



12/1 Friday

10:00 Lets Jump Start Our Day With Some Exercise
Come Join Me In Morning Exercise
11:00 Lets Relax With Some Coffee/Conversation
11:30 Residents Lunch Outing
1:00 Residents Social After Lunch
2:00 Mr. Arthur Will Be Coming To Perform
So Come On Out And Let's Enjoy

12/2 Saturday

The Singing

10:00 Take A Morning Walk 11:00 Drink A Cup Of Coffee And Conversate With Each Other

1:00 Residents Social After Lunch 2:00 Time To Work On A Puzzle

12/3 Sunday

10:00 Watch Church On Tv Channel 240 11:00 Coffee And Conversation 1:00 Residents Social After Lunch 2:00 Movie

12/4 Monday

10:00 Lets Jump Start Our Day With Some Exercise 11:00 Hydration Time 1:00 Residents Social After Lunch 2:00 Bingo Time To Win Some Big Bukes 3:00 Lets Sing Along With Jennifer

12/5 Tuesday

10:00 Start Your Day Out With Some Morning Exercise 10:45 Adult Coloring 11:00 Coffee & Conversation 1:00 Residents Social After Lunch 3:00 Gary Will Be Here To Perform

12/6 Wednesday

10:00 Pet Therapy With Finn 11:00 Coffee And Conversation 1:00 Resident's Social 3:00 Bingo

12/7 Thursday

10:00 Jump Start Your Day With Some Morning Exercise 11:00 Let's Do Some Painting Together 1:00 Resident's Social 2:00 Bible Study With Father Mike

12/8 Friday

10:00 Morning Exercise 11:00 Residents Shopping 1:00 Residents Social After Lunch 2:30 Lets Do Some Karaoke Together 3:00 Bingo

12/9 Saturday

10:00 Morning Exercise 11:00 Residents Work On A Puzzle Together 1:00 Residents Social Together 2:00 Table Card Game

12/10 Sunday

10:00 Church On Tv Channel11:00 Relaxation Time1:00 Residents Social After Lunch2:00 Residents Watch A MovieTogether

10:00 Jump Start Your Day With

12/11 Monday

Some Morning Stretching
11:00 Lets Relax With A Hot Cup
Of Coffee
1:00 Resident's Social
2:00 Singalong With Mr. Rogers
3:00 Time To Win Some \$\$
Money Playing Bingo

12/12 Tuesday

10:00 Let's Do Some Morning Exercise Together11:00 Lets Jog Our Memories Brain Tester On In2l1:00 Residents Social After Lunch2:00 Lets All Watch A Movie And Eat Popcorn

12/13 Wednesday

10:00 Pet Therapy With Finn 11:00 Coffee & Conversation 1:00 Resident's Social 3:00 Bingo

12/14 Thursday

10:00 Jump Start Your Day With Morning Exercise11:00 Coffee & Donuts1:00 Residents Social After Lunch2:30 Lets All Join Together In Bible Study With Father Mike

12/15 Friday

10:00 Get Your Day Started 'With Some Morning Exercise 11:30 Come One Come All And Let's Have Lunch Together Its Residents Lunch Outing Day 1:00 Residents Social Together 2:00 Relaxation Time 3:00 Come Win Some Big Bucks \$\$ Bingo Time

12/16 Saturday

10:00 Exercise 11:00 Relaxation Time 1:00 Resident's Social 2:00 Table Card Game

12/17 Sunday

10:00 Church On Tv Channel 240 11:00 Relaxation Time 1:00 Residents Social After Lunch 2:00 Movie

12/18 Monday

Morning Exercise
Let's Get Our Day Started Right
11:00 Lets Relax With A Cup Of
Coffee
1:00 Resident's Social
2:00 Bingo
3:00 Come Sing Along With
Jennifer

10:00 Come Join Michelle In

12/19 Tuesday

10:00 Let's Get Moving With Some Morning Exercise Hydration And Relaxation Time 1:00 Residents Social After Lunch 2:00 All Come Together And Watch The Chosen

12/20 Wednesday

10:00 Pet Therapy Come And Social With Finn 11:00 Coffee Time 1:00 Residents Social After Lunch 3:00 Bingo

12/21thursday

10:00 Get Your Body Motivated
With Some Morning Exercise
11:00 Lets Wind Down And
Relax
1:00 Residents Social After Lunch
2:30 Do Not Forsake Assembling
Our Self
Together And Come Hear A
Good Word Lets All Join In
With Father Mike
In Bible Study

12/22 Friday

10:00 Lets Jump Start Our Day With Morning Exercise 11:00 Lets Get Hydrated And Relax 11:30 Residents Shopping Time

11:30 Residents Shopping Time 1:00 Residents Social After Lunch 2:00 Christmas Party

12/23 Saturday

10:00 Exercise 11:00 Coffee & Relaxation Time 1:00 Residents Social After Lunch 2:00 Color Me Clam

12/24 Sunday

10:00 Church On Tv 240 11:00 Coffee /Conversation 1:00 Resident's Social 2:00 Movie Matinee

12/25 Monday

Chiasmas Day 10:00 Morning Exercise 11:00 Coffee /Conversation 1:00 Resident's Social 2:00 All Residents Watch A Christmas Movie Together

12/26 Tuesday

10:00 Morning Exercise 11:00 Coffee/Conversation 1:00 Resident's Social 2:00 Adults Coloring

12/27 Wednesday

10:00 Pet Therapy With Finn 11:00 Coffee/Conversation 1:00 Resident's Social 3:00 Bingo

12/28 Thursday

10:00 Morning Exercise 11:00 Coffee/Conversation 1:00 Resident's Social 2:30 Bible Study With Father Mike

12/29 Friday

10:00 Morning Exercise 11:00 Coffee/Conversation 1:00 Resident's Social 3:00 Bingo

12/30 Saturday

10:00 Morning Exercise 11:00 Coffee/Conversation 1:00 Resident's Social 2:00 Table Card Game

12/31 Sunday

10:00 Church On Tv 240 11:00 Coffee/Conversation 1:00 Resident's Social 2:00 Movie

Activities Are Subject To Change



Sunabella Senior Living
Independent & Assisted Living