

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018

Peregrine Senior Living at Clifton Park

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|---|-----------|---|-----------|--|-----------|--|-----------|--|-----------|--|-----------|--|-----------|
| 10:00 Coffee & Daily News/TS 11:00 Who am I?/BL 2:00 Christmas Creative Arts/BDR 3:30 Creative Art Dancers/TS 6:00 Manicures/SDR | | | | | | | 1 | | | | | | |
| 10:30 Catholic Mass/CH 2:00 Episcopal Church/CH 3:30 Wellness Program: Hugs Matter/SL 6:00 Popcorn & Movie Night/BL | 2 | 10:00 Morning Exercise/CH 11:00 Holiday Bow Door Décor/BDR 1:00 Arts & Glass Outing 2:00 Hanukkah Artwork/BL 3:30 Winter Bingo/BDR 6:00 Hanukkah Celebration & Puzzles/BL <small>First Day of Hanukkah</small> | 3 | 10:00 Sit & Be Fit/CH 11:00 December Puzzles/BL 2:00 Snowfall Painting/BDR 3:30 Resident Council/SL 4:00 Holiday Humor/SL 6:00 Trivia Night/BL | 4 | 10:00 Weight Lifting/CH 11:00 Christmas Stories/BL 2:00 Candy Cane Mouse Ornaments/BDR 3:30 Twelve Days of Christmas Bingo/SDR 6:15 Luke Sax O' Clause/BDR | 5 | 10:00 Group Exercise/CH 11:00 Christmas Cactus/SL 2:00 Piano Music with Beverly/BDR 2:30 Jewish Rabbi Visit 3:30 Mind Puzzles/BL 6:00 Music Bingo/SDR | 6 | 10:00 Chair Dancing/CH 11:00 Yes, Virginia, This Editorial Endures/BL 2:00 Wrapped Wreath Craft/BDR 3:30 Winter Bingo/BDR 6:00 Christmas Sing Along/BL | 7 | 10:00 Coffee & Daily News/TS 11:00 Remembering a Day in the Snow/SL 2:00 Christmas Creative Arts/BDR 3:30 Ring Toss/CH 6:00 Manicures/SDR | 8 |
| 10:30 Catholic Mass/CH 2:00 Methodist Church/CH 3:30 Hot Chocolate & Conversation/BDR 6:00 Popcorn & Movie Night/BL | 9 | 10:00 Move to the Music/CH 11:00 Can you picture this? - Christmas trees/SL 2:00 Cooking Club/SDR 3:30 Winter Bingo/BDR 6:00 Discussion & Pet Therapy/BL | 10 | 10:00 Morning Movement/CH 11:00 Hymn Sing/CH 2:00 Color a Christmas Card/BDR 3:30 Christmas Puzzles/BL 6:00 Deck the Hall Christmas Party/TS | 11 | 10:00 Stretching/CH 11:00 Save the Snowman Game/BL 2:00 Piano Music with Cole/BDR 3:30 Christmas Singer's from ONCORE! 6:00 Reminisce/BL | 12 | 10:00 Sit & Be Fit/CH 11:00 Drama Club: Humorous Holiday Shopping/BL 2:00 Holiday Music Trivia/SL 3:30 Reindeer Gift Bags/BDR 6:00 Christmas Movie/BL&SL | 13 | 10:00 Exercise Class/CH 11:00 Bible Study/CH 2:00 Yule Log Party Favor/BDR 3:30 Winter Bingo/BDR 6:00 Christmas Sing Along/BL | 14 | 10:00 Coffee & Daily News/TS 11:00 A New Christmas Tradition/SL 2:00 Christmas Creative Arts/BDR 3:30 Holiday Poetry/SL 6:00 Manicures/SDR | 15 |
