

December 2024 - Fairway Court



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Breakfast/Life skills [F] 1	Happy Birthday Mickey! 2	8:30 Breakfast/Life skills [F] 3	8:30 Breakfast/Life skills [F] 4	8:30 Breakfast/Life skills [F] 5	8:30 Breakfast/Life skills [F] 6	8:30 Breakfast/Life skills [F] 7
9:00 light stretching and movement [F]	8:30 Breakfast/Life skills [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]
9:30 Light music and meditation [FC]	9:00 light stretching and movement [F]	9:30 Rosary & Confessions [C]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]
11:30 Lunch/Oshibori [F]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	11:30 Lunch/Oshibori [F]
1:00 Activity/Game/Trivia [F]	10:45 Music & Movement (light exercise) [F]	10:00 Catholic Mass [C]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	1:00 Movie [F]
2:00 Snack/Conversation [F]	11:30 Lunch/Oshibori [F]	10:45 Music & Movement (light exercise) [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	1:00 Bingo with HFS 2nd graders [DR]	1:00 Activity/Game/Trivia [F]
3:30 senior link [F]	1:00 Movie [F]	11:30 Lunch/Oshibori [F]	2:00 Snack/Conversation [F]	2:00 Snack/Conversation [F]	1:00 Activity/Game/Trivia [F]	2:00 Snack/Conversation [F]
5:00 Dinner/Oshibori [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	3:30 senior link [F]	3:30 senior link [F]	2:00 Snack/Conversation [F]	3:30 senior link [F]
7:30 Evening Stretches/Life Skills	2:00 Snack/Conversation [F]	2:00 Snack/Conversation [F]	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	3:30 senior link [F]	5:00 Dinner/Oshibori [F]
	3:30 senior link [F]	3:30 senior link [F]	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills	5:00 Dinner/Oshibori [F]	7:30 Evening Stretches/Life Skills
	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]			7:30 Evening Stretches/Life Skills	
	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills				
8:30 Breakfast/Life skills [F] 8	8:30 Breakfast/Life skills [F] 9	8:30 Breakfast/Life skills [F] 10	8:30 Breakfast/Life skills [F] 11	8:30 Breakfast/Life skills [F] 12	Happy Birthday Ed! 13	8:30 Breakfast/Life skills [F] 14
9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	8:30 Breakfast/Life skills [F]	9:00 light stretching and movement [F]
9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:00 light stretching and movement [F]	9:30 Light music and meditation [FC]
11:30 Lunch/Oshibori [F]	10:45 Music & Movement (light exercise) [F]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	11:30 Lunch/Oshibori [F]
1:00 Activity/Game/Trivia [F]	11:30 Lunch/Oshibori [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	1:00 Movie [F]
2:00 Snack/Conversation [F]	1:00 Movie [F]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	1:00 Activity/Game/Trivia [F]
3:30 senior link [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	2:00 Snack/Conversation [F]
5:00 Dinner/Oshibori [F]	2:00 Snack/Conversation [F]	2:00 Snack/Conversation [F]	2:00 Snack/Conversation [F]	1:30 Rosary & Communion [C]	2:00 Snack/Conversation [F]	3:30 senior link [F]
7:30 Evening Stretches/Life Skills	3:30 senior link [F]	3:30 senior link [F]	3:30 senior link [F]	2:00 Snack/Conversation [F]	3:30 senior link [F]	5:00 Dinner/Oshibori [F]
	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	3:30 senior link [F]	5:00 Dinner/Oshibori [F]	7:30 Evening Stretches/Life Skills
	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills	5:00 Dinner/Oshibori [F]	7:30 Evening Stretches/Life Skills	
				7:30 Evening Stretches/Life Skills		
8:30 Breakfast/Life skills [F] 15	8:30 Breakfast/Life skills [F] 16	8:30 Breakfast/Life skills [F] 17	8:30 Breakfast/Life skills [F] 18	8:30 Breakfast/Life skills [F] 19	8:30 Breakfast/Life skills [F] 20	8:30 Breakfast/Life skills [F] 21
9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]	9:00 light stretching and movement [F]
9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]
11:30 Lunch/Oshibori [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:15 Lutheran Church Service [C]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	11:30 Lunch/Oshibori [F]
1:00 Activity/Game/Trivia [F]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	10:45 Music & Movement (light exercise) [F]	11:30 Lunch/Oshibori [F]	11:30 Lunch/Oshibori [F]	1:00 Movie [F]
2:00 Snack/Conversation [F]	1:00 Movie [F]	1:00 Activity/Game/Trivia [F]	11:30 Lunch/Oshibori [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]	1:00 Activity/Game/Trivia [F]
3:30 senior link [F]	1:00 Activity/Game/Trivia [F]	2:00 Snack/Conversation [F]	1:00 Activity/Game/Trivia [F]	1:30 Rosary & Communion [C]	2:00 Snack/Conversation [F]	2:00 Snack/Conversation [F]
5:00 Dinner/Oshibori [F]	2:00 Snack/Conversation [F]	3:30 senior link [F]	2:00 Snack/Conversation [F]	2:00 Snack/Conversation [F]	3:30 senior link [F]	3:30 senior link [F]
7:30 Evening Stretches/Life Skills	3:30 senior link [F]	5:00 Dinner/Oshibori [F]	3:30 senior link [F]	3:30 senior link [F]	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]
	5:00 Dinner/Oshibori [F]	7:30 Evening Stretches/Life Skills	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills
	7:30 Evening Stretches/Life Skills		7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
22 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 11:30 Lunch/Oshibori [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	23 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 1:00 Movie [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	24 Christmas Eve 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	25 Christmas Day 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	26 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 1:00 Activity/Game/ Trivia [F] 1:30 Rosary & Communion [C] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	27 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	28 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 11:30 Lunch/Oshibori [F] 1:00 Movie [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	
29 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 11:30 Lunch/Oshibori [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	30 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 1:00 Movie [F] 1:00 Activity/Game/ Trivia [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	31 New Year's Eve 8:30 Breakfast/ Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 11:30 Lunch/Oshibori [F] 2:00 Snack/ Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 7:30 Evening Stretches/Life Skills	Happy Birthday to 12/2 Michael Klein 12/13 Edmond "Ed" Moening C Chapel DR Dining Room F Fairway Court FC Fairway Court				