




# December 2024

Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning</b> 9:30 Canvas Church service &amp; Cookies Trivia Puzzles &amp; Crosswords</p> <p><b>Afternoon</b> 3:00 Church Service &amp; Communion with Pastor Al 6:30 Channel 3</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p><b>Morning</b> <b>Christmas Decorating all Day</b> Wake Up Sensory TV Christmas Music Tabletop Sensory Christmas Decoration Daily Bulletin &amp; Devotions Memory Jogging Crumbs of Joy 11:00 Music Therapy with Kristin Snack &amp; Hydration</p> <p><b>Afternoon</b> 1:30 Reading Club with Lorrie Stay Fit with Tammy Christmas Decorating</p>	<p><b>Morning</b> Wake Up Sensory TV Christmas Songs Tabletop Sensory Christmas Box Daily Bulletin Daily Devotion Storytelling The Christmas Carol Memory Jogging Holiday Baking Crossword Spelling Bee 11:30 1-1 Catholic Visits Snack &amp; Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p>11:00 Stillwater School's Pageant</p> <p>Christmas Decorating</p> <p><b>Afternoon</b> Stay Fit with Tammy Christmas Tree Decorating Eggnog and Caroling</p>	<p><b>Morning</b> Wake Up Sensory TV Cartoon Characters Tabletop Sensory Planting Blubs Daily Bulletin &amp; Devotions Baking Club Church Window Cookies Bingo Memory Jogging 12 Days of Christmas Oldies Singalong Christmas Song Mix Snack &amp; Hydration</p> <p>Bodies in Motion</p> <p><b>Christmas Stocking Decorating</b></p> <p><b>Afternoon</b> 1:45 Fitness with Todd Bible Trivia 2:30 Bible Study with Pastor Cider, Cookies and Coloring</p>	<p><b>Morning</b> <b>National Grinch Day</b> Wake Up Tabletop Sensory Grinch Slime 10:00 Kid Kare Visits Visit from the Grinch, Exercise &amp; Grinch Snack Daily Bulletin &amp; Devotion Memory Jogging Christmas Family Feud Bingo</p> <p>Bodies in Motion Indoor Golf</p> <p><b>Afternoon</b> 1:30 Manicures Independent Projects Decorating Whoville Christmas Tree Movie Matinee: How The Grinch Stole Christmas</p>	<p><b>Morning</b> <b>Gingerbread Day</b> Donut Day Wake Up Sensory TV Gingerbread Houses Tabletop Sensory Wrapping Presents Baking Club Daily Devotion &amp; Bulletin Memory Jogging Gingerbread Donuts and Hydration</p>  <p>Bodies in Motions Balloon Volleyball</p> <p><b>Afternoon</b> 2:00 Gingerbread House Decorating with the Mclean family &amp; Friends Trivia Fun on IN2L Gingerbread Mocktails &amp; Gingerbread Snack</p>	<p><b>Morning *</b></p> <p><b>Afternoon</b> Color a Carol Movie Matinee Popcorn On Moonlight Bay</p>