| 10:30 Catholic Mass/CH 2:00 Men & Christmas/SL 3:30 Chicken Soup for the Soul Christmas Time Stories/BL 6:00 Popcorn & Movie Night/BL | 16 | 10:00 Morning Stretch/CH 11:00 Snowman Pudding Cups/BDR 2:00 Dance Party/SDR 3:30 Winter Bingo/BDR 6:00 Discussion & Pet Therapy/BL | 17 | 10:00 Weight Lifting/CH 11:00 Bible Study/CH 2:00 Wrapped Pinecone Craft/BDR 3:30 Holiday Puzzles/BL 6:00 Trivia Night/BL | 18 | 10:00 Chair Dancing/CH 11:00 Create a Christmas Story/BL 2:00 Guytonno/SDR 4:00 Christmas Carolers/TS 6:00 Reminisce/BL | 19 | 10:00 Morning Exercise/CH 11:00 Elf on the Shelf/BL 2:00 Christmas Puzzles/BL 3:30 Rudolph Candy Roll Ups/BDR 6:00 Music Bingo/SDR | 20 | 10:00 Stretching/CH 11:00 Snowy Puzzles/BL 1:30 Music with Gary/TS 3:30 Winter Bingo/BDR 6:00 Christmas Sing Along/BL <small>Winter Begins</small> | 21 | 10AM - 12PM Christmas Caroling/TS 2:00 Christmas Creative Arts/BDR 3:30 Celebrating Winter Solstice/SL 6:00 Manicures/SDR | 22 |
| 10:30 Catholic Mass/CH 2:00 Methodist Church/CH 3:30 Christmas Caroling/TS 6:00 Popcorn & Movie Night/BL | 23 | 10:00 Morning Exercise/CH 11:00 A Christmas Service with Lessons & Carols/CH 2:00 Christmas Art/BDR 3:30 Twelve Days of Christmas Bingo/SDR 6:00 Visit from Santa Clause in Town Square! | 24 | 10:00 Christmas Greetings & Hot Cocoa/TS 11:00 Festive Wrapped Bars/BDR 2:00 Singing Christmas Carols/BL 3:30 Gift Giving/TS 6:00 Charlie Brown Christmas Special/BL&SL <small>Christmas Day</small> | 25 | 10:00 Move to the Music/CH 11:00 Kwanzaa Puzzles/BL 2:00 Tales of Kwanzaa/SL 3:30 Twelve Days of Christmas Bingo/SDR 6:00 Kwanzaa Art/BDR <small>Kwanzaa Begins</small> | 26 | 10:00 Weight Lifting/CH 11:00 Prince of Peace Church/CH 2:00 Peregrine University - Travelogue/SL 3:30 Indian Corn Craft/BDR 6:00 Stepping Stones Christmas Show/TS | 27 | 10:00 Sit & Be Fit/CH 11:00 Bible Study/CH 2:00 Guitar Music with Jeff/TS 3:30 Winter Bingo/BDR 6:00 Christmas Sing Along/BL | 28 | 9:00AM Veteran's Breakfast Outing 10:00 Coffee & Daily News/TS 11:00 Bible Trivia/SL 2:00 Christmas Creative Arts/BDR 3:30 Star of the Month/SL 6:00 Manicures/SDR | 29 |
| 10:30 Catholic Mass/CH 2:00 Parachute/SDR 3:30 Mind Benders/BL 6:00 Popcorn & Movie Night/BL | 30 | 10:00 Morning Movement/CH 11:00 Can you see the Big Picture/SL 2:00 Cooking Club/SDR 3:30 Winter Bingo/BDR 6:00 Discussion & Pet Therapy/BL <small>New Year's Eve</small> | 31 | All Activities are led by Activities Staff, Resident Care Staff, and Volunteers. All Activities are subject to change. Please contact Shannon Horan with questions (518) 371-2200. Snack served daily at 10:30am, 3pm, and 7pm. TS- Town Square, BDR- Bayside Dining Room, SDR- Seaside Dining Room, BL- Bayside Living Room, SL-Seaside Living Room, CH- Chapel | | | | | | | | | |