


December 2022 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 Have a blessed Holiday Season			1 10:30 STRETCHES & DECEMBER NEWS 1:30 HANGMAN Adeline C. B-Day	2 10:30 Chair exercises & Christmas Trivia 1:30 SING-A-LONG	3 10:30 Fitness and finish the lines 1:30 CHRISTMAS DECORATING
4 10:15 2 ND ADVENT CANDLE LIGHTING & CHRISTMAS HYMN SING 1:30 BEAN BAG TOSS	5 10:30 Caroling on 2 nd Floor 1:30 Caroling on 1 st Floor	6 1:30 IN HOUSE BOWLING 6PM- CHRISTMAS IN EUROPE BY RICK STEVES	7 10:30 FUN & FITNESS 1:30 Group Crossword Puzzle	8 10:30 CHAIR YOGA 1:30 BALLOON VOLLEYBALL 6PM- RING TOSS	9 10:30 SIT 'N DANCE DVD 1:30 SPELLING BEE	10 10:30 MANICURES 1:30 HOLIDAY PAST & PRESENT Jean H. B-Day
11 10:15 3 RD ADVENT CANDLE LIGHTING & CHRISTMAS HYMN SING 2:30 Providence Church	12 10:30 Exercises & "Finish my Christmas Phrase" 1:30 Bible Study for 2 nd Floor	13 10:30 CHAIR YOGA 1:30 CHRISTMAS HAPPY HOUR	14 10:30 BEAN BAG TOSS 1:30 Shake Loose A Memory	15 6pm- CHRISTMAS PARTY W/ENTERTAINERS "B-SIDE APOSTLES"	16 10:30 Chair exercises & "TOYS" 1:30 SNOWBALL TOSS	17 10:30 MANICURES 1:30 CHRISTMAS AROUND THE WORLD
18 10:15 4 TH ADVENT CANDLE LIGHTING & CHRISTMAS HYMN SING 1:30 BEAN BAG TOSS	19 10:30 WASHER TOSS 1:30 Bible Study for 1 st Floor	20 1:30 Monthly Birthday Party w/Guitarist Cal Wookey 6PM- RING TOSS	21 10:30 FITNESS & NAME THAT CHRISTMAS CAROL 1:30 Shake Loose A Memory	22 10:30 How many words from "Merry Christmas" 1:30 Christmas Bingo & Refreshments 6PM- MOVIE AND POPCORN	23 10:30 CHAIR YOGA 1:30 SING-A-LONG	24 10:30 FITNESS & 'Twas THE NIGHT BEFORE CHRISTMAS
25 	Happy Boxing Day 26 	27 Afternoon Sing-A-Long with Daniel O'Donnell DVD	28 10:30 Exercises & "Finish my Christmas Phrase" 1:30 Group Crossword Puzzle Dorothy P. B-Day	29 1:30 Stretches & PAST & PRESENT 6PM- NEW YEAR'S PARTY W/PIANIST DOUG VOICE	30 10:30 FUN & FITNESS 1:30 BEAN BAG TOSS	31

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES