

Delta Towers Ward 5  
808 Bladensburg Rd NE  
Judy Bond (202) 793-9154

Seabury Resources for Aging®



# December 2024



*Grocery Shuttle will not run in inclement weather.*

Monday		Tuesday		Wednesday		Thursday		Friday	
10AM	<b>2</b> Grocery Shuttle: Walmart	10AM	<b>3</b> Healthy Recipes	10AM	<b>4</b> Health & Wellness	10AM	<b>5</b> Hallway Walking	10AM	<b>6</b> HP: Practice Gratitude
11AM	HP: Keeping the Brain Sharp	11AM	Movie Hour	11AM	Table Games/ Cards	11AM	Table Games/ Cards	11AM	Lets Get Social
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Arts N Crafts	1PM	Music Hour/ Dance	1PM	Music Hour/ Dance	1PM	Table Games/ Card Games
10AM	<b>9</b> Site Trip Day	10AM	<b>10</b> HP: Stress Relief	<b>11</b> Mayors Holiday Party!		10AM	<b>12</b> HP: Let's Cook! Healthy Recipes	<b>13</b> HP: Practice Gratitude Nutrition Education 11AM	
11AM	HP: Keeping the Brain Sharp	11AM	Movie Hour			11AM	Can You Dance?		
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble	1PM	Arts N Crafts	1PM	Music Hour	1PM	Can You Dance?
10AM	<b>11</b> Grocery Shuttle: Walmart	10AM	<b>12</b> Hallway Walking	10AM	<b>13</b> HP: Emotions & Health	10AM	<b>14</b> Movie Hour	10AM	<b>15</b> Music Hour
11AM	HP: Keeping the Brain Sharp	11AM	Puzzles	11AM	Bingo Day!	11AM	Health & Wellness	11AM	Health & Wellness
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble	1PM	Puzzles	1PM	Arts N Crafts	1PM	Card Game
10AM	<b>23</b> Healthy Recipes	10AM	<b>24</b> HP: Stress Relief	<b>25</b> Sites Closed Christmas Holiday		10AM	<b>26</b> HP: Let's Cook! Healthy Recipes	10AM	<b>27</b> Health & Wellness
11AM	Movie Hour	11AM	Puzzles			11AM	Movie Hour	11AM	Table Games/ Cards
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble			1PM	Arts N Crafts	1PM	Music Hour/ Dance
10AM	<b>30</b> Site Trip Day	10AM	<b>31</b> HP: Stress Relief						
11AM	HP: Keeping the Brain Sharp	11AM	Music Hour						
12PM	Lunch	12PM	Lunch						
1PM	Arts N Crafts	1PM	Word Scramble						

Edgewood Commons Ward 5  
 635 Edgewood St NE  
 Michele Washington (202) 459-8452



