

Sunday

Monday

Tuesday

Wednesday

Thursday

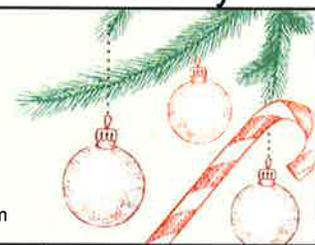
Friday

Saturday

December 2018

Nursing & Extensive Assisted Living

LOCATION KEY: A-Activity Room; AR- Assembly Room; C-Chapel; CA-Common Area; DR-Dining Room; LR- Living Room
1-Cognitive/Creative, 2-Physical, 3-Productive, 4-Social, 5-Sensory, 6-Reflective, 7- Outdoor, 8-Nature



1
Model Train Show
10:00 Coffee & News A4
11:00 Let's See the Model Trains! AR 5
2:00 Rosary with KOC C6
3:00 Bingo A 4
4:00 Saturday Afternoon TV Residents' Choice A4

2
Model Train Show
10:30 Church Service C6
11:15 Coffee Chat A 1
2:30 Christian Service with Gateway Freewill Baptist Church C 6
4:00 Movie Matinee - Residents' Choice LR 4

9:45 Jazzercise LR 2
10:00 Balloon Volleyball LR2
10:00 Coffee & News A 1
10:30 Aroma Therapy LR 5
11:00 Christmas Traditions Discussion A 1
2:00 Bingo AR 4
4:00 Dominoes A 1
5:00 Let's Talk Trivia! A1
First Day of Hanukkah

10:00 Kempsville Child Development Center Carolers AR 4
10:00 Coffee & News A 1
10:30 Creative Crafters A1
2:00 Bible Stories AR 6
4:00 Let's Talk Trivia LR1
5:00 Joyce on the Piano LR5
6:45 Day Break Singers AR 5

Happy Birthday Linda!
9:45 Body in Motion LR2
10:15 Catholic Mass AR 6
11:00 Kempsville High Choir (throughout community) 5
2:00 All Faith Communion AR 6
3:00 Pokeno A 4
4:00 Let's Talk Trivia LR 1
5:00 Joyce on the Piano LR5

Happy Birthday Peg!
9:45 Poetry in Motion LR2
10:00 News! News! LR1
11:00 Kempsville High Choir (throughout community) 5
2:00 Rosary-Legion of Mary C6
4:00 Dominoes A 1
5:00 Let's Talk Trivia LR1
6:30 Caroling by Girl Scout Troop 915 (throughout community) 5

9:45 Chair Aerobics LR 2
10:00 Balloon Volleyball LR 2
10:00 News! News! LR 2
10:30 Chair Zumba AR2
2:00 Movie & Popcorn: "White Christmas" AR 4
4:00 Stretch & Strength A2
4:45 Brain Bootcamp A1
7:00 Kempsville Mennonite Church Choir AR 6

10:00 Coffee & News A4
10:30 Regent Univ. Students Caroling (throughout the community) 5
11:00 Bible Study with Joyce LR 6
2:00 Bingo A 4
4:00 Saturday Afternoon TV Residents' Choice A4

10:30 Church Service AR6
11:15 Coffee Chat A 1
2:00 Marsh School of Music Recital AR 6
4:00 Movie Matinee - Residents' Choice LR 4
7:00 Emmanuel Episcopal Church Hand Bell Choir AR 5

9:45 Jazzercise LR 2
10:00 Balloon Volleyball LR2
10:00 Coffee & News A 1
10:30 Aroma Therapy LR 5
11:00 Spelling Bee A 1
2:00 Bingo A 4
4:00 Dominoes A 1
5:00 Let's Talk Trivia! A1
5:30 Harpist Karen Stowe & Friends DR 5

9:45 Poetry in Motion LR2
10:00 Ladder Ball LR 2
10:00 Coffee & News A 1
10:30 Creative Crafters A1
2:00 Bible Stories AR 6
3:00 Windsor Woods Elem. School Carolers AR 5
4:00 Let's Talk Trivia LR1
5:00 Joyce on the Piano LR 5
6:45 Outing: Christmas Lights at Ocean Front (8)

9:45 Body in Motion LR2
10:15 Catholic Mass AR 6
11:00 Brain Bootcamp A 1
2:00 Haygood Baptist Church Choir AR 6
3:00 Pokeno A 4
4:00 Let's Talk Trivia LR 1
5:00 Joyce on the Piano LR5
7:00 St. John's Baptist Church Youth Carolers AR5

10:30 Holiday Sing-a-long AR 5
2:00 Make a Christmas Ornament! AR 5
3:00 Egg Nog Social A 5
4:00 Dominoes A 1
5:00 Let's Talk Trivia! LR1

