

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Memory Care Activities Locations: LR- Living Room CA- Common Area CY- Courtyard E- Excursion K- Kitchen DR- Dining Room L- Library	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Peppermint Bark Day Baking, K (Making Peppermint Bark) LR-Soft Rock Music LR-Holiday Movie Matinee & Popcorn CA-Art Studio (Winter Craft) 4:15 Monday Manicure, CA 5:45 Parachute Game, LR 6:30 Guided Meditation, LR LR-Resident Choice Movie	LR-Resident Choice TV 10:00 Let's Stretch, DR K- Baking Club (Reindeer Food) LR-Classical Favorites 2:00 Cornhole Game, CA CA-Snack & Winter Stories 4:15 Chair Yoga, CA 5:45 Whiteboard Game, CA (The Color Game) 6:30 Chatting & Juice, CA LR-Tuesday Night Movie	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Bingo Game, CA 3:00 Ice Cream & Travel Log, LR (Portugal's Heartland) CA-Noodle Ball LR-Resident Choice Movie	LR-Food Network 9:30 Movement for the Soul, LR 10:45 National Cookie Day, K (Holiday Cookies) LR-Holiday Music 2:00 Jumbo Bowling, CA CA-Treats & Poems 3:30 Winter Music Sing-A-Long, LR CA-Walking Club LR-Thursday Night Movie	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Winter Painting with a Twist, CA LR-Jazz Music 2:00 Virtual Tours, LR 3:30 Weekend Kick-off w/HHAs, LR 4:00 Friday YouTube Concert, LR (Elvis) LR-Friday Night Winter Movie	LR-HGTV CA-Current Events 10:45 Saturday Stretch, DR 11:00 Caroling w/Girl Scouts, CA LR-Classical Favorites 1:30 Showtime Saturday, LR 4:00 Chatting with Friends, CA LR-Saturday Night Movie
8:00 Church Service on YouTube, LR 10:30 Holiday Light Ride, E LR-Country Music 3:00 YouTube Concert, LR (Michael Bublé Christmas Concert) 4:00 Table Talk w/Friends, CA LR-Classic TV: Columbo LR-Resident Choice Movie	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA (Holiday Wreaths) LR-Soft Rock Music LR-Winter Movie Matinee & Popcorn CA-Creative Building 4:15 Monday Manicure, CA 5:45 Ball & Basket Game, LR 6:30 Guided Meditation, LR LR-Resident Choice Movie	LR-Resident Choice TV 10:00 Let's Stretch, DR K- Baking Club (Snowmen Rice Crispy Treats) LR-Classical Favorites 2:00 Christmas Card Day, CA (Making Christmas Cards) CA-Treats & Holiday Reminiscing 4:15 Chair Yoga, CA 5:45 Phrase Matching Game, CA 6:30 Chatting & Juice, CA LR-Tuesday Night Movie	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Bingo Game, CA 3:00 Ice Cream & Travel Log, LR (French Alps & Lyon) 5:00 Heathwood Family Holiday Party, DR LR-Resident Choice Movie	LR-Food Network 9:30 Movement for the Soul, LR 10:45 Salt Dough Ornaments, CA LR-Holiday Music 2:00 Radio City Rockettes Holiday Performance DVD, LR CA- Watermelon Game & Juice 3:30 Holiday Music Sing-A-Long, LR CA-Walking Club LR-Thursday Night Movie	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Color by Number, CA LR-Jazz Music 2:00 Penny for your Thoughts Game, CA 3:30 Weekend Kick-off w/HHAs, LR 4:00 Friday YouTube Concert, LR (The Beach Boys) LR-Friday Night Holiday Movie	LR-HGTV CA-Current Events 10:45 Saturday Stretch, DR 11:15 Hot Cocoa Day Treat, CA LR-Classical Favorites 1:30 Showtime Saturday, LR 4:00 Juice & Chats, CA LR-Saturday Night Movie
8:00 Church Service on YouTube, LR 10:00 Jumbo Connect Four, CA LR-Country Music 3:00 YouTube Concert, LR (Andre Rieu "Home for Christmas" Concert) 4:00 Table Talk w/Friends, CA LR-Classic TV: Murder She Wrote LR-Resident Choice Movie Hanukkah Begins	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio: Grinch Day Craft, CA LR-Soft Rock Music LR-Movie Matinee & Popcorn (The Grinch who Stole Christmas) CA-Movie Trivia 4:15 Monday Manicure, CA 5:45 Crafts & Songs w/The Girl Scouts, CA 6:30 Guided Meditation, LR LR-Resident Choice Movie	LR-Resident Choice TV 10:00 Let's Stretch, DR K- Baking Club (Chocolate Cover Everything Day