# December 2024



*Grocery Shuttle will not run in inclement weather.*

Monday		Tuesday		Wednesday		Thursday		Friday	
10AM	<b>2</b> Hallway Walking	10AM	<b>3</b> Hallway Walking	10AM	<b>4</b> HP: Emotions & Health	10AM	<b>5</b> Healthy Topics!	10AM	<b>6</b> HP: Practice Gratitude
11AM	Table Games/ Cards	11AM	Puzzles	11AM	Lunch	11AM	Card Games	11AM	Music Hour
12PM	Lunch	12PM	Lunch	12PM	Card Games	12PM	Lunch	12PM	Lunch
1PM	Music Hour/ Dance	1PM	Word Scramble	1PM	Grocery Shuttle: Walmart/Aldi's	1PM	Trivia	1PM	Can You Dance?
10AM	<b>9</b> HP: Keeping the Brain Sharpe	10AM	<b>10</b> HP: Stress Relief	<b>11</b> Mayors Holiday Party!		10AM	<b>12</b> HP: Let's Cook! Healthy Recipes	10AM	<b>13</b> HP: Practice Gratitude
11AM	News Updates	11AM	Mindful Meditation			11AM	Corn Hole	11AM	AARP Visit 11AM
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Word Search	1PM	Tasty Tuesday	1PM	Lets Get Social	1PM	Table Games	1PM	Lets Make A Deal
<b>11</b>	<b>11</b> Hygiene and Health	<b>12</b>	<b>12</b> HP: Stress Relief	<b>13</b>	<b>13</b> Site Trip: American Legion	<b>14</b>	<b>14</b> HP: Let's Cook! Healthy Recipes	<b>15</b>	<b>15</b> HP: Practice Gratitude
10AM	Table Games/ Cards	10AM	Arts N Crafts	10AM	HP: Emotions & Health	10AM	Arts N Crafts	10AM	Let's Get Social
11AM	Lunch	11AM	Lunch	11AM	Lunch	11AM	Lunch	11AM	Lunch
12PM	Music Hour/ Dance	12PM	Corn Hole	12PM	Let's Get Social	12PM	Chair Yoga	12PM	Music Hour
1PM		1PM		1PM		1PM		1PM	
10AM	<b>23</b> HP: Keeping the Brain Sharpe	10AM	<b>24</b> HP: Stress Relief	<b>25</b> Sites Closed Christmas Holiday		10AM	<b>26</b> Healthy Topics!	10AM	<b>27</b> Hygiene and Health
11AM	Movie Hour	11AM	Bingo			11AM	Card Games	11AM	Table Games/ Cards
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Chair Yoga	1PM	Bingo	1PM		1PM	Trivia	1PM	Music Hour/ Dance
10AM	<b>30</b> HP: Keeping the Brain Sharpe	10AM	<b>31</b> HP: Stress Relief						
11AM	Mindful Meditation	11AM	Tasty Tuesday						
12PM	Lunch	12PM	Lunch						
1PM	Exercise	1PM	Word Search						

Gettysburg Ward 5  
 3001 Bladensburg RD NE  
 Geraldine Brooks (813) 777-4049



# December 2024



*Grocery Shuttle will not run in inclement weather.*

Monday		Tuesday		Wednesday		Thursday		Friday	
10AM	<b>2</b> Hygiene and Health	10AM	<b>3</b> HP: Keeping the Brain Sharp	10AM	<b>4</b> Health Promotions	10AM	<b>5</b> Health Promotions	10AM	<b>6</b> HP: Practice Gratitude
11AM	Table Games/ Cards	11AM	Crafting Hour	11AM	Open Creativity	11AM	Open Creativity	11AM	<b>Election Party!</b>
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Music Hour/ Dance	1PM	Bingo!	1PM	Card Games/ Art	1PM	Card Games/ Art	1PM	Let's Get Social
10AM	<b>9</b> Lets Get Social	10AM	<b>10</b> HP: Stress Relief	<b>11</b> Mayors Holiday Party!		10AM	<b>12</b> HP: Lets Cook! Healthy Recipes	10AM	<b>13</b> HP: Practice Gratitude
11AM	Table Games/ Cards	11AM	Game Day!			11AM	Exercise w Ms. Peaches	11AM	Music Hour
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Healthy News!	1PM	Bingo!	1PM	Hands On Hour!	1PM	Bingo	1PM	Can You Dance?
<b>11</b>	<b>Closed</b>	<b>12</b>	<b>HP: Stress Relief</b>	<b>13</b>	<b>HP: Emotions &amp; Health</b>	<b>14</b>	<b>HP: Lets Cook! Healthy Recipes</b>	<b>15</b>	<b>HP: Practice Gratitude</b>
10AM	<b>Veterans Day</b>	10AM	Game Day!	10AM	Hands On Hour!	10AM	Exercise w Ms. Peaches	10AM	<b>AARP Visit 11AM</b>
11AM	<b>Observance</b>	11AM	Lunch	11AM	Lunch	11AM	Lunch	11AM	Lunch
12PM		12PM	Bingo!	12PM	Puzzles	12PM	Bingo	12PM	Lets Get Social/ Dance Hour
1PM		1PM		1PM		1PM		1PM	
10AM	<b>23</b> HP: Keeping the Brain Sharp	10AM	<b>24</b> HP: Stress Relief	<b>25</b> Sites Closed Christmas Holiday		10AM	<b>26</b> HP: Lets Cook! Healthy Recipes	10AM	<b>27</b> HP: Practice Gratitude
11AM	Crafting Hour	11AM	Game Day!			11AM	Exercise w Ms. Peaches	11AM	Table Games/ Cards
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Grocery Shuttle: Dollar Tree	1PM	Bingo!	1PM	Bingo	1PM	Bingo	1PM	Music Hour/ Dance
10AM	<b>30</b> Site Trip Day!	10AM	<b>31</b> HP: Stress Relief						
11AM	HP: Keeping the Brain Sharp	11AM	Game Day!						
12PM	Lunch	12PM	Lunch						
1PM	Arts N Crafts	1PM	Bingo!						


