

Monday

Tuesday

Wednesday

Thursday

Friday



ELDERDAY  
ADULT DAY HEALTH CARE

# December 2022

## Elderday, ADHC

A Program of Community Bridges



10:30-Coffee Talk  
 10:45-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Gentle Chair Yoga @RR  
 1:00- **BINGO**  
 1:50-Prize Shopping

5 10:30-Morning Brews & News 6  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Trivia & Reminiscing @RR  
 1:00- **LOTERIA** 1:50-Prize Shopping

**Pearl Harbor Remembrance Day**  
 10:30-Coffee Talk  
 11:00-Pearl Harbor Remembrance  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Ornament Crafting @MR & RR  
 1:15-**Wheel-of-Fortune**

7 10:30-Coffee Talk 8  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Lawn Darts @RR  
 1:00-Winter Crafting  
 1:00-**Karaoke** CAROLING

9 10:30-Morning Brew & News 9  
 11:00-Catholic Mass  
 11:45-Seated Exercises  
 12:00-Lunch Service  
 1:00- Netflix & Popcorn @RR  
 1:00-Live Music in the Main Room  
 ♪♪ **Johnny Fabulous** ♪♪

Día de Virgen de Guadalupe  
 10:30-Coffee Talk  
 10:45-Tai Chi with Iro  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Gentle Chair Yoga @RR  
 1:00- **BINGO**  
 1:50-Prize Shopping

12 **UGLY Sweater Day** 13  
 10:30-Morning Brews & News  
 11:30-Ugly Holiday Sweater Parade & Prizes  
 12:00-Lunch Service  
 1:00-Trivia & Reminiscing @RR  
 1:00- **LOTERIA**

14 10:45- Tai Chi with Iro @MR 14  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Watercolor @RR  
 1:00-Crafting @MR  
 1:00-**Karaoke** CAROLING

15 10:30-Coffee Talk 15  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Balloon Badminton @RR  
 1:00- **Totally Trivia**  
 1:15-**HOOPS!**

HANUKAH BEGINS SUNDAY  
 10:30-Morning Brew & News  
 11:00-Prayer Circle with Elena  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Darts @RR  
 1:00-Netflix & Popcorn

19 10:30-Coffee Talk 19  
 10:45-Tai Chi with Iro @MR  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Gentle Chair Yoga @RR  
 1:00- **BINGO**  
 1:50-Prize Shopping

20 10:30-Morning Brews & News 20  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Trivia & Reminiscing @RR  
 1:00- **LOTERIA**  
 1:50-Prize Shopping

**Holiday Party** 21  
 10:45- Tai Chi with Iro @MR  
 11:00-Crafts & Table Activities  
 12:00-Lunch Service  
 1:00-Netflix & Popcorn @RR  
 1:00-Holly-Jolly-Holiday Fun & Reindeer Games

22 10:30-Coffee Talk 22  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Lawn Darts @RR  
 1:00-Holiday Crafts  
 1:00-**Karaoke** CAROLING

23 10:45-Crafts & Table Activities 23  
 11:00-Prayer Circle with Elena  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Darts @RR  
 1:00-**Posada Navideña**

**Closed Cerrado**  
  
 HAPPY KWANZAA  
 Kwanza Begins

26 10:30-Morning Brews & News 27  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Trivia & Reminiscing @RR  
 1:00- **LOTERIA**  
 1:50-Prize Shopping

28 10:30-Coffee Talk 28  
 10:45- Tai Chi with Iro @MR  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-New Year Craft @RR  
 1:00- **BINGO**

29 10:30-Coffee Talk 29  
 11:00-Crafts & Table Activities  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Balloon Badminton @RR  
 1:00-**Wheel-of-Fortune**  
 1:15-**HOOPS!**

30 10:30-Morning Brew & News 30  
 11:00-Prayer Circle with Elena  
 11:45-Seated Movement & Motion  
 12:00-Lunch Service  
 1:00-Netflix & Popcorn @RR  
 1:00-**End of Year Celebration**