




| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|---|---|---|--|---|
|   | <b>Basketball Day 1</b><br>9:00 Zen Music Meditation<br>9:30 Upper Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Brain Booster Trivia<br>1:00 Balloon Toss<br>2:00 Snack & Hydrate<br>3:00 Let's Test Our Knowledge<br>5:30 Board Games                | <b>National Mutt Day 2</b><br>9:00 Zen Music Meditation<br>9:30 Seated Range of Motion Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Christmas Color by Numbers<br>11:00 Holiday Sing Along Songs<br>1:00 Flower Arrangements<br>2:00 Move & Groove<br>3:00 Large Easy Word Find Puzzles<br>5:30 Family Evening Bingo         | <b>Be a Blessing Day 3</b><br>9:00 Zen Music Meditation<br>9:30 Lower Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Spot the Differences<br>1:00 Noodle Toss<br>2:00 Fill in the Blanks: Holiday Editon<br>3:00 Birthday Bash with Tony B.<br>5:30 Netflix Adventure Movie: LOCKE and KEY Season One                   | <b>National Cookie Day 4</b><br>9:00 Zen Music Meditation<br>9:30 Functional Stretch Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Holiday Sing Along Songs<br>11:00 Balloon Toss<br>1:00 Let's Test Our Knowledge<br>2:00 Snack and Hydrate<br>3:00 Move to Holiday Dance Music<br>5:30 Classic Card Games         | <b>World Trick Shot Day 5</b><br>9:00 Zen Music Meditation<br>9:00 The Daily Chronicle<br>9:30 Dance Exercises with Gee Scott<br>10:00 Snack, Hydrate & Trivia<br>10:30 Brain Teasers and Riddles<br>1:00 Group Coloring Art with Jeannie<br>2:00 Snack and Hydrate<br>3:00 Bingo for Chocolates<br>5:30 Classic Christmas Movie         | <b>St. Nicholas Day 6</b><br>9:00 Zen Music Meditation<br>9:30 Guided Meditation with Carol<br>10:00 The Daily Chronicles with Snacks<br>10:30 Snack, Hydrate & Trivia<br>11:00 Noodle Toss<br>1:00 Christmas Trivia<br>2:00 Carolers from Couples for Christ<br>3:00 Namaste Hour with HS Staff<br>5:30 Netflix Holiday Romances           |
| <b>National Cotton Candy Day 7</b><br>9:00 Joel Osteen on Channel 26<br>10:00 Catholic Mass at the Living Room<br>10:30 Snack, Hydrate & Trivia<br>11:00 The Daily Chronicle<br>1:00 Holiday Sing Along Songs<br>2:00 Reminiscing Photos<br>3:00 BINGO for Chocolates<br>5:30 Classic Holiday Movies on Netflix | <b>Toilet Paper Appreciation Day 8</b><br>9:00 Zen Music Meditation<br>9:30 Upper Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Brain Booster Trivia<br>1:00 Balloon Toss<br>2:00 Snack & Hydrate<br>3:00 Let's Test Our Knowledge<br>5:30 Board Games | <b>Gingerbread House Day 9</b><br>9:00 Zen Music Meditation<br>9:30 Seated Range of Motion Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Christmas Color by Numbers<br>11:00 Holiday Sing Along Songs<br>1:00 Flower Arrangements<br>2:00 Move & Groove<br>3:00 Large Easy Word Find Puzzles<br>5:30 Family Support Group     | <b>Wear Your Overalls Day 10</b><br>9:00 Zen Music Meditation<br>9:30 Lower Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Spot the Differences<br>1:00 Noodle Toss<br>2:00 Fill in the Blanks: Holiday Editon<br>3:00 Happy Hour with Bobby Rumion<br>5:30 Netflix Adventure Movie: LOCKE and KEY Season One           | <b>Wear Your Favorite Jersey 11</b><br>9:00 Zen Music Meditation<br>9:30 Functional Stretch Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Holiday