

December 2018 Activities Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTINGS FOR DECEMBER: • 1st - Craft Fair (10am) • 6th - Mall (1:30pm) • 19th - Dinner Pasquales (4p) • 27th - Scenic drive (10:30am)		DALE CRAIG (13th) GLADYS FROUSTET (26th) BIRTHDAY	MEALTIMES & ONE-ON-ONE: 8:00-9:00am Breakfast 9:30-10:00am 1-on-1 activities 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 5:00-6:00pm Dinner		1 9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Sat. Matinee (ICP) 2:30-3:30pm Historic DOCU (DRTV) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)	2 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Blast from the Past: Music Grp 2:30-3:30pm Fall Recipe 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)
10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities	4 9:30-10am 1-on-1 activities 10am Cardio (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Life Story Group 2:30-3:30pm Live Music w/ Cooie (DR) 4-5pm Daily Social (DR) 6:15pm Movie	5 9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Crafting Group (DRS) 2:30-3:30pm Crossword (ICP) 4-5pm Daily Social (DR) 6:15pm Movie	6 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 11-11:45am Eucharist/Relig.Obsvnce (DR) 1-1:30pm 1-on-1 activities 1:15-2:15pm Chalkboard Décor 2:30-3:30pm Comm. Connections (DR) 4-5pm Daily Social (DR) 6:15pm Movie	7 9:30-10am 1-on-1 activities 10am Cardio (DR) 11-11:45am Current Event Group (ICP) 1-1:30pm 1-on-1 activities 1:15-2:15pm Jeopardy (ICP) 2:30-3:30pm Live Music w/Don & Earl (DR) 4-5pm Daily Social (DR) 6:15pm Movie	8 9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Sat. Matinee (ICP) 2:30-3:30pm Scrapbook Project (DRS) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)	9 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Afternoon Café 2:30-3:30pm Sundae Sunday (ICP) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)
10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Rummikub (DRS) 2:30-3:30pm Adaptive Martial Arts (DR)	11 9:30-10am 1-on-1 activities 10am Cardio (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Presentation 2:30-3:30pm Live Music w/ Lou Allen (DR) 4-5pm Daily Social (DR) 6:15pm Movie	9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1-2pm Christmas Party 2:30-3:30pm Group Bingo (DR) 4-5pm Daily Social (DR) 6:15pm Movie	9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 11-11:45am Eucharist/Relig.Obsvnce (DR) 1-1:30pm 1-on-1 activities 1-2pm Christmas Party (DR) 2:30-3:30pm Comm. Connections (DR) 4-5pm Daily Social (DR) 6:15pm Movie	14 9:30-10am 1-on-1 activities 10am Cardio (DR) 11-11:45am Current Event Group (ICP) 1-1:30pm 1-on-1 activities 1:15-2:15pm Crossword Puzzle (ICP) 2:30-3:30pm Wii Games 4-5pm Daily Social (DR) 6:15pm Movie	9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Sat. Matinee (ICP) 2:30-3:30pm Historic DOCU (DRTV) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)	16 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Blast from the Past: Music Grp 2:30-3:30pm Fall Recipe 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)
10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Rummikub (DRS)	18 9:30-10am 1-on-1 activities 10am Cardio (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Baking Group 2:30-3:30pm Spa Day (DR) 4-5pm Daily Social (DR) 6:15pm Movie	19 9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Crafting Group (DRS) 2:30-3:30pm Crossword (ICP) 4-5pm Daily Social (DR) 6:15pm Movie	20 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 11-11:45am Eucharist/Relig.Obsvnce (DR) 1-1:30pm 1-on-1 activities 1:15-2:15pm Chalkboard Décor 2:30-3:30pm Comm. Connections (DR) 4-5pm Daily Social (DR) 6:15pm Movie	21 9:30-10am 1-on-1 activities 10am Cardio (DR) 11-11:45am Current Event Group (ICP) 1-1:30pm 1-on-1 activities 1:15-2:15pm Jeopardy (ICP) 2:30-3:30pm Wii Games 4-5pm Daily Social (DR) 6:15pm Movie	9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Sat. Matinee (ICP) 2:30-3:30pm Scrapbook Project (DRS) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)	23 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Afternoon Café 2:30-3:30pm Live Music w/ Lou Allen (DR) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)
2:30-3:30pm Adaptive Martial Arts (DR)	MERRY CHRISTMAS! 9:30-10am 1-on-1 activities 10am Cardio (DR) 1:15-2:15pm Presentation 2:30-3:30pm Spa Day (DR) 4-5pm Daily Social (DR) 6:15pm Movie	10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Crafting Group (DRS)	27 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 11-11:45am Eucharist/Relig.Obsvnce (DR) 1-1:30pm 1-on-1 activities 1:15-2:15pm Scavenger Hunt 2:30-3:30pm Comm. Connections (DR) 4-5pm Daily Social (DR) 6:15pm Movie	28 9:30-10am 1-on-1 activities 10am Cardio (DR) 11-11:45am Current Event Group (ICP) 1-1:30pm 1-on-1 activities 1:15-2:15pm Crossword Puzzle (ICP) 2:30-3:30pm Wii Games 4-5pm Daily Social (DR) 6:15pm Movie	29 9:30-10am 1-on-1 activities 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Sat. Matinee (ICP) 2:30-3:30pm Historic DOCU (DRTV) 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)	30 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-1:30pm 1-on-1 activities 1:15-2:15pm Blast from the Past: Music Grp 2:30-3:30pm Fall Recipe 4-5pm Daily Social (DR) 6:15pm Evening Café (ICP)
31 9:30-10am 1-on-1 activities 10am Strength Exercise (DR) 12:00-1:00pm Lunch	Activity Information and Support is available by contacting the Activity Department at (518) 817-9108 Ext.407 Ed. Johnston, Activity Director ad@champleinessistedliving.com. ROOM & FLOOR KEY 3BB: Balcony, Floor 3B 3LR: Living Room, Floor 3					

1-1:30pm | 1-on-1 activities

1:15-2:15pm | Rummikub (DRS)

2:30-3:30pm | Adaptive Martial Arts (DR)

4-5pm | Daily Social (DR) 6:15pm | Movie

Ed Johnston, Activity Director ed@champlainassistedliving.com Britney Aldrich, Activity Coordinator britney@champlainassistedliving.com Erika Oliver, Activity Coordinator erika@champlainassistedliving.com

3LR: Living Room, Floor 3 DR: Dining Room, Floor 2B DRL: Dining Room Lounge, Floor 2B DRS: Dining Room Stage, Floor 2 **DRTV:** Dining Room TV, Floor 2B ICP: Ice Cream Parlor, Floor 1