

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2022

Sherwood Oaks Personal Care

<h1>December 2022</h1> <h2>Sherwood Oaks Personal Care</h2>						1 10:30 Sit and Stretch 1:20 Afternoon Movie 3:30 Christmas Gnome Ornament	2 1:20 Afternoon Movie "Jingle All The Way" 3:30 Stories Behind Favorite Holiday Memories Today is Pittsburgh Day	3 10:00 Virtual Exercise Video 1:20 Holiday Movie Party "It's a Wonderful Life" 3:30 Gather for Games and Puzzles in the Day Room
4 9:30-11:00 Catholic Holy Communion (delivered in room) 1:20 Afternoon Musical 2:00 Chapel AUD	5 10:30 Monday Movement and Brain Games 1:20 Afternoon Movie 3:30 Handbell Group	6 10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 Think Fast Game	7 10:30 ABC Fitness 1:20 Afternoon Movie 3:30 Moon Facts and Moon	8 10:30 Chair Yoga 1:20 Afternoon Movie 3:30 Holiday Craft and Very Interesting Facts Discussion 6:30 Christmas Concert and Carols with Cross Roads Presbyterian Church	9 10:30 Holiday Fitness 1:20 Afternoon Movie 3:30 Piano Holiday Music with Roberta	10 1:20 Holiday Movie Party "Home Alone" 3:00 Gather to Create your own Holiday Cards in the Day Room		
11 9:30-11:00 Catholic Holy Communion (delivered in room) 1:20 Afternoon Musical 2:00 Chapel AUD	12 10:30 Big Band Exercise 1:20 Afternoon Movie 3:30 Stocking Stuffer Stumper Game	13 10:30 Chair Yoga 1:20 Afternoon Movie 3:30 Holiday Pictionary and Christmas Around the World Facts	14 10:30 Fitness Fun 1:20 Afternoon Movie 3:30 Snowman Craft	15 10:30 Chair One Fitness 11:00 Roman Catholic Service: Chapel LL 1:20 Afternoon Movie 3:30 Holiday Bingo-PC Nursing 4:30-6:30 Holiday Party: Entertainment with Top Shelf Barbershop Quartet Lobby Cafe	16 11:30 Holiday Lunch Steel Clover Entertains AUD 1:30 Afternoon Movie	17 1:20 Holiday Movie Party "Elf" 3:30 Gather for Games and Puzzles in the Day Room		
18 9:30-11:00 Catholic Holy Communion (delivered in room) 1:20 Afternoon Musical 2:00 Chapel AUD <small>Hanukkah Begins</small>	19 10:30 ABC Fitness 2:00 Drum Circle with Matt 3:30 Author Spotlight: "A Christmas Carol"	20 10:30 Disco Exercise 2:45 Protestant Communion Service – Day Room 3:30 Famous Seconds Trivia	21 10:30 Chair Yoga and Meditation 1:20 Afternoon Movie 2:00 Longest Night Service AUD 3:30 <small>Winter Begins</small>	22 10:30 1:30 Phipps Conservatory Holiday Lights Presentation AUD 3:30 Pass The Present Game	23 10:00 Resident Council Meeting and A Story with Lori 1:20 Afternoon Movie "A Christmas Story" 3:30 Holiday Trivia Game	24 1:20 Holiday Movie Party "Miracle on 34 th Street" 3:30 Gather for Games and Puzzles in the Day Room		
25 9:30-11:00 Catholic Holy Communion (delivered in room) 1:20 Afternoon Musical 2:00 Chapel AUD <small>Christmas</small>	26 10:30 Monday Fitness 1:20 Afternoon Movie 3:30 Question Quest Game <small>Boxing Day (Canada) Kwanzaa Begins</small>	27 10:30 Movin' to the Oldies 1:20 Afternoon Movie 3:30 Star of the Month: Humphrey Bogart	28 10:30 Chair Yoga 1:20 Afternoon Movie 3:30 Card Day: Games and Tricks	29 10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 Write Word Game	30 1:20 Afternoon Movie 3:30 New Year's Traditions and Game	31 10:30 New Year's Resolutions 1:20 Afternoon Movie 3:00 New Year's Eve Happy Hour and Karaoke Christmas Music <small>New Year's Eve</small>		

Activities are subject to change