








Discovery and Harmony Activity Calendar

Discovery 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pet Therapy 10:00 Coffee Klatch/ News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 <u>Alternate: Create Joy w/ Frankie</u> 11:40 Music and Movement 12:00 Lunch and Social Hour D12:30 Bingo Bash H12:30 Active Game Group 3, 8th graders visit!	2 Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor Performs: Piano</u> 11:30 December Trivia 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour D12:45 Game Time Fun H12:45 Balloon Volleyball	3 Word Game Wednesday 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Word Game & Social Circle H11:00 Word Game & Trivia w/ Genevieve 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D12:45 <u>Holiday Jeopardy w/ Kayla</u> H12:45 <u>Tree Decorating & Holiday Music</u>	4 Cookie Day 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Holiday Price is Right</u> H11:00 Sensory Game 11:40 Chair yoga 12:00 Lunch and Social Hour 12:45 <u>Holiday Festivities w/ Jen</u> 12:45 Alt: To be determined	5 John Monday Performs 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Holiday Watercolor Art H11:00 Reminisce December 11:40 Chair Zumba 12:00 Lunch and Social Hour 12:45 <u>John Monday & Friends Perform</u> 12:45 Alt: To be determined	
8 National Brownie Day 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Sweet Treats w/ Jess</u> H11:00 Creative Arts 11:40 Sittercises 12:00 Lunch and Social Hour D12:45 Holiday Game H12:45 Musical Movie	9 Animal & Music Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Mini Horses Visit: Romeo & Ziggy</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 <u>Alt: Craft w/ Jess</u>	10 Nobel Prize Day 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Fill in the Blank: Nobel Prize Winners H11:00 Picture Match Game & Trivia 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Holiday Card Making & Crafts</u> 12:45 Jeopardy Challenge w/ Paola	11 Art & Active Games 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Snowball Game H11:00 <u>Holiday Tree Craft w/ Shay</u> 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D12:45 Holiday Craft H12:45 Holiday Active Game	12 Friday Funday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Virtual Trip to Croatia- Harlene</u> 11:00 Holiday Sing along & Trivia 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour D12:45 Holiday Bow Grab Game H12:45 Humor Box	
15 2nd Day of Hanukkah 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor Performs: Piano</u> 11:00 <u>Alt: Hanukkah art w/ Jess</u> 11:40 Music & Movement 12:00 Lunch and Social Hour 12:45 Virtual Trip to Canada 12:45 <u>Hanukkah Dreidel Game w/ Martha</u>	16 Yoga w/ Beth 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Yoga w/ Beth</u> H11:00 Winter Corn Hole Toss 11:45 Move & Groove Exercises 12:00 Lunch and Social Hour D12:45 History of Hanukah & Music H12:45 Holiday Crafts	17 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 <u>Alt: Color Therapy w/ Paola</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Ukulele Strummers & Singers</u> 12:45 <u>Alt: Painting Club w/ Jo</u>	18 Bake Cookies Day 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Core Class w/ Paola H11:00 <u>Baking w/ Jo</u> 11:45 Noodle Exercises 12:00 Lunch and Social Hour D12:45 Winter Bingo Bash H12:45 "The Nutcracker" movie clips	19 Holiday Fun 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Holiday Ring Toss & Trivia 11:00 <u>Creative Crew w/ Lori</u> 11:40 Chair Zumba 12:00 Lunch and Social Hour D12:45 Dean Martin Christmas Show H12:45 "A Christmas Carol" movie clips	
22 Welcome Winter 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Yoga w/ Beth</u> 11:00 <u>Ornament Making w/ Shay</u> 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Winter Wonderland Tea Social</u> 12:45 Alternate: Table Games	23 National Tie Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor Performs: Piano</u> 11:00 <u>Alt- Wellness w/ Jo</u> 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour 12:45 <u>The Price is Right Travel to Paris</u> 12:45 <u>Gentlemen's Club w/ Jim</u>	24 Christmas Eve 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Snowball Game H11:00 Santa Board Game 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Holiday Bingo Bash w/ Shay</u> 12:45 <u>Holiday Caroling & Trivia w/ Jo</u>		26 National Candy Cane Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Ping Pong Challenge 11:00 <u>Creative Crew w/ Lori</u> 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour D12:45 Candy Cane Grab Game H12:45 Winter Reminiscing & Trivia	
29 Monday Movement 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Guess who... H11:00 Sing along 11:40 Music & Movement 12:00 Lunch and Social Hour D12:45 Game time w/ Paola H12:45 Picture Match Game	30 Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Parachute Game & Trivia H11:00 Reminisce New Year & Trivia 11:40 Move & Groove Exercises 12:00 Lunch and Social Hour D12:45 New Years Bingo Bash H12:45 Active Game	31 New Years Eve 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Social Circle H11:00 Winter Word Games 11:40 Sit & Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Pre- New Year's Eve Celebration</u>		<p>Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</p>	 <p>12-12 Earl & Peggy 12-17 Louise</p>