

# December 2024 – South Activities

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday                                    |
|---|--|---|---|--|--|---|
| 1   | 2  | 3   | 4   | 5  | 6  | 7   |
| Arts and Crafts<br>Chapel<br>Flex and Stretch                       | Laughing Yoga<br>Bingo<br>Christmas Crafts<br>1:1 Visits | Tai Chi<br>1:1 Visits<br>Scripture Activity           | Exercise with Sharon<br>Collage<br>1:1 Visits                   | Easy Flow Yoga<br>Nails<br>Dice Game<br>Scripture Activity           | Seated Exercise<br>Funny Animal Videos<br>Sing-along | Follow the Dots<br>Bingo<br>Chair Exercises |
| 8   | 9  | 10  | 11  | 12   | 13   | 14  |
| Arts and Crafts<br>Chapel<br>Flex and Stretch                       | Laughing Yoga<br>Bingo<br>Christmas Crafts<br>1:1 Visits | Tai Chi<br>10 am Haircuts<br>1:15 pm Barsolo Brothers | Exercise with Sharon<br>Puzzles<br>1:1 Visits                   | Easy Flow Yoga<br>Trivia<br>Dice Game<br>Scripture Activity          | Seated Exercise<br>Ring Toss<br>Movie with popcorn   | Bingo<br>Card Games<br>Chair Exercises      |
| Cold Full Moon 15   | 16   | Christmas Party 17                                    | 18  | 19   | 20   | 21  |
| Arts and Crafts<br>Chapel<br>Flex and Stretch<br>Christmas Caroling | Laughing Yoga<br>Bingo<br>Christmas Crafts<br>1:1 Visits | Tai Chi<br>1:1 Visits<br>Scripture Activity           | Exercise with Sharon<br>Coloring<br>Kinley Visits<br>1:1 Visits | Easy Flow Yoga<br>Trivia<br>Dice Game<br>Scripture Activity          | Seated Exercise<br>Ring Toss<br>Movie with popcorn   | Bingo<br>Card Games<br>Chair Exercises      |
| 22  | 23   | Christmas Eve 24                                      | Christmas 25  | 26   | 27   | 28  |
| Flex and Stretch<br>Chapel<br>Auggie Visits<br>Christmas Caroling   | Laughing Yoga<br>Bingo<br>Christmas Crafts<br>1:1 Visits | Tai Chi<br>1:1 Visits<br>Scripture Activity           | Exercise with Sharon<br>1:1 Visits                              | Easy Flow Yoga<br>Arts and Crafts<br>Ring Toss<br>Scripture Activity | Seated Exercise<br>Balloon Ball<br>Nail Salon        | Puzzles<br>Card Games<br>Chair Exercises    |
| 29  | 30   | New Years Eve 31                                      | 1   | 2  | 3  | 4   |
| Arts and Crafts<br>Chapel<br>Flex and Stretch                       | Laughing Yoga<br>Bingo<br>1:1 Visits                     | Hoopla Party!   |   |  |  |   |