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<p><b>Morning</b> Sensory TV Christmas Music Trivia 9:30 Canvas Church service &amp; Cookies Trivia Puzzles &amp; Crosswords Brown-ie Trivia Making Brownies</p> <p><b>Afternoon</b> Jolly Pot Painting Bible Trivia 3:00 Church Service &amp; Communion with Pastor Al 6:30 Channel 3</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p><b>Morning</b> Wake Up Sensory TV Tabletop Sensory Play dough fun Daily Bulletin &amp; Devotions Baking Club Crockpot Haystacks Memory Jogging Christmas Word Fun 11:00 Music Therapy with Kristin Snack &amp; Hydration</p> <p><b>Afternoon</b> 1:30 Reading Club with Lorrie Stay Fit with Tammy Pastry Social</p>	<p><b>Morning</b> Wake Up Sensory TV Kitty's Tabletop Sensory Animated Animals Daily Bulletin &amp; Daily Devotion Storytelling Christmas Carol &amp; Dickens quiz Memory Jogging Christmas A-Z Spelling Bee 11:30 1-1 Catholic Visits Snack &amp; Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p><b>Afternoon</b> 2:00 Kitty Visits Stay Fit with Tammy IN2L Christmas Trivia</p>	<p><b>Morning</b> Wake Up Sensory TV Tabletop Sensory Christmas Cards Daily Bulletin &amp; Devotions Baking Club Making Santa Snack Bags for Growing Roots Bingo Memory Jogging Secret Holiday Quote Oldies Singalong Christmas Snack &amp; Hydration</p> <p>Bodies in Motion Santa Says</p> <p><b>Afternoon</b> 1:45 Fitness with Todd Bible Trivia 2:30 Bible Study with Pastor Cider Club &amp; Fruit Cake Challenge</p>	<p><b>Morning *</b> Wake Up Sensory TV Tabletop Sensory 10:00 Growing Roots visits Santa to visits with Jolly Reindeer treat Daily Bulletin &amp; Devotion Memory Jogging Christmas Charade Bingo</p> <p>Bodies in Motion Jingle in the Trunk</p> <p><b>Afternoon</b> 1:30 Holiday Manicures &amp; Mimosa Independent Projects Movie Matinee: I'll be Seeing you</p>	<p><b>Morning *</b> Donut Day Wake Up Sensory TV Tabletop Sensory Gum Baking Club Candy Cane Bark candy Daily Devotion &amp; Bulletin Memory Jogging Fact or Folklore &amp; Matching Gingerbread Donuts and Hydration</p> <p>Bodies in Motions Balloon Volleyball</p>  <p><b>Afternoon</b> 1:30 Razzmatazz Christmas Ice Cream Social &amp; Trivia Armchair Travel Montana Bingo</p>	<p><b>Morning</b> Brunch Prep</p> <p>12:00 Family &amp; Friends Brunch with Santa 12:45 Santa Visits</p> <p>Wear your unique Festive Christmas Sweater</p>  <p>2:30 Happy Birthday Celebration to Linda</p> <p>Movie Matinee Christmas with the Kranks</p>


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<p><b>Morning</b> 15            9:30 Canvas Church Service &amp; Cookies            Trivia Puzzles &amp; Crosswords            Memory Jogging 12 days of Christmas</p> <p><b>Afternoon</b>            Football Bingo            Frost your own Cupcake Treat            Holiday Bean Bag Toss            3:00 Church Service &amp; Communion with Pastor Al</p> <p>6:30 Channel 3</p> <p>6 DIMENSIONS OF WELLNESS            PHYSICAL            EMOTIONAL            INTELLECTUAL            SOCIAL            SPIRITUAL            VOCATIONAL</p>	<p><b>Morning</b> 16            Wake Up            Sensory TV Making Chocolate            Tabletop Sensory Chocolate            Candy Tasting            Daily Bulletin &amp; Devotions            11:00 Music Therapy with Kristin            Snack &amp; Hydration            Chocolate Cover anything Word Game</p> <p><b>Afternoon</b>            1:30 Reading Club with Lorrie            3:30 Christmas Lights Tour &amp; Dinner</p>	<p><b>Morning</b> 17            Wake Up            Sensory TV            Tabletop Sensory Festive/Holiday            Daily Bulletin Daily Devotion            Storytelling The Christmas Carol &amp; Christmas Carol Quiz            Memory Jogging Holiday Movie            Sequence Game            Spelling Bee            11:30 1-1 Catholic Visits            Snack &amp; Hydration</p> <p><b>Afternoon</b>            Holiday Exercise &amp; Trivia with Tammy            Crafting Charlie Brown Christmas Tree &amp; Tree facts            Writing Santa a Letter            Sant/St Nicholas Reminiscence</p>	<p><b>Morning *</b> 18            Wake Up            Sensory TV Andy Willims            Christmas            Tabletop Sensory Salt Dough Ornaments            10:00 Kid Kare Christmas Visit            Daily Bulletin &amp; Devotions            Baking Club Cinnamon Roll            Apple Pie            Bingo Advent Bingo            Memory Jogging Christmas Song            Trivia</p> <p><b>Afternoon</b>            1:45 Fitness with Todd            Bible Trivia            2:30 Bible Study with Pastor            Cider Club &amp; Fudge            Christmas Traditions &amp; Customs</p>	<p><b>Morning *</b> 19            Wake Up            Sensory TV            Tabletop Sensory Orange &amp; Cloves            Daily Bulletin &amp; Devotion            Memory Jogging Christmas            Pickle Tradition            11:15 Hymns with Pastor Al</p> <p>Bodies in Motion Indoor Golf</p> <p><b>Afternoon</b>            1:30 Creston Crooners Singalong            2:30 Manicures            Independent Projects            Movie Matinee: Meet me in St Louis</p>	<p><b>Morning</b> 20            Donut Day            Wake Up            Sensory TV            Tabletop Sensory The Great Gift shuffle            Baking Club Fudge            Daily Devotion &amp; Daily Bulletin            Memory Jogging Candy Baking            Reminiscence            Donuts and Hydration</p> <p>Bodies in Motions            Balloon Volleyball</p>  <p><b>Afternoon</b>            Decorate your Toilet Paper            Christmas Carol -Oke            Color Another Carol</p>	<p><b>Morning</b> 21            Wake Up            TV Sensory Hot Air Balloons            Music and Motion            Christmas Singalong            Memory Jogging Worldwide            Christmas &amp; Christmas Family Feud</p> <p><b>Afternoon</b>            2:00 Christmas caroling with Guy &amp; Friends            Movie Matinee &amp; Popcorn            Bush Christmas</p>

