

ST. CHARLES MANOR

December 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 10:15am Beauty Hour 11:00am Spiritual Service 1:00pm Bingo
2 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Art - Holiday Cards 3:30pm Decorate home	3 9:15am Seated Yoga With Anna 10:30am Walking Group 1:30pm Music with Charlie 3:00pm Decorate home	4 9:00am Coffee shop outing 10:30am Sensory Hour 1:30pm Music with Marty 3:00pm Reading club	5 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	6 9:00am Board Game Cafe 10:30am Movement with Anna 1:00pm Gingerbread House 3:00pm Word Games	7 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton	8 10:15am Beauty Hour 11:00am Balloon Badminton 1:00pm Bingo
9 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 12:00pm Diner's Club 1:30pm Art - Holiday Cards	10 9:15am Seated Yoga With Anna 10:30am Walking Group 12:00pm Diner's Club 1:00pm Resident Council - Rock 2:00pm Beauty Hour	11 9:00am Coffee shop outing 10:30am Sensory Hour 1:30pm Music with Marty 3:30pm Beauty Hour	12 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	13 9:00am Board Game Cafe 10:30am Movement with Anna 1:30pm Armchair Travel - Bonhomme Carnaval 3:00pm Word Games	14 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton	15 10:15am Beauty Hour 11:00am Spiritual Service 1:00pm Bingo
16 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Art - Holiday Cards 2:30pm Christmas Choir	17 9:15am Seated Yoga With Anna 10:30am Walking Group 1:30pm Beauty Hour 3:00pm Bingo	18 2:30pm Reading Club 3:30pm Sensory Hour 6:00pm Christmas light tour	19 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	20 9:00am Board Game Cafe 10:30am Movement with Anna 1:30pm Live Music with Eugene 3:00pm Word Games	21 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton	22 10:15am Beauty Hour 11:00am Balloon Badminton 1:00pm Bingo
23 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 12:00pm Diner's Club 2:30pm Art - Christmas Wreaths	24 9:15am Seated Yoga With Anna 10:30am Walking Group 12:30pm Diner's Club 1:30pm Music with Charlie 3:00pm Movie and Hot Chocolate Trolley	25 9:00am Stockings 10:30am Beauty Hour 1:30pm Christmas Bingo 3:00pm Christmas Stories	26 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	27 9:00am Board Game Cafe 10:30am Movement with Anna 1:30pm Live Music with Eugene 3:00pm Word Games	28 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton	29 10:15am Beauty Hour 11:00am Spiritual Service 1:00pm Bingo

Rock - Rockland Dining Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Music with Stephanie and Birthday Celebration 3:00pm Trivia	31 9:15am Seated Yoga With Anna 10:30am Walking Group 1:30pm Beauty Hour 3:00pm NYE Happy hour					

Rock - Rockland Dining Room