9:45 Chair Aerobics LR 2
10:00 Balloon Volleyball LR 2
10:00 News! News! LR 2
2:30 Ice Cream Social A 5
4:00 Stretch & Strength A2
4:45 Brain Bootcamp A1
7:00 Student Music Group from Princess Anne High AR 5

10:30 Rosary w/The Tan Family C 6
1:45 Visit by Santa & Mrs. Claus (throughout community)
2:00 The Ukulele Players AR 5
4:00 Saturday Afternoon TV Residents' Choice A4

10:30 Church Service AR6
11:15 Coffee Chat A 1
1:45 Outing: "One Silent Night" by the Church of the Ascension Choir 7
2:00 Bonnie's School of Music Recital AR 5
3:30 Fellowship with Brother Britt AR 6

9:45 Jazzercise LR 2
10:00 Balloon Volleyball LR2
10:00 Coffee & News A 1
10:30 Aroma Therapy LR 5
2:00 Christmas Cookie Decorating AR 4
4:00 Dominoes A 1
5:00 Let's Talk Trivia! A1
6:45 Caroling by Boy Scout Troop #645 (throughout community) 4

10:30 The Hand Bell Group "Tapestry" AR5
2:00 Bible Stories AR 6
4:00 Let's Talk Trivia LR1
5:00 Joyce on the Piano LR 5
6:30 Church of St. Mark's Choir AR5

9:45 Body in Motion LR2
10:15 Catholic Mass AR 6
11:00 Brain Bootcamp A 1
2:00 All Faith Service C6
3:00 Pokeno A 4
4:00 Let's Talk Trivia LR 1
5:00 Joyce on the Piano LR5
6:45 Outing: Christmas Lights at the Botanical Gardens (8)

Happy Birthday George M.!
9:45 Poetry in Motion LR2
10:00 Football Throw LR5
10:00 News! News! LR1
11:00 Cooking & Baking A5
2:00 Bingo A1
4:00 Classic Television A4
4:30 Resident & Family Christmas Dinner AR 4

9:45 Chair Aerobics LR 2
10:00 Balloon Volleyball LR 2
10:00 News! News! LR 2
11:00 Music & Hand Massage LR 5
12:00 NF Resident Council C3 AR 5
2:00 Harpist Karen Stowe AR 5
4:00 Stretch & Strength A2
4:45 Brain Bootcamp A1
Winter Begins

10:30 Hampton Roads Church of Christ Choir AR5
2:00 Bingo A 4
4:00 Saturday Afternoon TV Residents' Choice A4

10:30 Church Service AR6
11:15 Coffee Chat A 1
2:00 Pokeno A6
4:00 Movie Matinee - Residents' Choice A4

10:30 Christmas Eve Service AR6
2:00 Movie & Popcorn: "It's a Wonderful Life" AR 4
5:00 Let's Talk Trivia! A1

Merry Christmas!
10:00 Disney Parade LR4
12:00 Opening Christmas Presents! CA 4
2:00 Bingo A 4
2:00 Caroling Volunteers (throughout community) 5
4:00 Let's Talk Trivia! A1
Christmas Day

9:45 Body in Motion LR2
10:15 Catholic Mass AR 6
10:30 Music & Reminiscing LR5
11:00 Brain Bootcamp A 1
2:00 Karaoke AR4
3:00 Pokeno A 4
4:00 Let's Talk Trivia LR 1
5:00EAL Resident Council A3
6:45 Outing: Christmas Lights at the Neighborhoods (8)
Kwanzaa Begins

9:45 Poetry in Motion LR2
10:00 Football Throw LR5
10:00 News! News! LR1
11:00 Cooking & Baking A5
2:00 Bingo Store AR5
4:00 Dominoes A 1
5:00 Let's Talk Trivia! LR1

9:45 Chair Aerobics LR 2
10:00 Balloon Volleyball LR 2
10:00 News! News! LR 2
10:30 Chair Zumba AR2
2:00 Southern Belles' Tea AR4
4:00 Stretch & Strength A2
4:45 Brain Bootcamp A1

10:00 Coffee & News A4
11:00 Bible Study with Joyce LR 6
2:00 Bingo A 4
4:00 Saturday Afternoon TV Residents' Choice A4

10:30 Church Service AR6
11:15 Coffee Chat A1
2:30 Christian Fellowship with Brother Britt Hoskins AR 6
4:00 Movie Matinee - Residents' Choice L4

10:30 Celebrate New Year's Eve with Barbara Blair AR5
2:00 Chair Zumba AR 2
4:00 Dominoes A 1
5:00 Let's Talk Trivia! A1
New Year's Eve

**Wishing you and your families
a joyous, healthy and beautiful Christmas
season and a Happy New Year!**

Any changes or additions will be noted on the information board in the Activity Room. Residents' mail hand-delivered. Most activities are a minimum of 30 minutes long. All supplies are accounted for before and after each activity.