# December 2024


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<p><b>Morning</b> 22            9:30 Canvas Church service &amp; Cookies            Christmas Service with Lesson, &amp; Caroling with Tammy            Trivia Puzzles &amp; Crosswords</p> <p><b>Afternoon</b>            Christmas Movie Bingo            3:00 Church Service &amp; Communion with Pastor Al            6:30 Channel 3</p> <p>6 DIMENSIONS OF WELLNESS            PHYSICAL            EMOTIONAL            INTELLECTUAL            SPIRITUAL            VOCATIONAL</p>	<p><b>Morning</b> 23            Wake Up            Sensory TV            Tabletop Sensory Cinnamon Tree            Crafts            Daily Bulletin &amp; Devotions            Baking Club            Memory Jogging Holiday Hangman &amp; Finish Lines            11:00 Music Therapy with Kristin            Snack &amp; Hydration</p> <p><b>Afternoon</b>            1:30 Reading Club with Lorrie            Stay and Move with Tammy            Christmas Bingo            Making our Holiday Tree            Christmas Carol Draw</p>	<p><b>Morning *</b> 24  <b>Christmas Eve</b>            Wake Up            Daily Bulletin Daily Devotion            Christmas Bible Reading, Poems &amp; Stories            Memory Jogging Holiday Game Show Trivia            Making Blessing Bags Salvation Army            Spelling Bee Christmas words            11:30 1-1 Catholic Visits            Snack &amp; Hydration</p> <p>Bodies in Motion Santa Snowball Toss</p> <p><b>Afternoon</b>            Stay Fit Exercise            Christmas Singalong and Treats            3:00 Christmas Eve Service</p>	<p><b>Morning *</b> 25  <b>Christmas Day</b>            Sensory TV Christmas Decoration Lights            Christmas Day Canvas church Service &amp; Sugar Cookie Independent Projects</p> <p>Christmas Lunch Set up</p> <p><b>12:00 Family Christmas Lunch</b></p> <p><b>Afternoon</b>            Movie Matinee Home Alone</p>	<p><b>Morning</b> 26  <b>Boxing Day</b>            Wake Up            Sensory TV            Tabletop Sensory Boxing Gift            Daily Bulletin &amp; Devotion            Memory Jogging Sears and Roebuck Christmas Reminisce</p> <p>Bodies in Motion Indoor Golf</p> <p><b>Afternoon</b>            1:30 Holiday Manicures &amp; Mimosas            Independent Projects            Movie Matinee: Christmas in Connecticut            Boxing Day quiz and IN2L</p>	<p><b>Morning</b> 27  <b>Donut Day</b>            Wake Up            Sensory TV Rudolph the Red Nose Reindeer            Rudolph Did You Know            Table Top Sensory Froot loop sensory            Baking Club            Daily Devotion            Memory Jogging Fake News            Trivia            Donuts and Hydration</p> <p>Bodies in Motions Balloon Volleyball</p>  <p><b>Afternoon</b>            Armchair Travel            Bingo Classic Toy Bingo            Candy Cane Science</p>	<p><b>Morning</b> 28            Wake Up            Music and Motion            Outdoor survival Reminisce            Christmas Singalong            Memory Jogging Christmas Song            Trivia</p> <p><b>Afternoon</b>            Christmas Singalong with Joe and Ken            Coloring and Caroling            Movie Matinee Popcorn            The Bells of Saint Mary</p>

