

Monday

Tuesday

Wednesday

Thursday

Friday

December 2023

Seasons Adult Day Health Services



<p>E: Sock it to Me P: Arm Aerobics E: Spirituality with Pastor Paul or Words in Words <i>LUNCH</i> A: Paint Class w/ Merry & Leo or Sharpen Your Senses P: Ladder Golf A: Music Through the Decades C: Name that Memory</p>	<p>C: Elder Trivia P: Can Weights C: Word Connections or Metaphors <i>LUNCH</i> C: Three Letters or ABC Word Challenge P: Bean Bag Boccee A: Sizzling 70's Songs with Suzie Q C: Have You Ever?</p>	<p>C: Big Band Interactive Trivia P: Upper Body Stretch C/A: Bible Study or Musical Toss <i>LUNCH</i> C: Christmas Music Bingo or Clue Trivia P: Battle Buckets E: Remembering Going Dancing C: Country Life Trivia</p>	<p>A: Family Memory Lane P: Core Exercise C: Create a Word or Twister Trivia <i>LUNCH</i> C: Music with Merry and Leo P: Hoop Toss E: Life in the 60's C: Finish the Phrase</p>	<p>C: December Trivia P: Upper Body Stretch C/A: Guess the Bird or Sweet Memories Sing Along <i>LUNCH</i> C: How its Made or Guess in 10 P: Target Darts E: Retro Videos C: Conversation Cards</p>
<p>C: Fact or Fiction P: Ball Exercise E: Spirituality with Pastor Paul or Shake Awake your Taste <i>LUNCH</i> C: Travelogue- New York City or Name Ten P: Bean Bag Toss A: Sing, Dance, Reminisce C: Memories and Musings</p>	<p>E: Random Trivia P: Healthy Bodies C/A: What Would You Do? or Christmas Sing Along <i>LUNCH</i> E/C: Ted Talk or Trivia Treasury P: Texas Horseshoes C: Musical Connections A: Name that Memory</p>	<p>C: Holiday Trivia P: Dance Aerobics C/A: Bible Study or Ornament Painting <i>HOLIDAY LUNCH</i> C: Scattergories or Can You Picture This? P: Christmas Toss E: Remembering Christmas Eve C: Swatter Ball</p>	<p>C: Brain Boosters P: Resistance Bands C: What's in the Bag? or Train of Thought <i>LUNCH</i> C: Can you List it? Or Alphabetics P: Broomball A: Magic of Music C: What's that Occupation</p>	<p>C: Down Memory Lane P/O: Cardio Drumming or Hot Cocoa Jars E: Personal Treasures <i>LUNCH</i> C: Famous Faces or Pet Therapy with Duke P: Bowling A: Seasons Choral C: Pastimes</p>
<p>C: Good Old Days P: Chair Yoga with Keri E: Spirituality with Pastor Paul or Quizmania <i>LUNCH</i> C/A: iPad Chain of Thought or A to Z Trivia P: Disc Golf A: Guess the Movie by the Song C: Conversation Cards</p>	<p>C: Little Known Facts P: Ball Exercises C/O: Jumbo Crossword or Rice Heating Pad Craft <i>LUNCH</i> P: Disc Golf C/A: Guess Who I Am Or Hits of the 60's C: Eat, Wear, Drive C: Art Appreciation</p>	<p>C: EZ Trivia P: Bean Bag Exercise C: Bible Study or Shake Loose a Memory <i>LUNCH</i> C/A: Alphabet Challenge or Gene Autry Christmas Songs P: Horseshoes C: I Hear Memories C: Everyday Life Trivia</p>	<p>C: Storylines P: Upper Body Stretch C/A: The History Of... or Holiday Name 10 <i>LUNCH</i> C/A: Holiday Spaceman or Boots and Hearts Sing Along P: Floor Darts C: Remembering Gift Giving A: Finish the Holiday Song Lyric UGLY SWEATER CONTEST</p>	<p>C: Holiday Memories P: Healthy Bodies or Cookie Decorating C: Christmas Jingo or EZ Holiday Trivia <i>LUNCH</i> C/A: Holiday Family Feud or Christmas Sing Along P: Corn Hole C: Blurt C: 'Twas the Night Before Christmas</p>
<p>CLOSED </p>	<p>CLOSED </p>	<p>A: Sentimental Journey Sing Along P: Core Exercise C: Spirituality with Pastor Paul or Word Teasers <i>LUNCH</i> C/A: Word Wonders or Name that TV Theme Song P: Football Toss C: Yesterdays Photos P: Zig Zag Zoom</p>	<p>C: Classic TV Commercials P: Chair Yoga C/A: Blank Slate or Seasons Choral <i>LUNCH</i> C/A: Discover America- West Virginia or Picture the Song P: Top Toss C: Old Wives Tales C: Our Moments</p>	<p>C: Toss n Talk Ball P: Arm Aerobics C: Name That State or Six Words <i>LUNCH</i> C/A: Tribond or Traveling Tunes P: Bottle Ring Toss C: Mind Stretchers C: Would You Rather?</p>

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM

Birthdays: Walter S- 12/8, Shirley S- 12/12, Bill B- 12/21