Sing Along Songs<br>11:00 Balloon Toss<br>1:00 Let's Test Our Knowledge<br>2:00 Snack and Hydrate<br>3:00 Move to Holiday Dance Music<br>5:30 Classic Card Games  | <b>Wear Polka Dots Day 12</b><br>9:00 Zen Music Meditation<br>9:00 The Daily Chronicle<br>9:30 Dance Exercises with Gee Scott<br>10:00 Snack, Hydrate & Trivia<br>10:30 Brain Teasers and Riddles<br>1:00 Group Coloring Art with Jeannie<br>2:00 Snack and Hydrate<br>3:00 Bingo for Chocolates<br>5:30 Classic Christmas Movie         | <b>National Guard Birthday 13</b><br>9:00 Zen Music Meditation<br>9:30 Guided Meditation with Carol<br>10:00 The Daily Chronicles with Snacks<br>10:30 Snack, Hydrate & Trivia<br>11:00 Noodle Toss<br>1:00 Holiday Sing Along Songs<br>2:00 Snack and Hydrate<br>3:00 Simple Nail Care with Staff<br>5:30 Netflix Holiday Romances         |
| <b>Monkey Day 14</b><br>9:00 Joel Osteen on Channel 26<br>10:00 Catholic Mass at the Living Room<br>10:30 Snack, Hydrate & Trivia<br>11:00 The Daily Chronicle<br>1:00 Holiday Sing Along Songs<br>2:00 Reminiscing Photos<br>3:00 BINGO for Chocolates<br>5:30 Classic Holiday Movies on Netflix               | <b>Disney Character Day 15</b><br>9:00 Zen Music Meditation<br>9:30 Upper Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Brain Booster Trivia<br>1:00 Balloon Toss<br>2:00 Snack & Hydrate<br>3:00 Let's Test Our Knowledge<br>5:30 Board Games         | <b>Wear Opposite Day 16</b><br>9:00 Zen Music Meditation<br>9:30 Seated Range of Motion Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Christmas Color by Numbers<br>11:00 Holiday Sing Along Songs<br>1:00 Flower Arrangements<br>2:00 Move & Groove<br>3:00 Large Easy Word Find Puzzles<br>5:30 Family Evening Bingo        | <b>Wear a Favorite Hat Day 17</b><br>9:00 Zen Music Meditation<br>9:30 Lower Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Spot the Differences<br>1:00 Noodle Toss<br>2:00 Fill in the Blanks: Holiday Editon<br>3:00 Happy Hour with Brenda Hebert<br>5:30 Netflix Adventure Movie: LOCKE and KEY Season One         | <b>Wear Your Ugly Sweater Day 18</b><br>9:00 Zen Music Meditation<br>9:30 Functional Stretch Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Holiday Sing Along Songs<br>11:00 Balloon Toss<br>1:00 Let's Test Our Knowledge<br>2:00 Snack and Hydrate<br>3:00 Move to Holiday Dance Music<br>5:30 Classic Card Games | <b>Wear Stripes Day 19</b><br>9:00 Zen Music Meditation<br>9:00 The Daily Chronicle<br>9:30 Dance Exercises with Gee Scott<br>10:00 Snack, Hydrate & Trivia<br>10:30 Brain Teasers and Riddles<br>1:00 Group Coloring Art with Jeannie<br>2:00 Snack and Hydrate<br>3:00 Bingo for Chocolates<br>5:30 Classic Christmas Movie            | <b>Wear a Santa Costume Day 20</b><br>9:00 Zen Music Meditation<br>9:30 Guided Meditation with Carol<br>10:00 The Daily Chronicles with Snacks<br>10:30 Snack, Hydrate & Trivia<br>11:00 Christmans Luncheon<br>1:00 Holiday Sing Along Songs<br>2:00 Snack and Hydrate<br>3:00 Namaste Hour with HS Staff<br>5:30 Netflix Holiday Romances |