Green Valley Ward 5  
 2412 Franklin St NE  
 Sandra Broomfield (771) 200-6667



# December 2024



*Grocery Shuttle will not run in inclement weather.*

Monday		Tuesday		Wednesday		Thursday		Friday	
10AM	<b>2</b> Brain Health	10AM	<b>3</b> Health Promotions	10AM	<b>4</b> Hallway Walking	10AM	<b>5</b> Hygiene and Health	10AM	<b>6</b> HP: Practice Gratitude
11AM	Open Creativity	11AM	Open Creativity	11AM	Puzzles	11AM	Table Games/ Cards	11AM	Music
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Card Games/ Art	1PM	Card Games/ Art	1PM	Word Scramble	1PM	Music Hour/ Dance	1PM	Arts & Crafts
10AM	<b>9</b> HP: Practice Gratitude	10AM	<b>10</b> Grocery Shuttle: Walmart	<b>11</b> <i>Mayors Holiday Party!</i> 		10AM	<b>12</b> HP: Lets Cook! Healthy Recipes's	10AM	<b>13</b> HP: Practice Gratitude
11AM	Uno Games	11AM	HP: Stress Relief			11AM	Card Games	11AM	Games
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Crafting	1PM	Arts N Crafts	1PM	Music Hour	1PM	Arts & Crafts
<b>11</b>	<b>Closed</b>	<b>12</b>	<b>Site Trip: Bread For The City</b>	<b>13</b>	<b>HP: Emotions &amp; Health</b>	<b>14</b>	<b>HP: Let's Cook! Healthy Recipe's</b>	<b>15</b>	<b>HP: Practice Gratitude</b>
10AM	<b>Veterans Day</b>	10AM	HP: Stress Relief	10AM	<b>Bingo Day!</b>	10AM	<b>Site Trip: Amish Market</b>	10AM	<b>Uno Games</b>
11AM	<b>Observance</b>	11AM	Lunch	11AM	Lunch	11AM	Lunch	11AM	Lunch
12PM		12PM	Word Scramble	12PM	Puzzles	12PM	Card Games	12PM	Crochet
1PM		1PM		1PM		1PM		1PM	
10AM	<b>23</b> HP: Practice Gratitude	10AM	<b>24</b> Grocery Shuttle: Walmart	<b>25</b> <b>Sites Closed</b> <b>Christmas</b> <b>Holiday</b>		10AM	<b>26</b> HP: Let's Cook! Healthy Recipe's	10AM	<b>27</b> Brain Health
11AM	Making Vision Boards	11AM	HP: Stress Relief			11AM	Crochet	11AM	Open Creativity
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Art's N Craft	1PM		1PM	Arts N Crafts	1PM	Card Games/ Art
10AM	<b>30</b> HP: Practice Gratitude	10AM	<b>31</b> HP: Practice Gratitude						
11AM	Uno Games	11AM	HP: Stress Relief						
12PM	Lunch	12PM	Lunch						
1PM	Arts N Crafts	1PM	Art's N Crafts						

