

DECEMBER

Activities and Event Calendar (2200 Peachtree Lane.)

Life Enrichment Coordinator
Shelby@4seasonsseniorliving.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1. 10:00AM Read the Paper. 2:00PM Workout Video.
2. 10:00AM Bible Study. 2:00PM Music Group: Mariah Carey.	3. 10:30AM Relaxing Chair Exercises for Upper Body. 11:00AM Feed the Snowman. 2:00PM Baking Club.	4. 10:00AM Card Game: Slapjack. 2:00PM Word Game Wednesday: Winter Word Scramble.	5. 11:30AM Mitten Ornaments. 2:00PM Group Puzzle.	6. 2:00PM Game Time Tetris.	7. 10:00AM Morning Meditation. 2:00PM Book Club: 'How the Grinch Stole Christmas.'	8. 10:00AM Sunday Shows 'Lingo.' 2:00PM Christmas Pantomimes Quiz.
9. 10:00AM Adult Coloring Club. 2:00PM Music Group: Frank Sinatra.	10. 10:30AM 30 Min Exercise Routine. 11:00AM Penguin Hunting. 2:00PM Ubongo.	11. 10:00AM Jenga. 2:00PM Word Game Wednesday: Snowstorm Word Finder.	12. 11:30AM Baking Club: Reindeer Brownies. 2:00PM Poetry Club: The Six-Cornered Snowflake.	13. 2:00PM Spa Day Manicures.	14. 10:00AM Table Talk. 2:00PM Trivia Kissing Under the Mistletoe.	15. 10:00AM Read the Paper. 2:00PM Workout Video.
16. 10:00AM Bible Study: The Birth of Jesus. 2:00PM Music Group: Michael Buble.	17. 10:30AM Gentle Stretches. 11:00AM Christmas Tree Pong: Cup Toss. 2:00PM Baking Club.	18. 10:00AM Card Game: Uno. 2:00PM Word Game Wednesday: Christmas Word Scramble.	19. 11:30AM Arts and Crafts: Cardinal Painting. 2:00PM Magnetic Puzzle.	20. 2:00PM Film Friday 'A Christmas Story.'	21. 10:00AM Morning Meditation. 2:00PM Book Club: 'The Story of Saint Nicholas.' First Day of Winter	22. 10:00AM Sunday Shows 'Lingo.' 2:00PM Complete the Carol Titles.

23. 10:00AM Adult Coloring Club. 2:00PM Music Group: Dean Martin.	24. 10:00AM Ball Toss with Staff. 2:00PM Sensory Seek and Find. Christmas Eve	25. No Activities Scheduled for Today, Christmas Day	26. 11:30AM Salt and Watercolor Snowflakes. 2:00PM Poetry Club: White Eyes.	27. 2:00PM Bingo Winter Bingo	28. 10:00AM Table Talk. 2:00PM Trivia New Years Traditions from Around the World.	29. 10:00AM Read the Paper. 2:00PM Workout Video.
30. 10:00AM Bible Study. 2:00PM Music Group: Andy Williams.	31. 10:00AM Pleasant Face Exercises. 2:00PM Baking Club. New Years Eve					