



**PROVITALIA**  
**DECEMBER 2025**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1:00 p.m. Fitness	1:00 p.m. Music with Paul Gaudet	10:00 a.m. Coloring by numbers 1:15 p.m. Animal therapy	12:45 p.m. Chair yoga	10:00 a.m. Sing-along	
	01	02	03	04	05	06
	1:00 p.m. Painting workshop with Patricia	10:45 a.m. Fitness 1:00 p.m. Music with Paul Gaudet	1:15 p.m. Animal therapy	12:45 p.m. Chair yoga	2:00 p.m. Cornhole game	
07	08	09	10	11	12	13
	1:00 p.m. Fitness	10:45 a.m. Ball game 1:00 p.m. Music with Paul Gaudet	1:15 p.m. Animal therapy	12:45 p.m. Chair yoga	11:30 a.m. Christmas lunch with Paul Gaudet	
14	15	16	17	18	19	20
	2:00 p.m. Christmas crafts	10:45 a.m. Fitness 6:00 p.m. Christmas choir	Christmas Eve	12:00 p.m. Christmas brunch		
21	22	23	24	25	26	27
	2:00 p.m. Christmas song special	10:45 a.m. Fitness 1:00 p.m. Music with Paul Gaudet	New Year's Eve			
28	29	30	31			