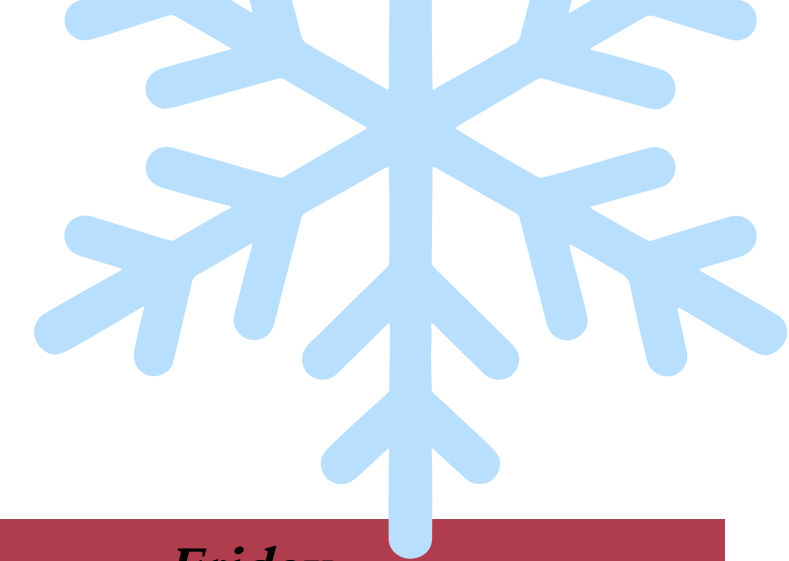
Greenleaf Ward 6

1200 Delaware Ave SW

Billy Anderson (202) 716-3898



# December 2024



*Grocery Shuttle will not run in inclement weather.*

Monday		Tuesday		Wednesday		Thursday		Friday	
10AM	<b>2</b> Brain Health	10AM	<b>3</b> Health Promotions	10AM	<b>4</b> Health Promotions	10AM	<b>5</b> Hallway Walking	10AM	<b>6</b> HP: Practice Gratitude
11AM	Open Creativity	11AM	Open Creativity	11AM	Open Creativity	11AM	Puzzles	11AM	Arts N Crafts
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Card Games/ Art	1PM	Card Games/ Art	1PM	Card Games/ Art	1PM	Word Scramble	1PM	Table Games/ Card Games
10AM	<b>9</b> Site Trip Day	10AM	<b>10</b> HP: Practice Gratitude	<b>11</b> 		10AM	<b>12</b> HP: Practice Gratitude	10AM	<b>13</b> HP: Practice Gratitude
11AM	HP: Practice Gratitude	11AM	Movie Hour			11AM	Can You Dance?	11AM	Music Hour
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble	1PM	Arts N Crafts	1PM	Music Hour	1PM	Can You Dance?
10AM	<b>16</b> <u>Closed</u>	10AM	<b>17</b> HP: Practice Gratitude	10AM	<b>18</b> HP: Practice Gratitude	10AM	<b>19</b> HP: Practice Gratitude	10AM	<b>20</b> HP: Practice Gratitude
11AM	<b>Veterans Day</b>	11AM	Puzzles	11AM	Bingo Day!	11AM	Movie Hour	11AM	Music Hour
12PM	<b>Observance</b>	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM		1PM	Word Scramble	1PM	Puzzles	1PM	Arts N Crafts	1PM	Card Game
10AM	<b>23</b> Site Trip Day	10AM	<b>24</b> HP: Practice Gratitude	<b>25</b> <b>Sites Closed</b> <b>Christmas</b> <b>Holiday</b>		10AM	<b>26</b> HP: Practice Gratitude	10AM	<b>27</b> HP: Practice Gratitude
11AM	HP: Practice Gratitude	11AM	Puzzles			11AM	Movie Hour	11AM	<b>AARP Visit 11AM</b>
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble	1PM		1PM	Arts N Crafts	1PM	Music Hour/ Dance
10AM	<b>30</b> HP: Practice Gratitude	10AM	<b>31</b> HP: Practice Gratitude						
11AM	Grocery Shuttle	11AM	Music Hour						
12PM	Lunch	12PM	Lunch						
1PM	Arts N Crafts	1PM	Word Scramble						

