10:00 Piano with Pat  
10:30 Spanish Group  
11:00 Active Group Exercise  
12:45 Math Sheets & Colors  
1:00 Zumba, Table Ball Roll, Solitaire, Jeopardy, Cribbage, Spa Day & Current Events  
2:00 Finish the Phrase  
2:30 Arts & Crafts  
3:00 Balloon Volley

## Gingerbread House Day 12

9:15 Rhyming Words  
10:00 Bingo with Tim  
10:30 Mah Jong Club  
11:00 **Women's Group**  
**11:30 Music & Movement**  
12:45 Coloring/Word Search  
1:00 Walk Club, **Uno w/ Tim**, Darts, Balloon Volleyball & **Purpose Driven Life**  
2:00 A-Z Game  
2:30 Acrylic Painting Tutorial  
3:00 Table Ball Roll

## National Cocoa Day 13

9:15 Opposite Words  
10:00 Olympic Bingo  
10:30 Spanish ESL Class  
11:00 Stretch & Flex  
12:45 Card Games & Coloring  
1:00 Walking Group, Chair Dance, Cribbage, Darts, Uno, Memories Chat, & Sing-Along  
2:00 Mega Quiz Trivia  
2:30 Floral Arrangements  
3:00 Table Ball Roll

## Monkey Day 14

9:15 Mega Quiz  
10:00 Pokeno with Bill  
10:30 Mah Jong Club  
11:00 Chair Dance  
**Men's Group**  
12:45 Word Search & Sudoku  
1:00 Zumba, Afternoon Gathering, Solitaire, Spa Family Feud Tournament  
2:00 Finish the Phrase  
2:30 Watercolor Class & Bingo  
3:00 Balloon Volleyball

## Last Day of Hannukah 15

9:15 Categories Game  
9:45 LCSW & Speech Therapy  
10:00 Music Making/Karaoke  
Small Group Loteria  
10:30 Spanish Club  
11:00 Chair Stretch  
12:45 Colors & Cards  
**1:00 Balloon Volleyball**, Uno, Jeopardy, Talking for the Soul Group & **Uno with Tim**  
2:00 Geography Trivia  
2:30 Gardening

## Snowflake Appreciation Day 18

9:15 Unscramble Words  
10:00 Piano with Pat  
10:30 Spanish Group  
11:00 Active Group Exercise  
12:45 Math Sheets & Colors  
1:00 Zumba, Table Ball Roll, Solitaire, Jeopardy, Cribbage, Spa Day & Current Events  
2:00 Finish the Phrase  
2:30 Arts & Crafts

## Hard Candy Day 19

9:15 Rhyming Words  
10:00 Bingo with Tim  
11:00 **Movin & Groovin**  
**Women's Group**  
12:45 Coloring/Word Search  
**1:00 Silver Singers**, Uno w/ Tim, & **Purpose Driven Life Church Services**  
2:00 A-Z Game  
2:30 Acrylic Painting Tutorial  
3:00 Table Ball Roll

## Go Caroling Day 20

9:15 Opposite Words  
10:00 Olympic Bingo  
10:30 Spanish ESL Class  
11:00 Stretch & Flex  
12:45 Card Games & Coloring  
1:00 Walking Group, Chair Dance, Cribbage, Darts, Uno, Memories Chat, & Sing-Along  
2:00 Mega Quiz Trivia  
2:30 Floral Arrangements

## HAVE A Joyous SOLSTICE 21

9:15 Mega Quiz  
10:00 Pokeno with Bill  
10:30 Mah Jong Club  
11:00 Chair Dance  
**Men's Group**  
12:45 Word Search & Sudoku  
**1:00 Sunshine Group** & Small Group Activities  
2:00 Finish the Phrase  
2:30 Watercolor Class & Bingo

## Mathematics Day 22

9:15 Categories Game  
9:45 LCSW & Speech Therapy  
10:00 Music Making/Karaoke  
Small Group Loteria  
10:30 Spanish Club  
11:00 Chair Stretch  
12:45 Colors & Cards  
**1:00 Balloon Volleyball**, Uno, Jeopardy, Talking for the Soul Group & **Uno with Tim**  
2:00 Geography Trivia

**THE CENTER IS CLOSED 12/25/23 - 1/2/2024**

