




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Years Eve 31 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Holiday Karaoke with HS Staff 3:00 NYE Party at the Bistro with Tom M. 3:00 BINGO for Prizes 5:30 Netflix Baking Series at the Bistro: The Great Christmas Baking Show				Antarctica Day 1 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Brain Boosters and Puzzles 2:00 Let's Bake Cookies 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	World Pear Day 2 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Netflix Nature Series	
E-Discovery Day 3 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Holiday Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Baking Series at the Bistro: The Great Christmas Baking Show	National Cookie Day 4 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Monday Night Football - Ch.30 5:30 Board Games	Sachetorte Day 5 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Christmas Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:00 Holiday Love Stories on Netflix	Saint Nicholas Day 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Great National Parks on YouTube 2:30 Snack & Hydrate 3:00 Birthday Bash with Tony Birtolo 5:30 Classic Card Games	Remembering Pearl Harbor 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Our Daily Bread Bible Verse Sharing 2:00 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Large Group Jigsaw Puzzles 5:30 Classic Christmas Movies on Netflix	Gingerbread Cookie Day 8 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Brain Boosters and Puzzles 2:00 Let's Bake Cookies 2:30 Snack and Hydrate 3:30 Christmas Story Read Aloud 5:30 Armchair Travel & Snack	Weary Willie Day 9 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Netflix Nature Series
World Choral Day 10 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Holiday Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Baking Series at the Bistro: The Great Christmas Baking Show	UNICEF Birthday 11 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Monday Night Football - Ch.30 5:30 Board Games	National Cocoa Day 12 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Christmas Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Holiday Love Stories on Netflix	National Guard Day 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Great National Parks on YouTube 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Classic Card Games	Yoga Day 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Our Daily Bread Bible Verse Sharing 2:00 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Large Group Jigsaw Puzzles 5:30 Classic Christmas Movies on Netflix	National Cupcake Day 15 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Brain Boosters and Puzzles 2:00 Let's Bake Cupcakes 2:30 Snack and Hydrate 3:30 Christmas Story Read Aloud 5:30 Armchair Travel & Snack	Chocolate Covered Day 16 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Netflix Nature Series
Wright Brothers Day 17 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Holiday Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Baking Series at the Bistro: The Great Christmas Baking Show	A Christmas Carol Day 18 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Monday Night Football - Ch.30 5:30 Board Games	Christmas List Day 19 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Christmas Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Holiday Love Stories on Netflix	Poet Laureat Day 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Great National Parks on YouTube 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Classic Card Games	First Day of Winter 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Annual Thanksgiving Luncheon 2:00 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Large Group Jigsaw Puzzles 5:30 Classic Christmas Movies on Netflix	Forefathers Day 22 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 11:00 Annual Christmas Luncheon 1:00 Christmas Karaoke with HS Staff 2:30 Snack and Hydrate 3:30 Christmas Story Read Aloud 5:30 Armchair Travel & Snack	Human Light Celebration 23 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 4:00 Christmas Tree Lighting
Christmas Eve 24 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Holiday Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Baking Series at the Bistro: The Great Christmas Baking Show	Happy Birthday Juan! 25 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Monday Night Football - Ch.30 5:30 Board Games	National Candy Cane Day 26 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Christmas Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Holiday Love Stories on Netflix	Radio City Music Hall Day 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Great National Parks on YouTube 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Classic Card Games	National Chocolate Day 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Our Daily Bread Bible Verse Sharing 2:00 Bing Crosby Christmas Collection 2:30 Snack & Hydrate 3:00 Large Group Jigsaw Puzzles 5:30 Classic Christmas Movies on Netflix	Tick Tock Day 29 9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Brain Boosters and Puzzles 2:00 Let's Bake Cookies 2:30 Snack and Hydrate 3:30 Christmas Story Read Aloud 5:30 Armchair Travel & Snack	Bacon Day 30 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Netflix Nature Series

Heritage Springs Memory Care Events All Activities Subject to Change by the Life Enrichment Director