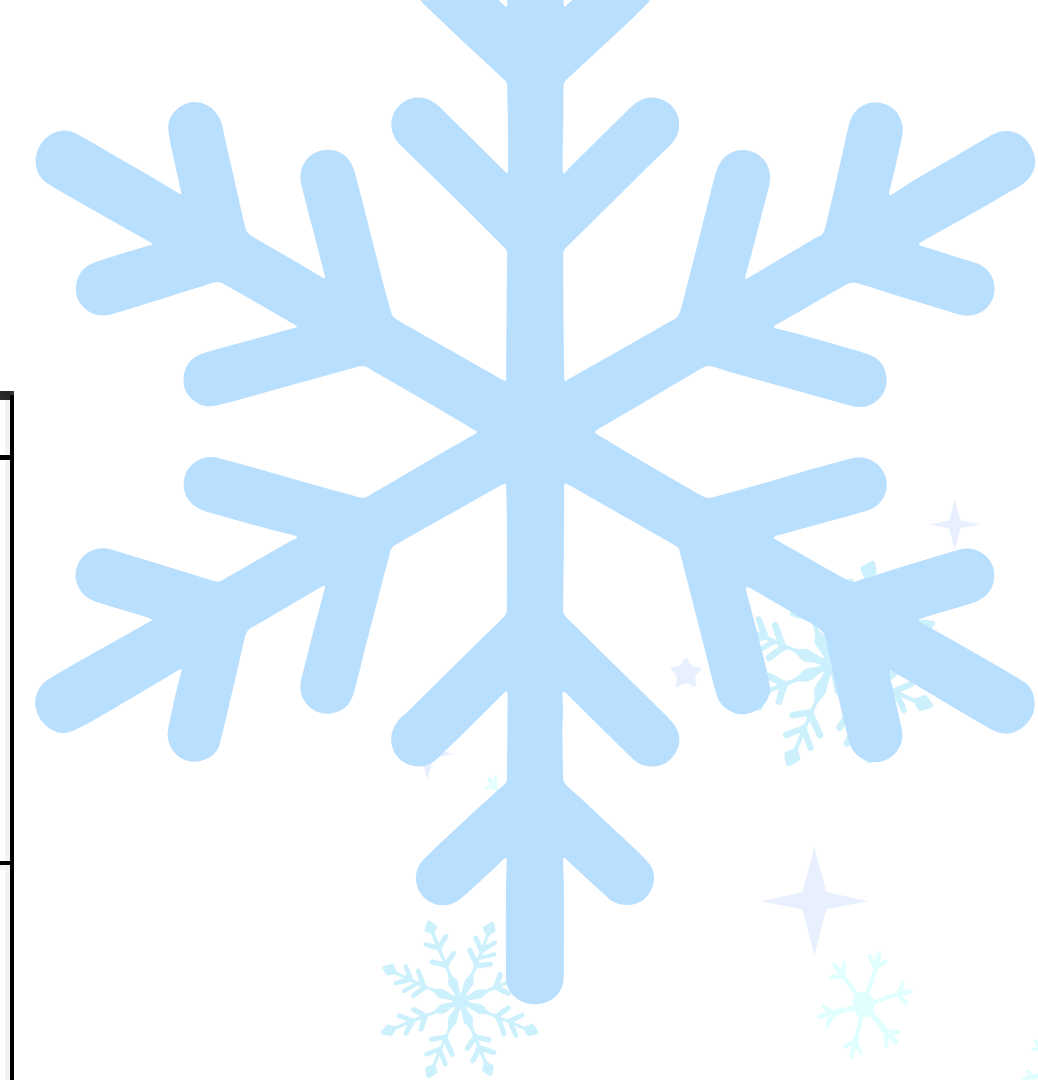
Kibar Halal Nutrition Ward 5  
 100 N St NW  
 Maryam Saleem (202) 270-2031



# December 2024



*Kibar Halal Nutritional Site does not open on Friday.  
 Grocery Shuttle will not run in inclement weather.*



