

# December 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**INCLEMENT WEATHER: IF SCHOOL IS DELAYED, WE WILL OPEN REGULAR TIME  
IF SCHOOL CLOSSES, WE WILL BE CLOSED. PLEASE CALL BY 8:30 IF PARTICIPANT  
WILL NOT BE IN ATTENDANCE OF THEIR SCHEDULED DAY ☺ 603-883-0994**

Coffee and Social Hour **1**  
On this Day in History  
Exercise  
Resist Art- Snowflake  
Meditation and Mindfulness  
Game Day  
UNO

National Cookie Day **4**  
Coffee and Social Hour  
On this Day in History  
Exercise  
Meditation and Mindfulness  
Snowman Craft  
Ladder Ball  
Garbage

Coffee and Social Hour **5**  
On this Day in History  
Yoga and Weights  
Meditation and Mindfulness  
Christmas Name Craft  
Basketball  
Nix the Six

Coffee and Social Hour **6**  
On this Day in History  
Cardio Drumming  
Meditation and Mindfulness  
Peppermint Science  
Tabletop Bowling  
Bingo

Hanukkah **7**  
Coffee and Social Hour  
On this Day in History  
Yoga and Weights  
Meditation and Mindfulness  
Pearl Harbor Remembrance  
Day  
Toss Um  
Seven's

Coffee and Social Hour **8**  
On this Day in History  
Game Day  
Meditation and Mindfulness  
Candy Cane Mouse  
Corn Hole  
Bingo

Coffee and Social Hour **11**  
On this Day in History  
Exercise  
Meditation and Mindfulness  
Thumbprint Christmas  
Ornament  
Ladder ball  
Nix the Six

Coffee and Social Hour **12**  
On this Day in History  
Yoga and Weights  
Meditation and Mindfulness  
Snowball Toss  
Garbage

Coffee and Social Hour **13**  
On this Day in History  
Cardio Drumming  
Meditation and Mindfulness  
Crafting with Kendra  
Bowling  
UNO

Coffee and Social Hour **14**  
On this Day in History  
Yoga and Weights  
Meditation and Mindfulness  
Exploding Snowman  
Toss Um  
Bingo

Coffee and Social Hour **15**  
On this Day in History  
Game Day  
Mediation and Mindfulness  
Crafting with Kendra  
Corn Hole  
Garbage

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| <p>Coffee and Social Hour <b>18</b><br/> On this Day in History<br/> Morning Group Activity<br/> Exercise<br/> Build a Snowman Game<br/> Basketball<br/> Hopscotch</p> | <p>Coffee and Social Hour <b>19</b><br/> On this Day in History<br/> Yoga and Weights<br/> Meditation and Mindfulness<br/> Salt Dough fingerprint<br/> Ornament<br/> Golf<br/> Garbage</p> | <p>Coffee and Social Hour <b>20</b><br/> On this Day in History<br/> Cardio Drumming<br/> Mediation and Mindfulness<br/> Holiday Celebration</p>   | <p>Coffee and Social Hour <b>21</b><br/> On this Day in History<br/> Yoga and Weights<br/> Meditation and Mindfulness<br/> Cookie Decorating<br/> Meditation and Mindfulness<br/> Afternoon Stretch<br/> Gumball Machine Craft</p> | <p><b>CLOSED FOR CHRISTMAS EVE OBSERVANCE</b> <b>22</b></p>  |
| <p><b>CLOSED FOR CHRISTMAS OBSERVANCE</b> <b>25</b></p>  | <p>Coffee and Social Hour <b>26</b><br/> On this Day in History<br/> Yoga and Weights<br/> Meditation and Mindfulness<br/> Don't Break the Ice<br/> Bingo</p>                              | <p>Coffee and Social Hour <b>27</b><br/> On this Day in History<br/> Cardio Drumming<br/> Meditation and Mindfulness<br/> Let's Make Snow<br/> Garbage</p>   | <p>Coffee and Social Hour <b>28</b><br/> On this Day in History<br/> Yoga and Weights<br/> Meditation and Mindfulness<br/> New Years Resolutions<br/> Ladder Ball<br/> UNO</p>   | <p>Coffee and Social Hour  <b>29</b><br/> On this Day in History<br/> Exercise<br/> Meditation and Mindfulness<br/> New Year Celebration!<br/> Corn Hole<br/> Nix the Six</p> |

