

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2022

The Lutheran Home Adult Day Center

|  |   |   |  |   |  |  |   |
|--|---|---|--|---|--|--|---|
|  |   |   |  |   | 1<br>Entertainment 2-3 (HH)<br>Intergen 10:30-11:15 (ADC)<br>Tree Decorating<br>Winter Oak Tree Craft                    | 2<br><u>Christmas Carol Day</u><br>Holiday Decorating<br>Jingle Bell Toss<br>Christmas Carol Movie<br>Dickens Trivia                                     | 3 |
| 4<br>Cornhole Tournament<br>Design a Tree<br>Christmas List A-Z<br>Chain of Thought  | 5   | 6<br><u>St. Nicholas Day</u><br>Sinterklaas in Amsterdam<br>Design a Stocking<br>Tradition Reminisce<br>Ornament Toss<br>Worship Service 1:30-2 (C) | 7<br>Ring Toss<br>Group Crosswords<br>Puzzle Mania<br>Snow Man Making          | 8<br>Intergen 10:30-11:15 (ADC)<br>Fill in the Blank Puzzles<br>Where in the World?<br>Washer Toss  | 9<br>Cooking Class<br>Men's Club<br>Indoor Walking Club<br>Wacky Weaving   | 10   |   |
| 11<br>Activity Stations<br>Learning about Tai Chi<br>Seated Tai Chi Class<br>Christmas Craft Suncatcher  | 12<br>Holiday Décor Site seeing<br>Outing 10:00-12:00<br>Washer Toss<br>Entertainment 2-3 (HH)                                      | 13<br>What's that Smell?<br>Hand Massages<br>Intergen Zumba 10-11 (HH)<br>Team Yahtzee  | 14   | 15<br><u>Gingerbread Day</u><br>Intergen 10:30-11:15 (ADC)<br>Cookie Decorating<br>Jeopardy<br>History of Gingerbread<br>Gingerbread House Design | 16<br>Holiday Party 1:30-3:30 (HH)<br>-Feel free to dress festive!<br>Charades<br>Pictionary Party<br>Holiday Chair Yoga | 17   |   |
| 18<br><br>Hanukkah Begins<br>What am I? Part 1<br>Dart Ball<br>Do you hear what I hear?<br>Spa Day<br>Entertainment 2-3pm | 19<br>Gift Making<br>What am I? Part 2<br>Travelogue<br>Christmas Song Sing a Long<br>Worship Service 1:30-2 (C)                    | 20<br><u>First Day of Winter</u><br>Winter Trivia<br>Intergen 10:30-11:30 (AS)<br>Winter Water coloring<br>Winter Walking Club-dress warm!          | 21<br>Winter Begins  | 22<br>Intergen 10:30-11:15 (ADC)<br>Entertainment 2-3 (HH)<br>Snowflake Making<br>Team Snow-Skee Ball   | 23<br>Holiday Bingo Bonanza<br>Hand Massages<br>Finish the Christmas Song<br>Christmas Movie Matinee                     | 24   |   |
| 25<br><br>Christmas   | 26<br><u>Center Closed</u><br><br>Kwanzaa Begins | 27<br>Inflatable Bowling<br>Category Trivia<br>Let's Make Snow!<br>Spa Day  | 28<br>New Year Reminisce<br>Winter Watercolor<br>New Year Trivia<br>Bocce Ball | 29<br>Intergen 10:30-11:15 (ADC)<br>Party Hat & Sound Maker<br>New Year New Firsts<br>Florescent Trivia   | 30<br>New Year's Eve Party (HH)<br>Cooking Class<br>What's new in the New Year?<br>Volleyball Tournament                 | <u>Locations for Events</u><br>ADC: Adult Day Center<br>HH: Hardt Hall<br>MCAL: Elaine's Hope<br>Community Room<br>C: Chapel<br>AS: Art Studio 4th Floor |   |

\*\*\* Daily Activities: Breakfast, Meet and Greet, Exercise Class, Daily Chronicles, Lunch, Snack and access to Chapel, Café, and Courtyard\*\*\*