# December 2024

# January 2025

Our Daily Wellness Path .

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning</b> <b>29</b>                      9:30 Canvas Church service &amp; Cookies                      Trivia Puzzles &amp; Crosswords</p> <p><b>Afternoon</b>                      3:00 Church Service &amp; Communion with Pastor Al                      6:30 Channel 3</p> <p><b>6 DIMENSIONS OF WELLNESS</b>                      PHYSICAL                      EMOTIONAL                      INTELLECTUAL                      SOCIAL                      SPIRITUAL                      VOCATIONAL</p>	<p><b>Morning *</b> <b>30</b>                      Wake Up                      Sensory TV The Oregon Trail                      Tabletop Sensory                      Daily Bulletin &amp; Devotions                      Baking Club                      Memory Jogging Rank It Game                      11:00 Music Therapy with Kristin                      Snack &amp; Hydration</p> <p><b>Afternoon</b>                      1:30 Reading Club with Lorrie                      Stay Fit with Tammy</p>	<p><b>Morning *</b> <b>31</b>  <b>New Years Eve</b>                      Wake Up                      Sensory TV                      Table Top Sensory                      Daily Bulletin Daily Devotion                      Storytelling                      Memory Jogging New Years Eve                      Trivia                      Spelling Bee                      11:30 1-1 Catholic Visits                      Snack &amp; Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p><b>Afternoon</b>                      Stay Fit with Tammy                      2:00 Almost 2025 Social</p>	<p><b>Morning</b> <b>1</b>                      Wake Up                      Sensory TV New Year's Displays                      Table Top Sensory                      Daily Bulletin &amp; Devotions                      Baking Club Cheese Ball                      Bingo Classic Toys                      Memory Jogging                      Oldies Singalong                      Snack &amp; Hydration</p> <p>Bodies in Motion</p> <p><b>Afternoon</b>                      2:00 Ball Drop Celebration                      Popcorn, Reminisce &amp; Independent interests</p>	<p><b>Morning</b> <b>2</b>                      Wake Up                      Sensory TV                      Table Top Sensory                      10:00 Kid Kare Visits                      Daily Bulletin &amp; Devotion                      Memory Jogging</p> <p>Bodies in Motion Indoor Golf</p> <p><b>Afternoon</b>                      1:30 Manicures                      Independent Projects                      Movie Matinee: Some Like it Hot</p>	<p><b>Morning</b> <b>3</b>  <b>Donut Day</b>                      Wake Up                      Sensory TV                      Table Top Sensory                      Baking Club                      Daily Devotion                      Memory Jogging                      Donuts and Hydration</p> <p>Bodies in Motions                      Balloon Volleyball</p>  <p><b>Afternoon</b>                      Stay Fit with Tammy                      Armchair Travel                      Bingo</p>	<p><b>Morning</b> <b>4</b>                      Wake Up                      Music and Motion                      Christmas Singalong                      Memory Jogging</p> <p><b>Afternoon</b>                      Artistic Passions Poinsettia Wreaths                      Coloring and Caroling                      Movie Matinee Popcorn                      Home Alone</p>