

# December 2018

Berkeley Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:00 Exercise 9:30 Christmas Tree Decorating 10:00 Snack & Chat 10:30 Music with Jon Durfee 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00 Exercise 10:00 Snack & Chat 10:30 Christmas Decorating 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make Christmas Cards 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Bible Study & Snack 10:30 Twas the Night Before Christmas 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates in December 10:30 Make Door Wreaths 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates in December 10:30 Music with Roberto 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Zumba with Peggy 9:30 Balloon Volleyball 10:00 Snack & Special Dates in December 10:30 Number Bingo 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates in December 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Paint Popsicle Santa's 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Drawing Santa 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Music with Jack Enea 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Make Christmas Trees w/Chef Arndray 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Home Sweet Home 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Music with Merilee	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make Passports 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Bible Study & Snack 10:30 Travel to the Philippines 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make Gingerbread House 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Painting with Karen 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Zumba with Peggy 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Christmas Bingo 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make Christmas Cookies 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 11:30 Hand Washing 4 Lunch 12:00 Family Christmas Dinner 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make Snowmen 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Monthly Birthday Party	9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Winter Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Brain Fitness 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat	9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat
<b>30</b>	<b>31</b>			<b>Open to the public</b> 6 <sup>th</sup> -Grand Illumination & Craft Night @ 6:00 p.m. 13 <sup>th</sup> -Senior Seminar @ 10:00 a.m.	 12/6- Pete M. 12/11- Robert S. 12/18- Bill F.	<b>DIMENSIONS OF WELLNESS</b> Physical Spiritual Vocational Intellectual Purposeful Emotional Environmental Social Nutritional