

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday

# DECEMBER

## SPECIAL CARE UNIT (SCU) ACTIVITIES CALENDAR

1  
9:30 Morning Fitness  
10:00 News & Views  
10:30 Chair Soccer  
1:30 Relax & Chat  
2:00 Mandala Coloring Pages/ Puzzle Time  
**2:30 Afternoon Tea**  
3:00 Finish the Phrase  
3:30 🎵 Karaoke Songs  
4:00 Name Five/Categories  
6:00 Soft Music


2  
9:30 Chair Yoga  
10:00 Television Ministry  
11:00 † Hymn Sing  
2:00 Down Time/Snack  
2:30 Name that Tune  
3:00 Travelogue (ac)  
3:30 Chair Soccer  
6:00 Soft Music



3  
9:30 Fun & fitness  
10:15 News & Views  
**10:45 Bible Study w/ Chaplain Fasil**  
1:30 Musical Memories  
2:00 Wellness Program with Rima  
2:30 Down time/Snack  
3:00 🎵 Susie Q Singing  
3:30 All About Hanukah (ac), GP  
**4:00 🎵 Holiday Sing A Long**  
6:00 Soft Music



4  
9:30 Balance Fitness  
10:15 Weather, Date and Upcoming Events  
10:30 🎵 Name that Tune  
11:00 Morning Trivia  
1:30 Afternoon Walk  
2:00 Wellness Program with Rima  
2:30 Down time/Snack  
**2:30 Scenic Ride** 🚗  
3:00 Bowling  
4:00 Aromatherapy

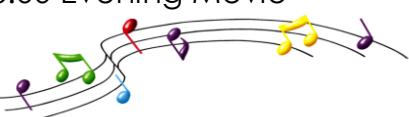


5  
9:30 Chair Yoga  
10:15 Weather, Date and Upcoming Events  
**10:30 🎵 Christmas Rhythm Band (instruments)**  
11:00 Finish the Phrase  
1:30 🎵 Personalized Playlists  
2:00 Wellness Program with Rima  
2:30 Down time/Snack  
3:00 Can you Picture This? (ac)  
**3:30 Chanukah Celebration with Chabad Tyson, GP\***  
3:30 Book Nook w/ Sharon  
6:00 Soft Music

6  
9:30 Movin' & Groovin'  
10:15 News & Views  
**10:30 December IQ (trivia)**  
11:00 Chicken Soup: Positive Messages  
1:30 Afternoon Walk  
2:00 Wellness Program with Rima  
2:30 Ice Cream Social  
**3:15 Pinecone Elf Craft (ac)**  
**6:00 Scenic Ride: Bull Run Park Christmas Lights** 🚗



7  
9:30 News & Views  
**10:00 🎵 Music Appreciation w/ Laura**  
10:30 Newspaper Articles  
**11:00 🚗 Lunch Bunch: Red Robbin**  
2:00 Wellness Program with Rima  
**2:30 Egg Nog and Cookies Social**  
3:30 🎵 Susie Q Music/Sing A Long  
6:00 Evening Movie



8  
9:30 Chair Cardio  
**10:30 🎵 Fair Studio Holiday Performance**  
1:30 Relax & Chat  
**2:30 Afternoon Tea**  
3:00 Finish the Phrase  
3:30 🎵 Karaoke Songs  
4:00 Name Five/Categories



9  
9:30 Chair Yoga  
10:00 Television Ministry  
11:00 † Hymn Sing  
1:30 Piano Music  
2:30 Daily Chronicles (ac), GP  
3:30 Balloons and Noodles Game  
6:00 Soft Music



10  
9:30 Fun & Fitness  
10:15 Weather, Date and Upcoming Events  
**10:45 Bible Study w/ Chaplain Fasil**  
1:30 Afternoon Walk  
2:00 Wellness Program with Rima  
2:30 Down time/Snack  
3:00 Mandala Coloring Pages  
3:30 Higher or Lower Card Game  
6:00 Soft Music

11  
9:30 Balance Fitness  
10:15 Weather, Date and Upcoming Events  
10:30 Spelling Bee  
1:30 Afternoon walk  
2:00 Wellness Program with Rima  
2:30 Down time/Snack  
**2:30 🚗 Scenic Drive**  
3:00 Chair Soccer  
3:30 Basketball Game  
6:00 Soft Music

