

REFLECTIONS - DECEMBER 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
2:15 Ice cream social
3:00 Knowledge Bout Challenge
4:00 Sensory Sensations
6:30 Musical Memories

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10:00 Cardio Drumming Class & Movement
10:30 Scenic Excursion
10:30 Classification Challenge
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mark West Live Music

3

10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Labradoodle Dog Therapy with "Cobby"
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Social Refreshments in Pub

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10:00 Wellness Yoga
10:00 World News Report
11:00 Resident Council
12:00 Pizza in Bistro
1:30 Travel & Discuss
1:30 Reflections Excursion
2:30 Dance & Movement
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Clyde - Saxophone Musician

5

10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations - Holiday fruit snacks
1:30 Phrase Completion
1:30 Music Therapy
2:00 Strength & Conditioning
4:00 Decadent Desert Tasting Social
6:30 Spiritual Music Hour

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10:00 Cardio Drumming
10:30 World News Report
11:15 Vocal Fusion Karaoke & Movement
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Open Art Studio
4:00 Pub Hour
6:30 Hand Massages

7 PH Remembrance Day

10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Classic Movie Matinee
2:00 Cornhole Tourment
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Conservatory Pianist

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10:15 Barre & Balance Class
11:00 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 History Exploration
2:00 Court Case Discussion
2:15 Ice cream social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

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10:00 Cardio Drumming Class & Movement
10:30 Scenic Excursion
10:30 Classification Challenge
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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10:00 Resistance Band Exercise
10:30 History Unfolded
11:15 Jewelry Design Workshop
1:30 Drawing Workshop
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Co-ed Nail & Eyebrow Spa
4:00 Social at Pub
6:30 Jeff Fowler - Musician

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10:00 Wellness Yoga
10:45 World News Report
11:30 Short Stories
12:00 Pizza-Bistro
1:30 Reflections Excursion
2:30 One Man Band-Josh
3:00 Afternoon Humor
4:00 Signature Refreshment Hour
6:30 Guided Imagery

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10:00 Tai Chi for Arthritis
10:30 Positive News Exchange
11:15 Culinary Creations - Holiday Cookies
2:00 Strength & Conditioning
4:00 Refreshments & Charcuterie Social
6:30 Spiritual Music Hour

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Dancing Extravaganza
10:00 Cardio Drumming & Movement
10:30 Steps in Time Dancing-Pub
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Brushstrokes
4:00 Pub Hour
6:30 Pianist

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Hanukkah Starts
10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Classic Movie Matinee
2:00 Cornhole Tourment
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Guided Meditation

15

10:00 Barre & Balance Class
10:45 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
2:15 Ice cream social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

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10:00 Cardio Drumming Class & Movement
10:30 Scenic Excursion
10:30 Classification Challenge
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Labradoodle Dog Therapy with "Cobby"
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Pub Hour

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10:00 Wellness Yoga
10:00 World News Report
11:00 Choice Dilemma's
12:00 Pizza-Bistro
1:30 Reflections Excursion
1:30 Dance & Movement
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

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10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations - Holiday cranberry sauce
1:00 Phrase Completion
1:30 Music Therapy
2:00 Strength & Conditioning
2:30 Story Telling
4:00 Refreshments & Charcuterie
6:30 Guided meditation

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10:00 Cardio Drumming & Movement
10:45 Vocal Fusion Karaoke
11:15 Intellectual Puzzles
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Open Art Studio
4:00 Pub Hour
6:30 Hand Massages

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Winter Solstice
10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Movie Matinee
2:00 Cornhole Tourment
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Guided Meditation

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Hanukkah Ends
10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
2:15 Ice cream social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

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10:00 Cardio Drumming Class
10:00 World News Report
10:30 Scenic Excursion
10:30 Classification Challenge
1:30 Flower Arrangements
2:30 Holiday Sing Along-Josh
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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Christmas Eve
10:00 Resistance Band Exercise
10:00 History Unfolded
10:45 Jewelry Design Workshop
1:30 Drawing Workshop
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Holiday Social

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Christmas Day
10:00 Wellness Yoga
10:00 World News Report
11:00 Short Stories
1:30 Travel & Discuss
1:30 Reflections Excursion
2:30 Dance & Movement
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Xmas Eve Story Telling

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Kwanzaa & Boxing Day
10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations - Gourmet Stuffing
2:00 Strength & Conditioning
4:00 Refreshments & Charcuterie Social
6:30 Spiritual Music Hour

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10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Brushstrokes
4:00 Pub Hour
6:30 Jeff Fowler- Musician

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10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Movie Matinee
2:00 Cornhole Tourment
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Guided Meditation

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10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
2:15 Ice cream social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

30

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Scenic Excursion
10:30 Classification Challenge
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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New Year's Eve
10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Labradoodle Dog Therapy with "Cobby"
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Pub Hour! Celebrate 2024!



Holidays to Celebrate

PH Remembrance Day
Hanukkah
Winter Solstice
Christmas Eve
Christmas Day
Kwanzaa & Boxing Day
New Year's Eve

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care