	Count days	Manday	Transfer	Wadaaday	Thursday	Faidou	Cabunday
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>(8)</b>	KEY: A= Activity Room L= Lounge D= Dining Room \$= Bring Money	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 11:00: Exercise w/ Paz 1:00: Monthly Health Talk with Tara- Self Care During the Holidays 3:30: Alliteration Adventure Game (L) 6:00: Christmas with the Cranks starring Jamie Lee Curtis Happy Birthday, Loyal!	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 9:30: Self-Walk-About 1:30: Creative Coloring Club 3:30: Resident Choice Activities 6:00: Resident Led Book Club	9:30: Self Walk-A-Bout 10:30: Exercise w/ Paz 11:00: Lunch Outing at Far Man (\$) 1:30: Creative Corner w/ Daniela 2:30: Good Friends make Good Neighbors Social w/ Dwight (L) 2:30: Scenic Drive w/John 3:30: Mini Christmas Tree Decorating Craft (L)	Puzzles 9:00: Daily Chronicles 10:00: Crafting w/Savannah-Mini Pipe Cleaner Wreaths 10:00: Catholic Communion 11:00: Exercise w/ Paz 1:30: BINGO (L) 3:30: Baking Club w/ Savannah- Melted Snowman Cookie Dough Bites	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:30: Chair Chi w/Savannah 1:30: BINGO (D) 3:00: Storytime Performance w/ David and Jeany Snider	9:00: Puzzle Group 10:00: Daily Chronicles 10:30: Exercise w/ Shanie 2:00: Bingo w/ Shanie 3:30: Music in the lounge
	9:00: Puzzle Group 7 10:00: Daily Chronicles 10:30: Chair Exercise w/ Shanie 2:00: 4:00: Methodist Church Service	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 11:00: Exercise w/ Paz 1:30: MYSTERY BINGO 3:30: Yahtzee w/Savannah 6:00: Movie- Disney's A Christmas Carol starring Jim Carrey	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:00:Chair Exercise w/Savannah 1:30: BINGO (D) 3:30: Crafting w/Savannah- Christmas Card Making (L) 6:00: Christmas Music in the Lounge	9:30: Shopping Outing w/ John 10:30: Exercise w/ Paz 11:00: Oldies and Gospel 1:30: Creative Corner w/Daniela 3:00: Lane Transit District Presentation and Demonstration 6:00: Movie- Miracle on 34th Street	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:00: Catholic Communion 11:00: Exercise w/ Paz 3:30: Art Therapy Class with Pani 6:00: Christmas Light Looking w/ Savannah	Puzzles 9:00: Daily Chronicles 10:30: Resident Store 1:30: BINGO 3:30: Crafting w/Savannah- Wood Ornaments 6:00: Ted Talk- How One Crazy Idea Became the Best Holiday Ever	9:00: Puzzle Group 13 10:00: Daily Chronicles 10:30: Exercise w/ Shanie 2:00: Bingo w/ Shanie 3:30: Music in the lounge  Happy Birthday, Dottie!
	9:00: Puzzle Group 10:00: Daily Chronicles 10:30: Chair Exercise w/ Shanie 2:00: 4:00: Methodist Church Service  Hanukkah Begins	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 11:00: Exercise w/ Paz 2:00: Performance by Tim 3:30: Crafting w/Savannah- Crayon Ornaments 6:00: Resident Choice Movie Night! Spirit Day- Merry Movie Monday! Dress as your favorite holiday movie!	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:00: Chair Exercise w/Savannah 1:00: BINGO (D) 2:00: Christmas Carols! Performed by the Springfield High School Choir (L) 3:30: Paint and Sip-Christmas Themed Trinkets Spirit Day- Tune up Tuesday! Dress as your favorite Christmas Song!	9:30: Shopping Outing w/ John 10:30: Exercise w/ Paz 1:30: A Very Spring Valley Christmas (Staff Christmas Party) 3:30: Trivial Pursuit w/Savannah (A) 6:00: Movie- Resident Choice	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:00: Catholic Communion 11:00: Exercise w/ Paz 1:30: Creative Coloring Club 3:30: Baking with Savannah- Grinch Cookies 6:00: Christmas Light Looking w/Savannah Spirit Day- Tropical Holiday Thursday! Hawaiian shirts, sunglasses, and Christmas lei's- Mele Kalikimaka Style!	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:30: Cranium Crunches 1:30: BINGO (D) 3:30: Resident Led Gardening Group Meeting-Discuss what you want to do, see, or have in the garden! Spirit Day- Candy Cane Chaos! Dress in red and white! Bonus Cheer if you wear stripes:)	9:00: Puzzle Group 10:00: Daily Chronicles 10:30: Exercise w/ Shanie 2:00: Bingo w/ Shanie 3:30: Music in the lounge
	9:00: Puzzle Group 10:00: Daily Chronicles 10:30: Chair Exercise w/ Shanie 2:00: 4:00: Methodist Church Service	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 11:00: Exercise w/ Paz 1:30: Octopus Rhythm Works 3:30: Resident Led Card Games (L) 6:00: Movie- It's a Wonderful Life	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:00: Chair Exercise w/Savannah 1:30: A Very Spring Valley Christmas Party (RESIDENT CHRISTMAS PARTY) (L) 6:00: Movie-The Polar Express starring Tom Hanks	9:30: Shopping Outing w/ John 10:30: Exercise w/ Paz 11:00: Oldies and Gospel 1:00: Swimming at Waterford Grand	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:30: Self Walk-a-bout 1:30: Christmas Creative Coloring Club 6:00: Movie- A Christmas Story (L)	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:30: Chair Chi w/Savannah 1:30: BINGO (D) 3:30: Cookie social (L) 6:00: Resident Led Book Club  Boxing Day (Canada)	9:00: Puzzle Group 10:00: Daily Chronicles 10:30: Exercise w/ Shanie 2:00: Bingo w/ Shanie 3:30: Music in the lounge
	Winter Begins	8:30: Mindful Melodies and 20	8:30: Mindful Melodies and 30	9:00: Daily Chronicles 31	Christmas	Kwanzaa Begins	
ğirin i	9:00: Puzzle Group 10:00: Daily Chronicles 10:30: Chair Exercise w/ Shanie 2:00: 4:00: Methodist Church Service	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:30: Exercise w/Savannah 1:30: MYSTERY BINGO 3:30: Music w/ Mr. E	8:30: Mindful Melodies and Puzzles 9:00: Daily Chronicles 10:00: Chair Exercise w/Savannah 1:30: BINGO (D) 3:30: Craft- Mini Yarn Caps	9:00: Daily Chronicles 9:30: Shopping Outing w/ John 10:30: Exercise w/ Paz 1:00: Swimming at Waterford Grand 1:30: Creative Corner with Daniela 3:00: Scenic Drive w/John	Dece	ember	2025

"December is the year's final page—softly closing one chapter and hinting at the next."

New Year's Eve December is the year's final page—s

Spring Valley Assisted Living, 770 Harlow Road Springfield OR, 97478, 541-744-2116. \*ACTIVITIES ARE SUBJECT TO CHANGE, CANCEL, AND/OR BE RESCHEDULED\*