12  
9:30 Chair Yoga  
10:15 News & Views  
**10:30 🎵 Christmas Rhythm Band (instruments)**  
11:00 The Alphabet Game  
1:30 Categories Game  
2:00 Wellness Program with Rima  
2:30 Downtime/Snack  
2:30 🎵 Musical Memories  
3:30 Book Nook with Sharon  
4:00 Simulated Pet Therapy  
6:00 Soft Music

13  
9:30 Movin' & Groovin'  
10:15 News & Views  
10:30 Morning Discuss and Recall Group  
1:30 Afternoon Walk  
2:00 Wellness Program with Rima  
2:30 Ice Cream Social  
**3:30 🎵 Christmas Carols**  
6:00 Soft Music



14  
9:30 Fun & fitness  
10:15 Weather, Date and Upcoming Events  
10:30 Newspaper Articles  
**11:00 🚗 Picnic Lunch Outing**  
1:30 Fly Ball Game  
2:00 Wellness Program with Rima  
2:30 Cranium Crunches  
**3:30 🎵 Acoustic Music with Rick O'Lee**  
6:00 Evening Movie



15  
9:30 Movin' & Groovin' Exercise Routine  
**10:15 🎵 Madrigal Centreville High School Carolers**  
1:30 Adult Coloring Pages  
**2:30 Afternoon Tea**  
3:00 Puzzles and Ponderings  
3:30 🎵 Name that Tune  
4:00 Name Five Game  
6:00 Soft Music