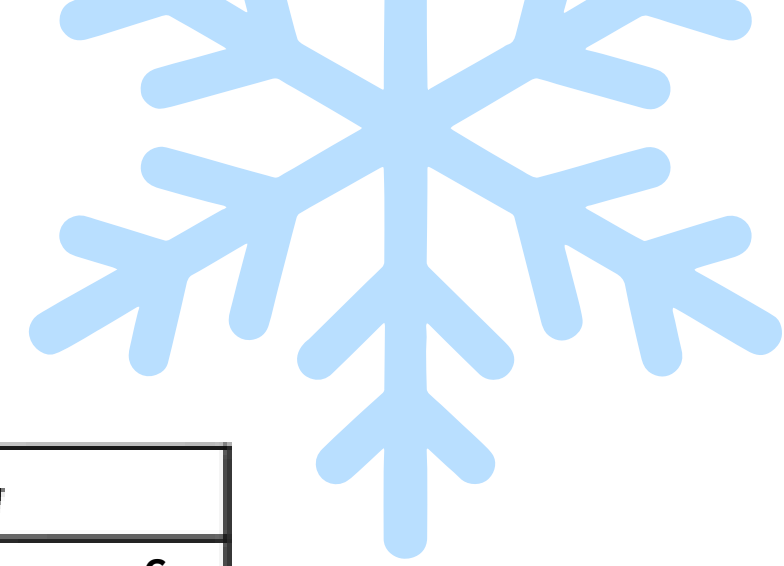
Monday	Tuesday	Wednesday	Thursday
<b>2</b> 10:00 am Greetings and Health and wellness 11:00 am <b>BINGO</b> 12:00 pm Lunch 1:00 pm Music	<b>3</b> 10:00 am Greetings and Health and wellness 11:00 am <b>EXERCISE WITH ILASIBA</b> 12:00 pm Lunch 1:00 pm Music	<b>4</b> 10:00 am Greetings and Health and wellness 11:00 <b>TRIP - ROSES</b> 12:00 Lunch 1:00 Trivia	<b>5</b> 10:00 am Greetings and Health and wellness 11:00 <b>CARD DAY</b> 12:00 Lunch 1:00 Music
<b>9</b> 10:00 am Greetings and Health and wellness 11:00 am <b>NUTRITION LESSON</b> 12:00 pm Lunch 1:00 pm Music	<b>10</b> 10:00 am Greetings and Health and wellness 11:00 am <b>EXERCISE WITH ILASIBA</b> 12:00 pm Lunch 1:00 pm Music	<b>11</b> <i>Mayors Holiday Party!</i> 10:00 am Greetings and Health and wellness 11:00 am <b>BINGO</b> 12:00 pm Lunch 1:00 pm Music	<b>12</b> 10:00 am Greetings and Health and wellness 11:00 am Trip- <b>MLK LIBRARY</b> 12:00 pm Lunch 1:00 pm Music
<b>16</b> 10:00 am Greetings and Health and wellness 11:00 am <b>BINGO</b> 12:00 pm Lunch 1:00 pm Music	<b>17</b> 10:00 am Greetings and Health and wellness 11:00 am <b>EXERCISE WITH HASIBA</b> 12:00 pm Lunch 1:00 pm Music	<b>18</b> 10:00 am Greetings and Health and wellness 11:00 am <b>MOVIE</b> 12:00 pm Lunch 1:00 pm Music	<b>19</b> 10:00 am Greetings and Health and wellness 11:00 am <b>TRIP MARTHA'S TABLE</b> 12:00 pm Lunch 1:00 pm Music
<b>23</b> 10:00 am Greetings and Health and wellness 11:00 am <b>BINGO</b> 12:00 pm Lunch 1:00 pm Music	<b>24</b> 10:00 am Greetings and Health and wellness 11:00 am <b>EXERCISE WITH HASIBA</b> 12:00 pm Lunch 1:00 pm Music	<b>25</b>  <b>HOLIDAY CHRISTMAS</b>	<b>26</b> 10:00 am Greetings and Health and wellness 11:00 am <b>TALK ABOUT YOUR DAY</b> 12:00 pm Lunch 1:00 pm Music

