

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2022

## Regency Park Assisted Living

				<p>10:15 Exercise 11:00 Warm Up &amp; Chat 1:30 Bocce Ball 2:30 Getting Crafty 3:30 Jeopardy 6:00 Evening Movie</p>	<p>2 10:15 Sit &amp; Stretch 11:00 Shoot'em Up 1:00 RL Bridge Game 1:30 BINGO 2:30 Word Games 3:30 Happy Half 6:00 Flix &amp; Popcorn</p>	<p>3 10:15 Chair Exercise 11:00 Book Club &amp; Coffee 1:30 Dice &amp; Dimes 2:30 Snack &amp; Chat 3:30 Armchair Travel 6:00 Evening Movie</p>
<p>4 9:00 Live Video Sunday Service 10:15 Coffee Connections 10:15 Video Exercise 11:00 Hand Pampering 1:30 Chair Exercise 2:30 Uno Card Game 3:30 Tom Ball Performs 6:00 Evening Movie</p>	<p>5 10:15 Exercise 11:00 Hangman 1:30 BINGO 2:30 Getting Crafty 3:30 Happy Hour 6:00 Evening Movie</p>	<p>6 10:15 Sit &amp; Stretch 11:00 Trivia &amp; Coffee 11:00 Catholic Mass 1:00 The Dave Cooley Show 2:30 Bean Bag Toss 3:30 Lets Play a Card Game 6:00 Evening Movie</p>	<p>7 10:15 Chair Exercise 11:00 Regency Market 11:00 Coffee Connections 1:30 Prize BINGO 2:30 Snack &amp; Chat 3:30 Name That Tune 6:00 Evening Movie</p>	<p>8 10:15 Exercise 11:00 Laugh Lines &amp; Coffee 1:30 Bocce Ball 2:00 Bill Beach Performs 3:30 Jeopardy 6:00 Evening Movie</p>	<p>9 10:15 Sit &amp; Stretch 11:00 Who Am I? 1:00 RL Bridge Game 1:30 BINGO 2:30 Word Games 3:30 Happy Half 6:00 Flix &amp; Popcorn</p>	<p>10 10:15 Chair Exercise 11:00 Local News &amp; Coffee 1:30 Dice &amp; Dimes 2:30 Snack &amp; Chat 3:30 Scrabble 6:00 Evening Movie</p>
<p>11 9:00 Live Video Sunday Service 10:15 Coffee Connections 10:15 Video Exercise 11:00 Hand Pampering 1:30 Chair Exercise 2:30 Uno Card Game 3:30 Documentary 6:00 Evening Movie</p>	<p>12 10:15 Exercise 11:00 Classic Club 1:30 BINGO 2:30 Getting Crafty 3:30 Happy Hour 6:00 Evening Movie</p>	<p>13 10:15 Pilates 11:00 True or False &amp; Coffee 11:00 Catholic Communion 1:30 Bean Bag Toss 3:00 Steve West Performs 6:00 Evening Movie</p>	<p>14 10:15 Chair Exercise 11:00 What Am I? 1:30 Prize BINGO 2:30 Snack &amp; Chat 3:30 Word Game 6:00 Evening Movie</p>	<p>15 10:15 Exercise 11:00 Warm Up &amp; Chat 1:30 Bocce Ball 2:30 Meeting of the Minds 3:30 Lets Play a Card Game 6:00 Evening Movie</p>	<p>16 10:15 Sit &amp; Stretch 11:00 Shoot'em Up 1:00 RL Bridge Game 1:30 BINGO 3:00 Shaymus Hanlin 6:00 Flix &amp; Popcorn</p>	<p>17 10:15 Chair Exercise 11:00 Local News &amp; Coffee 1:30 Dice &amp; Dimes 2:30 Snack &amp; Chat 3:30 Boogle 6:00 Evening Movie</p>
<p>18 9:00 Live Video Sunday Service 10:15 Coffee Connections 10:15 Video Exercise 11:00 Hand Pampering 1:30 Chair Exercise 2:30 Uno Card Game 3:30 Documentary 6:00 Evening Movie <small>Hanukkah Begins</small></p>	<p>19 10:15 Exercise 11:00 Hangman 1:30 BINGO 3:00 Holiday Sip &amp; Paint 6:00 Evening Movie</p>	<p>20 10:15 Sit &amp; Stretch 11:00 Christmas Card Making &amp; Coffee 11:00 Catholic Communion 1:30 Christmas Scattergories 3:00 Boogie with Charles &amp; The Angels 6:00 Evening Movie</p>	<p>21 10:15 Chair Exercise 11:00 Regency Market 11:00 Coffee Connections 1:30 Prize BINGO 3:00 Holiday Music &amp; Peppermint Bark Making for Our Heroes 6:00 Evening Movie <small>Winter Begins</small></p>	<p>22 10:15 Exercise 11:00 Warm Up &amp; Chat 1:30 Bocce Ball 3:00 Holly Jolly Holiday Party 6:00 Evening Movie</p>	<p>23 10:15 Sit &amp; Stretch 11:00 What Am I? 1:00 RL Bridge Game 1:30 BINGO 2:30 Word Games 3:30 Lets Play a Card Game 6:00 Flix &amp; Popcorn</p>	<p>24 10:15 Chair Exercise 11:00 Warm Up &amp; Reminisce 1:30 Peppermint Game 2:30 Mimosas &amp; Christmas Sing-A-Long 6:00 Evening Movie</p>
<p>25 9:00 Live Video Sunday Service 10:15 Video Exercise 11:30 Christmas Matinee Movie 2:00 Christmas Concert by Laila Murphy 6:00 Evening Movie</p>	<p>26 10:15 Exercise 11:00 Art Therapy 1:30 BINGO 2:30 Getting Crafty 3:30 Happy Hour 6:00 Evening Movie</p> <p><small>Boxing Day (Canada) Kwanzaa Begins</small></p>	<p>27 10:15 Pilates 11:00 Trivia &amp; Coffee 11:00 Catholic Communion 1:30 Bean Bag Toss 2:30 Council Meeting 3:30 Lets Play a Card Game 6:00 Evening Movie</p>	<p>28 10:15 Chair Exercise 11:00 Who Am I? 1:30 Prize BINGO 3:00 Monte Watters 6:00 Evening Movie</p>	<p>29 10:15 Exercise 11:00 Warm Up &amp; Chat 1:30 Bocce Ball 2:30 Getting Crafty 3:30 Word Game 6:00 Evening Movie</p>	<p>30 10:15 Sit &amp; Stretch 11:00 Money Ball 1:00 RL Bridge Game 1:30 BINGO 2:30 Word Games 3:30 Uno Card Game 6:00 Flix &amp; Popcorn</p>	<p>31 10:15 Chair Exercise 11:00 Local News &amp; Coffee 1:30 Dice &amp; Dimes 2:30 Armchair Travel 3:30 New Years Cocktail Hour 4:30 Candlelight Dinner 6:00 Evening Movie <small>New Year's Eve</small></p>

Christmas

Boxing Day (Canada)  
Kwanzaa Begins