Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Dece	Photo Del Champlain Valley Senior Communication & Memory Care	2023 Inity e		10am: Seated Exercises (2B) 11am: Scenic Drive (1) 1:30pm: Poker (1) 3:30pm: Wine Down w/ Live Music (2BTV) 6pm: Comedy Movie (2BTV)	10am: Seated Exercises (2B) 2 10:30am: Coffee & Crosswords (2B) 11:30am: Diner Outing (1) 1:30pm: Nail Painting (2) 3:30pm: Dance Fitness / Stretching (2BTV) 6pm: Sitcom Saturday (2BTV)
10am: Seated Exercises (2B) 11am: Scenic Drive (1) 1:30pm: Christian Service (1) 3:30pm: Bingo (2) 6pm: Christmas Movie (2BTV)	10am: Seated Exercises (2B) 11am: Dollar General Trip (1) 1:30pm: Live Music (2B) 3:30pm: Mini Golf (2B) 6pm: Documentary (2BTV)	10am: Seated Exercises 11am: Scenic Drive 1pm: UNO 3:30pm: Bingo 6pm: Action/Western Movie	10am: Seated Exercises (2B) 6 11am: Protestant Service (1) 1:30pm: Arts & Crafts (2) 3:30pm: Wine Down (2BTV) 6pm: You pick the movie (2BTV)	Hair Salon Open! 10am: Seated Exercises (2B) 11am: Catholic Service (1) 1:30pm: Coffee & Word Search (2B) 3:30pm: Bingo (2) 6pm: Movie (2BTV) Hanukkah Begins	10am: Seated Exercises (2B) 8 11am: Scenic Drive (1) 1pm: Poker (DR) 2pm: Live Music w/ Wine Down (2B) 5:30pm: Willsboro Tree Lighting (2BTV)	10am: Seated Exercises (2B) 9 10:30am: Coffee & Crosswords (2B) 11am: Nail Painting (2) 1:30pm: Plattsburgh Trip (1) 3:30pm: Games/Social (2) 6pm: Sitcom Saturday (2BTV)
10am: Seated Exercises (2B) 10 11am: Scenic Drive (1) 1:30pm: Hymn Sing (1) 3:30pm: Bingo (2) 6pm: Christmas Movie (2BTV)	10am: Seated Exercises (2B) 11am: Dollar General Trip (1) 1:30pm: Ice Cream Social (1) 3:30pm: Bowling (2B) 6pm: Documentary (2BTV)	9:45am: Painting w/ Bryan Briscoe (2) 1:30pm: Flower Arranging (2) 3:30pm: Bingo (2) 6pm: Action/Western Movie (2BTV)	2 10am: Resident Council 13 Meeting (2B) 11am: Protestant Service (1) Meeting Day! 6pm: You pick the movie (2BTV) **Limited activities due to meetings**	9:45am: Seated Exercises (2B) 4 10:30am: Catholic Mass (1) 1:30pm: Coffee & Crosswords(2) 3:30pm: Bingo (2) 6pm: Movie (2BTV	10am: Seated Exercises (2B) 15 11am: Scenic Drive (1) 1:30pm: Presentation w/ Mel Frechette (1) 3:30pm: Wine Down w/ Wheel of Fortune (2BTV) 6pm: Comedy Movie (2BTV)	10am: Seated Exercises (2B) 16 10:30am: Coffee &Crosswords (2B) 11:30am: Diner Outing (1) 1:30pm: Nail Painting (2) 3:30pm: Dance Fitness / Stretching (2BTV) 6pm: Sitcom Saturday (2BTV)
10am: Seated Exercises (2B) 17 11am: Scenic Drive (1) 1:30pm: Christian Service (1) 3:30pm: Bingo (2) 6pm: Christmas Movie (2BTV) Happy Birthday Nancy Laramie!	10am: Seated Exercises (2B) 18 11am: Dollar General Trip (1) 1pm: Ice Cream Social (1) 2pm: Santa Claus is coming to town! (2B) 6pm: Documentary (2BTV) Happy Birthday Tom Clifford!	10am: Seated Exercises (2B) 1 11am: Scenic Drive (1) 1:30pm: UNO (2) 3:30pm: Bingo (2) 6pm: Action/Western Movie (2BTV)	9 10am: Seated Exercises (2B) 20 11am: Protestant Service (1) 1:30pm: Arts & Crafts (2) 3:30pm: Wine Down (2BTV) 6pm: You pick the movie (2BTV)	Hair Salon Open! 21 10am: Seated Exercises (2B) 11am: Catholic Service (1) 2pm-4pm: Christmas Party w/ Live Music! (2B) 6pm: Movie (2BTV) Winter Begins	10am: Seated Exercises (2B) 22 11am: Scenic Drive (1) 1:30pm: Poker (DR) 3:30pm: Wine Down w/ Wheel of Fortune (2BTV) 6pm: Comedy Movie (2BTV)	10am: Seated Exercises (2B) 23 10:30am: Coffee & Crosswords (2B) 11am: Nail Painting (2) 1:30pm: Plattsburgh Trip (1) 3:30pm: Games/Social (2) 6pm: Sitcom Saturday (2BTV)
10am: Seated Exercises (2B) 24 11am: Scenic Drive (1) 1:30pm: Hymn Sing (1) 3:30pm: Bingo (2) 6pm: Thanksgiving/Christmas Movie (2BTV)	Chocolate! (2BTV) 3:30pm: Wine Down w/ Christmas Carols (2BTV) 6pm: Documentary (2BTV)	Briscoe (2) 1:30pm: Flower Arranging (2) 3:30pm: Bingo (2) 6pm: Action/Western Movie (2BTV)	10am: Seated Exercises (2B) 27 11am: Protestant Service (1) 1:30pm: Arts & Crafts (2) 3:30pm: Wine Down (2BTV) 6pm: You pick the movie (2BTV)	9:45am: Seated Exercises (2B28 10:30am: Catholic Mass (1) 2pm: Live Music (2B) 3:30pm: Bingo (2) 6pm: Movie (2BTV Happy Birthday Mu Chang!	10am: Seated Exercises (2B) 29 11am: Scenic Drive (1) 1pm: Poker (DR) 2pm: Live Music w/ Wine Down (2B) 6pm: Comedy Movie (2BTV)	10am: Seated Exercises (2B) 30 10:30am: Coffee & Crosswords (2B) 11:30am: Diner Outing (1) 1:30pm: Nail Painting (2) 3:30pm: Dance Fitness / Stretching (2BTV) 6pm: Sitcom Saturday (2BTV)
31	Christmas	Kwanzaa Begins				
	Assisted Living		10 July 19			
	Breakfast: 8am-9am Lunch: 12pm-1pm					
	Dinner: 5pm-6pm					CHAMPLAIN VALLEY
New Year's Eve		A STATE OF THE STA				SENIOR COMMUNITY Assisted Living & Memory Care

Assisted Living & Memory Care

New Year's Eve