<b>30</b> 10:00 am Greetings and Health and wellness 11:00 am <b>BINGO</b> 12:00 pm Lunch 1:00 pm
<b>31</b> 10:00 am Greetings and Health and wellness 11:00 am <b>EXERCISE WITH HASIBA</b> 12:00 pm Lunch 1:00 pm Music

North Capitol @ Plymouth Ward 5  
 5233 North Capitol St NE  
 Rickey Brown (202) 710-8730



# December 2024



*Grocery Shuttle will not run in inclement weather.*

	Monday	Tuesday	Wednesday	Thursday	Friday
	Health Promotion 2	Health Promotion 3	Health Promotion 4	Health Promotion 5	Health Promotion 6
10AM	Arts N Crafts	Puzzle	Grocery Shuttle: Walmart	Movie Hour	Music Hour
11AM	Lunch	Lunch	Lunch	Lunch	Lunch
12PM	Bingo	News Update	Table Game	Movie Hour	Bingo
1PM					
	Health Promotion 9	Health Promotion 10	Mayors Holiday Party! Trip: Arundel Mills Mall 11	Health Promotion 12	Health Promotion 13
10AM	Arts N Crafts	Puzzle	Lunch	Movie Hour	Music Hour
11AM	Lunch	Lunch	Lunch	Lunch	Lunch
12PM	Bingo	News Update	Table Game	Movie Hour	Bingo
1PM					
	Health Promotion 16	Health Promotion 17	Health Promotion 18	Hallway Walking 19	Health Promotion 20
10AM	Arts N Crafts	Puzzle	Grocery Shuttle Dollar Tree	Movie Hour	Movie Hour
11AM	Lunch	Lunch	Lunch	Lunch	Lunch
12PM	Bingo	News Update	Table Game	Movie Hour	Bingo
1PM					
	Health Promotion 23	Health Promotion 24	Site Closed 25	Health Promotion 26	Health Promotion 27
10AM	Arts N Crafts	News Update	Site Closed	Movie Hour	Music Hour
11AM	Lunch	Lunch	Site Closed	Lunch	Lunch
12PM	Bingo		Site Closed		Bingo
1PM					
	Health Promotion 30	Health Promotion 31			
10AM	Arts N Crafts	Exercise			
11AM	Lunch	Lunch			
12PM	Bingo	News Update			
1PM					