| <b>First Day of Winter 21</b><br>9:00 Joel Osteen on Channel 26<br>10:00 Catholic Mass at the Living Room<br>10:30 Snack, Hydrate & Trivia<br>11:00 The Daily Chronicle<br>1:00 Holiday Sing Along Songs<br>2:00 Reminiscing Photos<br>3:00 BINGO for Chocolates<br>5:30 Classic Holiday Movies on Netflix      | <b>Wear Christmas Shirt Day 22</b><br>9:00 Zen Music Meditation<br>9:30 Upper Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Brain Booster Trivia<br>1:00 Balloon Toss<br>2:00 Snack & Hydrate<br>3:00 Let's Test Our Knowledge<br>5:30 Board Games     | <b>Funny Christmas Hair Day 23</b><br>9:00 Zen Music Meditation<br>9:30 Seated Range of Motion Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Christmas Color by Numbers<br>11:00 Holiday Sing Along Songs<br>1:00 Flower Arrangements<br>2:00 Move & Groove<br>3:00 Large Easy Word Find Puzzles<br>5:30 Family Support Group | <b>Wear Elves on the Shelves Day 24</b><br>9:00 Zen Music Meditation<br>9:30 Lower Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Spot the Differences<br>1:00 Noodle Toss<br>2:00 Fill in the Blanks: Holiday Editon<br>3:00 Happy Hour with Mike Jones<br>5:30 Netflix Adventure Movie: LOCKE and KEY Season One      | <b>Christmas Candy Cane Day 25</b><br>9:00 Zen Music Meditation<br>9:30 Functional Stretch Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Holiday Sing Along Songs<br>11:00 Balloon Toss<br>1:00 Let's Test Our Knowledge<br>2:00 Snack and Hydrate<br>3:00 Move to Holiday Dance Music<br>5:30 Classic Card Games   | <b>National Thank You Note Day 26</b><br>9:00 Zen Music Meditation<br>9:00 The Daily Chronicle<br>9:30 Dance Exercises with Gee Scott<br>10:00 Snack, Hydrate & Trivia<br>10:30 Brain Teasers and Riddles<br>1:00 Group Coloring Art with Jeannie<br>2:00 Snack and Hydrate<br>3:00 Bingo for Chocolates<br>5:30 Classic Christmas Movie | <b>Radio City Music Hall Day 27</b><br>9:00 Zen Music Meditation<br>9:30 Guided Meditation with Carol<br>10:00 The Daily Chronicles with Snacks<br>10:30 Snack, Hydrate & Trivia<br>11:00 Noodle Toss<br>1:00 Holiday Sing Along Songs<br>2:00 Snack and Hydrate<br>3:00 Simple Nail Care with Staff<br>5:30 Netflix Holiday Romances       |
| <b>National Chocolate Day 28</b><br>9:00 Joel Osteen on Channel 26<br>10:00 Catholic Mass at the Living Room<br>10:30 Snack, Hydrate & Trivia<br>11:00 The Daily Chronicle<br>1:00 Holiday Sing Along Songs<br>2:00 Reminiscing Photos<br>3:00 BINGO for Chocolates<br>5:30 Classic Holiday Movies on Netflix   | <b>YMCA Day 29</b><br>9:00 Zen Music Meditation<br>9:30 Upper Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Brain Booster Trivia<br>1:00 Balloon Toss<br>2:00 Snack & Hydrate<br>3:00 Let's Test Our Knowledge<br>5:30 Board Games                     | <b>Egg Nog Day 30</b><br>9:00 Zen Music Meditation<br>9:30 Seated Range of Motion Exercises<br>10:00 The Daily Chronicle with Snacks<br>10:30 Christmas Color by Numbers<br>11:00 Holiday Sing Along Songs<br>1:00 Flower Arrangements<br>2:00 Move & Groove<br>3:00 Large Easy Word Find Puzzles<br>5:30 Family Evening Bingo              | <b>New Year's Eve 31</b><br>9:00 Zen Music Meditation<br>9:30 Lower Extremity Exercises w/ Gee<br>10:00 The Daily Chronicle with Snacks<br>10:30 Spot the Differences<br>1:00 Noodle Toss<br>2:00 Fill in the Blanks: Holiday Editon<br>4:00 New Year's Eve Celebration at AL<br>5:30 YouTube New Year's Eve Feature: New Year Fireworks of the World |    |  |    |

# December 2025 Heritage Springs Memory Care Events

Activities are subject to change based on the interests and requests of our residents.