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 1:30 Relax &amp; Chat 2:00 Downtime/Snack 2:30 🎵 Name that Tune 3:30 Noodle Ball Game 6:00 Soft Music</p> 	<p><b>17</b></p> <p>9:30 Fun &amp; Fitness 10:15 News &amp; Views 10:30 Trivial Pursuit <b>10:45 Bible Study w/ Chaplain Fasil</b> 1:30 Dice Game 2:00 Wellness Program with Rima <b>2:30 Star of the Month: Samuel L. Jackson (ac)</b> 3:30 Chair Soccer 6:00 Soft Music</p>	<p><b>18</b></p> <p>9:30 Balance Fitness 10:15 Weather, Date and Upcoming Events 10:30 Balloon Volleyball 1:30 Afternoon walk 2:00 Wellness Program with Rima 2:30 Down time/Snack <b>2:30 Scenic Drive</b> 🚗 3:00 Sing A Long/Karaoke 4:00 Relax &amp; Chat 6:00 Soft Music</p> 	<p><b>19</b></p> <p>9:30 Movin' &amp; Groovin' Exercise Class <b>10:30 🎵 Christmas Rhythm Band (instruments)</b> 1:30 Famous Faces and Places Game 2:00 Wellness Program <b>2:30 Christmas Cookie Decorating</b> 3:30 Book Nook with Sharon 4:00 Afternoon Walk 6:00 Soft Music</p> 	<p><b>20</b></p> <p>9:30 Movin' &amp; Groovin' 10:15 News &amp; Views 10:30 🎵 Sing A Long 11:00 Rhyme Time 1:30 Relax &amp; Chat 2:00 Wellness Program 2:30 Ice Cream Social <b>3:30 Time Slips Program with The Center for Well-Being and Resiliency</b> 6:00 Soft Music</p> 	<p><b>21</b></p> <p>9:30 News &amp; Views <b>10:00 🎵 Music Appreciation with Dr. Laura Hills, FR</b> 10:30 Inflatable Ring Toss <b>11:00 🚗 Lunch Bunch: Silver Diner</b> 1:30 Discuss &amp; Recall 2:00 Wellness Program <b>2:30 Christmas Social and Meet &amp; Greet with Santa (John Grimsley)</b> <b>3:30 🎵 Christmas Carols/Sing A Long</b> 6:00 Evening Movie</p>	<p><b>22</b></p> <p>9:30 Morning Fitness 10:00 News &amp; Views 10:30 Would You Rather Ball Toss 1:30 Discuss and Recall 2:00 Puzzle Time <b>2:30 Afternoon Tea</b> 2:30 Table Games 3:30 Junk Drawer Detective (ac) 4:00 Short Stories 6:00 Soft Music</p>
<p><b>23</b></p> <p>9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 1:30 Pictionary Game 2:00 Down Time/Snack 2:30 Finish the Phrase <b>3:00 Yule Log Party Favor Craft (ac)</b> 4:00 🎵 Susie Q Sing A Long 6:00 Soft Music</p>	<p><b>24</b></p> <p>9:30 Fun &amp; Fitness 10:15 News &amp; Views 10:30 Travelogue 1:30 Name that Tune <b>2:30 Holiday Cheer!</b> <b>3:30 🎵 Christmas Sing A Long/Carols</b> <b>4:00 Holiday Name Five Game</b> <b>6:00 🎵 Christmas Music</b></p> 	<p><b>25</b></p> <p>9:30 Chair Yoga, GP <b>10:30 Sounds of the Season Sing A Long (ac)</b> 11:00 Reminisce Group 1:00 Afternoon Walk <b>2:30 Matinee Christmas Movie</b></p> 	<p><b>26</b></p> <p>9:30 Chair Yoga 10:15 Weather, Date and Upcoming Events <b>10:30 All About Kwanzaa (ac)</b> 1:30 🎵 Susie Q Sing A Long 2:00 Wellness Program 2:30 Down time/Snack 3:00 Can you Picture This? (ac) 3:30 Book Nook w/ Sharon 6:00 Soft Music</p> <p><b>Kwanzaa Begins</b></p>	<p><b>27</b></p> <p>9:30 Movin' &amp; Groovin' 10:15 Weather, Date and Upcoming Events 10:30 Math problems 11:00 Finish the Phrase 1:30 Afternoon Walk 2:00 Wellness Program with Rima 2:30 Ice Cream Social 3:30 The Alphabet Game 6:00 Soft Music</p> 	<p><b>28</b></p> <p>9:30 News &amp; Views <b>10:00 🎵 Music Appreciation with Dr. Laura Hills, FR</b> 10:30 Morning Exercise <b>11:00 🚗 Picnic Lunch</b> 11:00 Rhyme Time 1:30 Balloon Volleyball 2:00 Wellness Program <b>2:30 December Birthday Party Social</b> 3:30 Holiday Coloring Pages 6:00 Evening Movie <b>Happy Birthday Kathleen!</b></p>	<p><b>29</b></p> <p>9:30 Morning Fitness 10:00 News &amp; Views 10:30 Name That Tune 1:30 Relax &amp; Chat 2:00 Coloring Pages <b>2:30 Afternoon Tea</b> 2:30 Table Games/Puzzle Time 3:30 Simulated Pet Therapy 4:00 Chicken Soup Stories 6:00 Soft Music</p> 
<p><b>30</b></p> <p>9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 1:30 The Price is Right 2:00 Down Time/Snack 2:30 Travelogue 3:00 Balloons &amp; Noodles 3:30 Name Five Game 4:00 🎵 Susie Q Sing A Long 6:00 Soft Music</p> 	<p><b>31</b></p> <p>9:30 Fun &amp; Fitness 10:15 News &amp; Views 10:30 Spelling Bee <b>10:45 Bible Study w/ Chaplain Fasil</b> 2:00 Wellness Program with Rima <b>2:30 New Year's Eve Party!</b> <b>3:30 New Year's Eve Reminisce/Discussion</b> 3:30 🎵 Personalized Playlists 4:00 Name Five/Categories 6:00 Soft Music</p>	<p><b>SCU</b> <b>ACTIVITIES</b> <b>CALENDAR</b></p> <p><b>December</b></p> 		<p><b>Location Key</b></p> <p><b>2nd Floor</b> – Living Room <b>AF</b> - All Floors <b>CR</b> - Card Room <b>FP</b> - Front Porch <b>FR</b> - Family Room <b>GP</b> - Gathering Place <b>GB</b> - Greenbriar <b>MIL</b> – Meet in Lobby <b>OP</b> - Outside Patio <b>PDR</b> - Private Dining</p>	<p><b>Calendar Icons</b></p> <p>🚗 <b>Outing</b> 🎵 <b>Musical Program</b> † <b>Spiritual Program</b> ☀️ <b>Outdoor Activity</b></p> 	<p><b>SCU</b> SPECIAL CARE UNIT</p> <p><b>ACTIVITIES</b> <b>CALENDAR</b></p>