10AM  
11AM  
12PM  
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1PM

Petersburg Ward 5

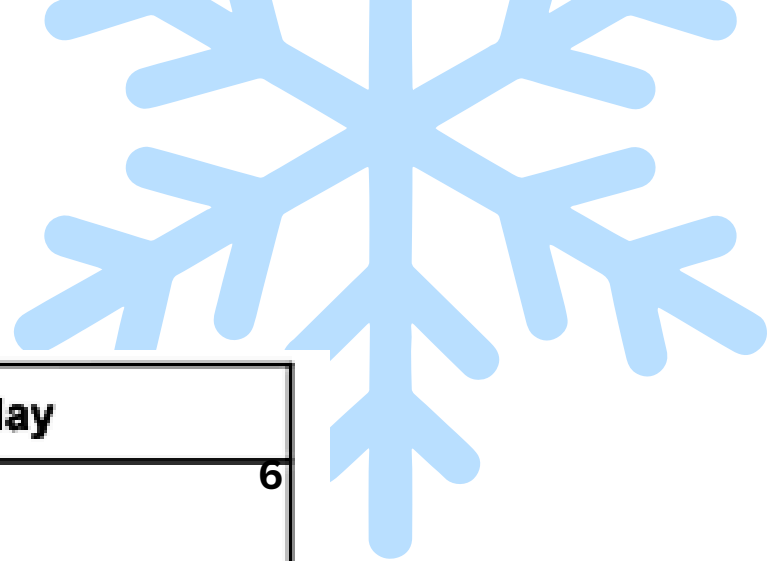
3298 Ft Lincoln Dr. NE

Regina Ford (301) 367-5409



Seabury Resources for Aging®

# December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 Music Hour Arts N Crafts Lunch Bingo	3 Music Hour Grocery Shuttle: Walmart Lunch Hallway Walking	4 Music Hour Mindful Meditation Lunch News Update	5 Music Hour Puzzle Lunch Jewelry Making	6 Music Hour Love Yourself Lunch Bingo
9 Music Hour Arts N Crafts Lunch Bingo	10 Music Hour Love Yourself Lunch Exercise	11 <b>Mayors Holiday Party!</b> Mindful Meditation Lunch Health Promotion	12 Music Hour Trip: Amish Market Lunch Let's Get Social	13 Music Hour Can You Dance? Lunch Bingo
16 Music Hour Arts N Crafts Lunch Bingo	17 Music Hour Grocery Shuttle: Walmart Lunch Hallway Walking	18 Music Hour Mindful Meditation Lunch Love Yourself	19 Music Hour Let's Make A Deal Lunch Short Story Construction	20 Music Hour Can You Dance? Lunch Bingo
23 Music Hour Arts N Crafts Lunch Bingo	24 Music Hour Trip: Arundel Mills Mall Lunch Health Promotion	25 <b>Sites Closed Christmas Holiday</b>	26 Music Hour News Update Lunch Word Search	27 Music Hour Can You Dance? Lunch Bingo
30 Music Hour Jewelry Making Lunch Bingo	31 Music Hour Let's Get Social Lunch Corn Hole			



Sibley Plaza Ward 6

1140 North Capitol St NW

Lavell Ginyard (202) 409-7164

Seabury Resources for Aging®



# December 2024



*Grocery Shuttle will not run in inclement weather.*

Monday		Tuesday		Wednesday		Thursday		Friday	
10AM	<sup>2</sup> Keep Up w Health	10AM	<sup>3</sup> Lets Dance	10AM	<sup>4</sup> Lets Get Social	10AM	<sup>5</sup> Amish Market	10AM	<sup>6</sup> Grocery Shuttle: Walmart
11AM	Music Hour	11AM	Healthy News	11AM	Table Games/ Cards	11AM	Arts N Crafts	11AM	Arts N Crafts
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Word Scramble	1PM	Arts N Crafts	1PM	Music Hour/ Dance	1PM	Table Games/ Card Games	1PM	Table Games/ Card Games
10AM	<sup>9</sup> Lets Dance	10AM	<sup>10</sup> Loving Yourself	<sup>11</sup> Mayors Holiday Party!		10AM	<sup>12</sup> HP: Practice Gratitude	10AM	<sup>13</sup> Healthy Goodies
11AM	Healthy News	11AM	Movie Hour			11AM	Healthy Conversations!	11AM	Music Hour
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble			1PM	Music Hour	1PM	Can You Dance?
10AM	<sup>16</sup> Health Matters	10AM	<sup>17</sup> HP: Practice Gratitude	10AM	<sup>18</sup> Lets Dance	10AM	<sup>19</sup> Heart Health	10AM	<sup>20</sup> HP: Practice Gratitude
11AM	Bingo	11AM	Puzzles	11AM	Bingo Day!	11AM	Movie Hour	11AM	Music Hour
12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch	12PM	Lunch
1PM	Puzzles	1PM	Word Scramble	1PM	Puzzles	1PM	Arts N Crafts	1PM	Card Game
10AM	<sup>23</sup> Grocery Shuttle: Walmart	10AM	<sup>24</sup> Stress Relief	<sup>25</sup> Sites Closed Christmas Holiday		10AM	<sup>26</sup> Hallway Walking	10AM	<sup>27</sup> Lets Get Social
11AM	HP: Keeping the Brain Sharp	11AM	Puzzles			11AM	Movie Hour	11AM	Table Games/ Cards
12PM	Lunch	12PM	Lunch			12PM	Lunch	12PM	Lunch
1PM	Arts N Crafts	1PM	Word Scramble			1PM	Arts N Crafts	1PM	Music Hour/ Dance
10AM	<sup>30</sup> Site Trip Day	10AM	<sup>31</sup> Keep Up w Health						
11AM	HP: Keeping the Brain Sharp	11AM	Music Hour						
12PM	Lunch	12PM	Lunch						
1PM	Arts N Crafts	1PM	Word Scramble						