



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>8:30 Breakfast (DR) 1</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Morning Mass (C)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Reminiscing Corner (L)</p> <p>6:30 Soothing Exercise (DR)</p>	<p>8:30 Breakfast (DR) 2</p> <p>9:30 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 No Bake Recipes (DR)</p> <p>6:30 Soothing Exercises (L)</p>	<p>8:30 Breakfast (DR) 3</p> <p>9:30 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:00 Arts and Crafts with Kristin (CR)</p> <p>4:00 Hot Potato (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 4</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Hand Massage</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 5</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Montessori (L)</p> <p>4:30 Wine Social (DR)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 6</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Montessori (L)</p> <p>4:30 What's in the Box (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 7</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Brain Aerobics (L)</p> <p>4:00 Sing Along with Allen Charney (CR)</p> <p>6:30 Soothing Exercise (L)</p>
<p>8:30 Breakfast (DR) 8</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Morning Mass (C)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DA)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Reminiscing Corner (L)</p> <p>6:30 Soothing Exercise (DA)</p>	<p>8:30 Breakfast (DA) 9</p> <p>9:30 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 No Bake Recipes (DR)</p> <p>6:30 Soothing Exercises (L)</p>	<p>8:30 Breakfast (DR) 10</p> <p>9:30 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:00 Arts and Crafts with Kristin (CR)</p> <p>4:00 Hot Potato (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 11</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Hand Massage</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 12</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Wine Social (DR)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 13</p> <p>10:00 Morning Moves (L)</p> <p>11:15 Morning Mass (C)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DA)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 What's in the Box (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 14</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Saturday News (DR)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Brain Aerobics (L)</p> <p>4:00 Sing Along with Allen Charney (CR)</p> <p>6:30 Soothing Exercise (L)</p>
<p>8:30 Breakfast (DR) 15</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Morning Mass (C)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DA)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Reminiscing Corner (L)</p> <p>6:30 Soothing Exercise (DA)</p>	<p>8:30 Breakfast (DA) 16</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Birthday Party with Mike and Darlene (DA)</p> <p>4:30 No Bake Recipes (DR)</p> <p>6:30 Soothing Exercises (L)</p>	<p>8:30 Breakfast (DR) 17</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:00 Arts and Crafts with Kristin (CR)</p> <p>4:00 Hot Potato (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 18</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Hand Massage</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DA) 19</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Wine Social (DA)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 20</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 What's in the Box (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 21</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Saturday News (DA)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Brain Aerobics (L)</p> <p>4:00 Sing Along with Allen Charney (CR)</p> <p>6:30 Soothing Exercise (L)</p> <p style="text-align: right;"><small>Winter Begins</small></p>
<p>8:30 Breakfast (DA) 22</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Morning Mass (C)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DA)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Reminiscing Corner (L)</p> <p>6:30 Soothing Exercise (DA)</p>	<p>8:30 Breakfast (DA) 23</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 No Bake Recipes (DA)</p> <p>6:30 Soothing Exercises (L)</p> <p style="text-align: center;"><small>First Day of Hanukkah</small></p>	<p>8:30 Breakfast (DR) 24</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:00 Arts and Crafts with Kristin (CR)</p> <p>7:30 Christmas Eve Mass (C)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 25</p> <p>11:00 Christmas Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>4:30 Hand Massage</p> <p>6:30 Soothing Exercise (L)</p> <p style="text-align: center;"><i>Merry Christmas</i> Christmas</p>	<p>8:30 Breakfast (DR) 26</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Wine Social (DR)</p> <p>6:30 Soothing Exercise (L)</p> <p style="text-align: center;"><small>Kwanzaa Begins</small></p>	<p>8:30 Breakfast (DR) 27</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 What's in the Box (L)</p> <p>6:30 Soothing Exercise (L)</p>	<p>8:30 Breakfast (DR) 28</p> <p>10:00 Morning Moves (L)</p> <p>11:00 Saturday News (DR)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Brain Aerobics (L)</p> <p>4:00 Sing Along with Allen Charney (CR)</p> <p>6:30 Soothing Exercise (L)</p>
<p>8:30 Breakfast (DR) 29</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Morning Mass (C)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 Reminiscing Corner (L)</p> <p>6:30 Soothing Exercise (DR)</p>	<p>8:30 Breakfast (DA) 30</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DA)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:30 Energy Exercise (DR)</p> <p>3:30 Brain Aerobics (L)</p> <p>4:30 No Bake Recipes (DR)</p> <p>6:30 Soothing Exercises (L)</p>	<p>8:30 Breakfast (DR) 31</p> <p>9:30 Morning Moves (L)</p> <p>11:00 Reminiscing Corner (L)</p> <p>12:00 Lunch (DR)</p> <p>1:00 – 2:00 Quiet Time</p> <p>2:00 Arts and Crafts with Kristin (CR)</p> <p>4:00 Hot Potato (L)</p> <p>6:30 Soothing Exercise (L)</p> <p style="text-align: center;"><small>New Year's Eve</small></p>	<h1>December 2019</h1> <h1>Reflections Calendar</h1>			