Treat) LR-Classical Favorites 2:00 Bean Bag Bullseye Game, CA CA-Snack & Short Stories 4:15 Chair Yoga, CA 5:45 Whiteboard Game, CA (Hangman) 6:30 Chatting & Juice, CA LR-Tuesday Night Movie	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Bingo Game, CA 3:00 Ice Cream & Travel Log, LR (Rome: Eternally Engaging) CA-Maple Syrup Day: The History of Maple Syrup LR-Resident Choice Movie	LR-Food Network 9:15 Penfield High School Choir, LR 9:30 Movement for the Soul, LR 10:45 Gingerbread House Decorating, K LR-Holiday Music 2:00 Ring Toss Game, CA CA-Hot Cocoa Floats & Jokes 3:30 Christmas Carol Sing-A-Long, LR CA-Walking Club LR-Thursday Night Movie	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Ugly Sweater Day Craft, CA LR-Jazz Music 2:00 Live Music w/Ethel, DR 3:30 Weekend Kick-off w/HHAs, LR 4:00 Friday YouTube Concert, LR (John Denver) LR-Friday Night Winter Movie	LR-HGTV CA-Current Events 10:45 Saturday Stretch, DR 11:15 Jewelry Making, CA LR-Classical Favorites 1:30 Showtime Saturday, LR (It's a Wonderful Life) 4:00 Reminiscing with Friends, CA LR-Saturday Night Movie
8:00 Church Service on YouTube, LR 10:00 Fun with Colors, CA LR-Country Music 3:00 YouTube Concert, LR (Radio City Music Hall Christmas Spectacular) 4:00 Table Talk w/Friends, CA LR-Classic TV: The Dean Martin Show LR-Resident Choice Movie Winter Begins	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA (Snow Globe) LR-Soft Rock Music LR-Holiday Movie Matinee & Popcorn CA-Puzzles & Games 4:15 Monday Manicure, CA 5:45 Balloon Ball, CA 6:30 Guided Meditation, LR LR-Resident Choice Movie	LR-Resident Choice TV 10:00 Let's Stretch, DR K- Baking Club (Candy Cane Day Treats) LR-Classical Favorites 2:00 Grid Game, CA CA-Treats & Christmas Stories 4:15 Chair Yoga, CA 5:45 Magnet Tiles, CA 6:30 Chatting & Juice, CA LR-Tuesday Night Movie	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Bingo Game, CA 3:00 Ice Cream & Travel Log, LR (European Christmas) CA-Ball Toss LR-Resident Choice Movie	LR-Food Network 10:45 Christmas Stories & Cocoa, CA LR-Christmas Carols 12:00 Christmas Dinner, DR 2:00 Celtic Angels Concert, CA CA-Christmas Day Coloring CA-Walking Club LR-Thursday Night Movie Christmas	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Holiday Coloring, CA LR-Jazz Music 2:00 Virtual Tours, LR 3:30 Weekend Kick-off w/HHAs, LR 4:00 Friday YouTube Concert, LR (Michael Bolton) LR-Friday Night Holiday Movie Kwanzaa Begins	LR-HGTV CA-Current Events 10:45 Saturday Stretch, DR 11:15 Velvet Coloring, CA LR-Classical Favorites 1:30 Showtime Saturday, LR 4:00 Let's Chat, CA LR-Saturday Night Movie
8:00 Church Service on YouTube, LR 10:00 Couch Kickball, LR LR-Country Music 3:00 YouTube Concert, LR (Christmas with the Tabernacle Choir) 4:00 Table Talk w/Friends, CA LR-Classic TV: M.A.S.H. LR-Resident Choice Movie	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA (New Years Craft) LR-Soft Rock Music LR-Winter Movie Matinee & Popcorn CA-Music Trivia 4:15 Monday Manicure, CA 5:45 Bean Bag Toss Game, LR 6:30 Guided Meditation, LR LR-Resident Choice Movie	LR-Resident Choice TV 10:00 Let's Stretch, DR K- Baking Club (Birthday Cake) LR-Classical Favorites 2:00 Birthday Painting, CA CA-December Birthday & Cake 4:15 Chair Yoga, CA 5:45 Whiteboard Game, CA (Pictionary) 6:30 Chatting & Juice, CA LR-Tuesday Night Movie New Year's Eve	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 12:00 New Years Luncheon Celebration 1:30 Catholic Communion, L 2:00 Bingo Game, CA 3:00 Ice Cream & Travel Log, LR (Southern Spain) CA-New Years Coloring LR-Resident Choice Movie New Year's Eve	December 2025 All Activities are 30-45 minutes long and are subject to change. If you have any questions, please see Lacey Robbins (Memory Care Program Coordinator).		

Heathwood Memory Care