

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2022

EAST LONGMEADOW MEMORY CARE ASSISTED LIVING

								
<p>10:00 Chalice of Salvation on NBC 11:00 Morning Stretches 2:00 Movie Matinee 3:30 Cookie Day Social 4:00 Sing Along</p>	<p>10:30 St. Paul's Church 11:30 Joggin' Your Noggin' 1:30 CARDO 2:30 Chair Exercise 3:15 Afternoon Social 4:00 Christmas Tree Lighting w/ Christmas Music 6:00 Old TV Classics</p>	<p>10:00 Cranium Crunches 11:00 St. Nicholas Day 11:30 Target Toss 1:30 Junk Drawer Detective 2:30 Bingo 3:15 Afternoon Social 4:00 Sing Along 6:00 Music Therapy</p>	<p>10:00 This Day in History 11:00 Fitness Dice 2:00 Live Music w/ Rockin Robin 3:00 Afternoon Social 3:30 Chair Yoga 4:00 Pair Up Memory Game 4:30 Name That Tune 6:00 Movie Night</p>	<p>10:00 Pinecone Penguin 11:00 Reindeer Word Games 1:30 Baking Club: Lemon Bars for Squeeze a Lemon Day 2:30 Chair Exercise 3:15 Afternoon Social 4:00 Sing Along 6:00 Relaxation Time</p>	<p>10:00 Christmas Card Day Craft 11:00 Christmas Hangman 1:30 Balloon Volleyball 2:30 Bingo 3:15 Afternoon Social 4:00 Senior Aerobics 6:00 Christmas Music</p>	<p>10:00 Penny Ante 11:00 Reminiscing 1:30 Manicures and Music 2:30 Fitness Dice 3:15 Afternoon Social 4:00 Sing Along 6:00 Christmas Movie</p>		
<p>10:00 Chalice of Salvation on NBC 11:00 Morning Stretches 2:00 Movie Matinee 3:30 Afternoon Social 4:00 Sing Along</p>	<p>10:00 Poinsettia Day Craft 11:00 Price Is Right Game 1:30 Guess Who? 2:30 Chair Exercise 3:15 Afternoon Social 4:00 Bean Bag Toss 6:00 Old TV Classics</p>	<p>10:00 St. Lucia Day 11:00 String Pasta Garland 11:30 Ring Toss 1:30 Laundry Folding Day 2:30 Bingo 3:15 Hot Cocoa Day Social 4:00 Sing Along 6:00 Music Therapy</p>	<p>10:00 Holiday Story Time 11:00 Fitness Dice 1:30 Jeopardy 2:30 Winter Wonderland Wednesday Snowflake Craft 3:00 Afternoon Social 3:30 Chair Yoga 4:30 Christmas Color Art 6:00 Movie Night</p>	<p>10:00 Gingerbread People Day 11:00 Christmas Puzzles 1:30 Baking Club: National Lemon Cupcake Day 2:30 Chair Exercise 3:15 Lemon Cupcake Social 4:00 Sing Along 6:00 Relaxation Time</p>	<p>10:00 Ornament Craft 11:00 Junk Drawer Detective 1:30 Target Toss 2:30 Bingo 3:15 Afternoon Social 4:00 Senior Aerobics 6:00 Christmas Music</p>	<p>10:00 Painting Craft 11:00 I Remember That! 1:30 Manicures and Music 2:00 Decorating Gingerbread Houses w/ Family & Friends 3:15 Afternoon Social 4:00 Sing Along 6:00 Christmas Movie</p>		
<p>10:00 Chalice of Salvation on NBC 11:00 Morning Stretches 2:00 Movie Matinee 3:30 Afternoon Social 4:00 Sing Along</p> <p>Hanukkah Begins</p>	<p>10:00 Table Talk 11:00 Christmas Wreath Craft 1:30 Pair Up Memory Game 2:30 Chair Exercise 3:15 Afternoon Social 4:00 Christmas Stories 6:00 Old TV Classics</p>	<p>10:00 Collage Craft 11:00 Bullseye 1:30 Holiday Recipe Sharing 2:30 Baking Holiday Cookies 3:15 Cookie Social 4:00 Christmas Sing Along 6:00 Music Therapy</p>	<p>10:00 Penny Ante 11:00 Fitness Dice 11:30 Winter Word Games 2:00 Christmas Music w/ Mike Tourville 3:15 Afternoon Social 4:00 Yahtzee 6:00 Movie Night</p> <p>Winter Begins</p>	<p>10:00 Napkin Tree Craft 11:00 Christmas Symbols Day 1:30 Baking Club: Traditional Bread Pudding 2:00 Christmas Party! 3:00 Chair Exercise 4:00 Sing Along 6:00 Relaxation Time</p>	<p>10:00 Elf Craft 11:00 Puzzle Fun 1:30 Scents of the Season Day- Guess the Scent 2:30 Candy Cane Bingo 3:15 Afternoon Social 4:00 Senior Aerobics 6:00 Christmas Music</p>	<p>10:00 Color Art 11:00 Cranium Crunches 1:30 Manicures and Music 2:30 Word Games 3:15 Afternoon Social 4:00 Sing Along 6:00 Christmas Movie</p>		
<p>10:00 Chalice of Salvation on NBC 11:00 Morning Stretches 2:00 Christmas Movie Matinee 3:30 Christmas Social 4:00 Christmas Sing Along</p> <p>Christmas</p>	<p>10:00 Candy Cane Day Craft 11:00 Ring Toss 1:30 Name 10 Game 2:30 Chair Exercise 3:15 Afternoon Social 4:00 Chocolate Candy Day: Making Chocolate Lollipops 6:00 Old TV Classics</p> <p>Boxing Day (Canada) Kwanzaa Begins</p>	<p>10:00 Fruitcake Day 11:00 Winter Craft 1:30 Laundry Folding Day 2:30 Bingo 3:15 Afternoon Social 4:00 Sing Along 6:00 Music Therapy</p>	<p>10:00 Jokes & Riddles 11:00 Fitness Dice 1:30 New Year's Craft 2:30 Name That Tune 3:00 Afternoon Social 3:30 Chair yoga 4:00 Joggin' Your Noggin' 6:00 Movie Night</p>	<p>10:00 Pinecone Holiday Bouquet 11:00 Bowling Ball Day 1:30 Baking Club: Old Fashioned Pecan Pralines 2:30 Chair Exercise 3:15 Afternoon Social 4:00 Sing Along 6:00 Relaxation Time</p>	<p>10:00 CARDO 11:00 Word Games 1:30 Junk Drawer Detective 2:30 New Year's Bingo 3:15 New Year's Party 4:00 Senior Aerobics 6:00 Christmas Music</p>	<p>10:00 New Year's Art 11:00 Reminiscing 1:30 Manicures and Music 2:30 Puzzles 3:15 New Year's Eve Social 4:00 Sing Along 6:00 New Year's Movie</p> <p>New Year's Eve</p>		

CALENDAR MAY BE SUBJECT TO CHANGE