

H	HÉRITAGE PLATEAU
	RÉSIDENCE POUR AÎNÉS

HÉRITA PLATEA RÉSIDENCE POUR					DECEN	IBER 2025
SUNDAY	MOND	TUESDA	WEDNESDAY	THURS	FRIDAY SATURE	DAY
	10:00 a.m. Bowling tournament 1:00 p.m. Calendar and newspaper distribution 01	caroling	10:00 a.m. Basketball 1:00 p.m. Christmas crafts - Greeting cards	10:00 a.m. Weight training 11:00 a.m. Activities for 2 ^e nd floor 1:00 p.m. Bags	10:00 a.m. Animal therapy Group 1 10:45 a.m. Group 2 1:00 p.m. BINGO	5 06
Mass via videoconference 11:00	10:00 Bowling tournament 1:00 p.m. Let's sing Christmas carols	10:00 a.m. Weight training 1:00 p.m. Cognitive stimulation activities	10:00 a.m. Basketball 1:00 p.m. Christmas crafts - Greeting cards	10:00 a.m. Weight training 11:00 a.m. Activities for 2 ^e nd floor 1:00 n.m. Bags	10:00 a.m. Music therapy Group 1 10:45 a.m. Group 2 1:00 p.m. BINGO	/
Mass via videoconference 11:00	10:00 a.m. Bowling Tournament 1:00 p.m. Let's sing Christmas carols	10:00 a.m. Weight training 1:00 p.m. Cognitive stimulation activities	10:00 a.m. Basketball 1:00 p.m. Christmas crafts - Greeting cards	10:00 a.m. CHRISTMAS PHOTOS 1:00 p.m. BINGO	10:00 a.m. Animal therapy Group 1 10:45 a.m. Group 2 1:30 p.m. Christmas	
Mass via videoconference 11:00	15	16	17	CHRISTMAS DINNER	Concert with Mr. Paul 10:00 a.m. Music therapy Group 1 10:45 Group 2	2
Mass via videoconference 11:00	10:00 a.m. Individual visits 1:00 p.m. Practical life activity on gratitude 2025	10:00 Exercises with weights 1:00 p.m. Wishes for the year 2026			26	
	29	30	Victoria, Recreation Manager, will be away from December 22 to 26. If you have any questions, please contact management. Thank you.			