

# December 2018

## Heritage Hills Memory Care Calender



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p><b>December cont'd</b> <b>30</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 North Coast Church [PVT]          10:30 Hydration/Snack          11:00 Sit and be Fit [LHDR]          1:00 Alphabet Game- Brain Exercises [LHDR]          2:00 Bingo! [LHDR]          2:30 Hydration/Snacks          3:15 Afternoon matinee [SG]          3:30 Puzzle and games          5:00 Dinner          6:00 Lawrence Welk KPBS [LHLR]</p>	<p><b>New Year's Eve</b> <b>31</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:30 Hydration/Snack          10:30 Music w/ Gil 1st floor          11:10 Brain Teasers          1:30 Puzzle time and Cranium Crunches          2:30 Hydration/Snacks          3:31 New Years eve sing along with cider [PVT]          5:00 Dinner          6:30 Sports Club [LHDR]</p>	<p><b>Heritage Hills</b>          A Senior Memory Care Community</p>	<p><b>Resident Birthdays</b></p> <p>Robbie N. 12/3          Barbara S. 12/15          richard D. 12/17          Mary Ellyn T. 12/19          David B. 12/29</p>	<p>♥ Emotional          🌿 Environmental          🧠 Intellectual          🏃 Physical          👥 Social          🦋 Spiritual          📖 Vocational</p>	<p>All activities are subject to change and will be posted</p>	<p><b>1</b></p> <p>9:00 Daily Chronicles and News [SBDP]          9:30 Exercise w/ Music [LHDR]          10:30 Hydration/Snack          11:00 Volleyball [SG]          1:00 Scoreboard Toss [LHLR]          2:30 Hydration/Snacks          2:30 You be the Judge!          3:30 Memory Game/ cards [SG]          4:10 Patio Time w/ music [SG]          5:00 Dinner          6:00 Lawrence Welk KPBS</p>
<p><b>2</b></p> <p>9:30 North Coast Church [PVT]          10:30 Hydration/Snack          11:00 Sit and be Fit [LHDR]          1:00 Alphabet Game- Brain Exercises [LHDR]          2:00 Bingo! [LHDR]          2:30 Hydration/Snacks          3:15 Afternoon matinee [SG]          3:30 Puzzle and games          5:00 Dinner          6:00 Lawrence Welk KPBS [LHLR]</p>	<p><b>Happy Birthday Robbie N.!!!</b> <b>3</b></p> <p>9:30 Morning news and daily Chronicle [PVT]          10:00 Morning Calisthenics (1st and 2nd floor)          10:30 Hydration/Snack          11:10 Brain Teasers          1:30 Puzzle time and Cranium Crunches          2:30 Hydration/Snacks          3:00 String popcorn 1st floor w Madison and Mitchell          3:31 Adventure around the world !! 2nd Floor [PVT]          5:00 Dinner          6:30 Sports Club [LHDR]</p>	<p><b>4</b></p> <p>9:30 Daily Chronicals [PVT]          10:00 Group Isometrics !! (1st and second floor) [LHLR]          10:30 Hydration/Snack          11:00 Brain Games          1:30 You be the Judge!!!!          2:15 Bingo !!! [LHLR]          2:30 Hydration/Snacks          3:00 Christmas sing along [MLR]          5:00 Dinner          7:30 Night owls Games [LHLR]</p>	<p><b>5</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:15 Music Therapy w/ Darci 2nd floor [SG]          10:30 Hydration/Snack          11:00 Brain Games          1:30 Coffee and Tea Social !!          2:00 Artistic Impressions w/ Charcee          2:00 Reading Corner w Penny 1st Floor          2:30 Hydration/Snacks          3:15 Bible study w/ Victoria 2nd Floor          4:00 Bible Study w/ Victoria 1st floor          4:00 Travel Time/ Cards 2nd floor [SFDR]          5:00 Dinner          6:00 Classic Colletions [LHLR]</p>	<p><b>6</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Dance Classes w/Mark from the Art of Hospice          10:30 Hydration/Snack          11:00 Volleyball [MDR]          1:30 Puzzle Time !!          2:00 Nails and beauty time w/ Penny          2:30 Hydration/Snacks          3:00 Music w/ Rosemarie 1st Floor [PVT]          4:10 Travel Time !          5:00 Dinner          6:30 Classic Cinemas</p>	<p><b>7</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Memory game 1st and 2nd floor [LHDR]          10:30 Hydration/Snack          10:30 Kalian's Motivational Music 2nd Floor [LHDR]          10:30 Target practice 1st floor          1:30 Adult art time / Card Club first floor [LHDR]          2:30 Hydration/Snacks          3:30 Movie and Popcorn!! [PVT]          5:00 Dinner          6:00 Classic Collections [LHLR]</p>	<p><b>8</b></p> <p>9:00 Daily Chronicles and News [SBDP]          9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 Exercise w/ Music [LHDR]          10:30 Hydration/Snack          11:00 Volleyball [SG]          1:00 Scoreboard Toss [LHLR]          2:30 Hydration/Snacks          2:30 You be the Judge!          3:30 Memory Game/ cards [SG]          4:10 Patio Time w/ music [SG]          5:00 Dinner          6:00 Lawrence Welk KPBS</p>
<p><b>9</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 North Coast Church [PVT]          10:30 Hydration/Snack          11:00 Sit and be Fit [LHDR]          1:00 Alphabet Game- Brain Exercises [LHDR]          2:00 Bingo! [LHDR]          2:30 Hydration/Snacks          3:15 Afternoon matinee [SG]          3:30 Puzzle and games          5:00 Dinner          6:00 Lawrence Welk KPBS [LHLR]</p>	<p><b>10</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Music with Marlo 1st floor [LHDR]          10:30 Hydration/Snack          11:10 Brain Teasers          1:30 Bingo 1st floor          1:30 Scenic Drive Group 1          2:30 Hydration/Snacks          3:00 Stockings and table Dec. w Madison and Mitchell 1st floor          3:30 Art/ puzzle Time on 2nd floor          5:00 Dinner          6:30 Sports Club [LHDR]</p>	<p><b>11</b></p> <p>9:30 Daily Chronicals [PVT]          9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Group Isometrics !! (1st and second floor) [LHLR]          10:30 Hydration/Snack          11:00 Brain Games          1:15 You be the Judge !!          1:30 You be the Judge!!!!          2:15 Bingo !!! [LHLR]          2:30 Hydration/Snacks          3:30 Ice Cream Social w/ Apreva both floors [SG]          4:00 Test your mind word categories [MLR]          5:00 Dinner          5:30 Christmas lights group 1 w/ Penny          7:30 Night owls Games [LHLR]</p>	<p><b>12</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:15 Music Therapy w/ Darci 1st floor [SG]          10:30 Hydration/Snack          11:00 Brain Games          1:30 Coffee and Tea Social !!          2:30 Hydration/Snacks          3:15 Bible study w/ Victoria 2nd Floor          4:00 Bible Study w/ Victoria 1st floor          4:00 Travel Time/ Cards 2nd floor [SFDR]          5:00 Dinner          6:00 Classic Colletions [LHLR]</p>	<p><b>13</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Dance Classes w/Mark from the Art of Hospice          10:00 Mobility and Movement          10:30 Hydration/Snack          11:00 Volleyball [MDR]          1:30 Family Fued          1:30 Scenic drive group 2 [LHLR]          2:30 Hydration/Snacks          3:30 Bean Bag Toss !!          3:30 Music w/ Phil 1st floor          4:10 Travel Time !          5:00 Dinner          6:30 Classic Cinemas</p>	<p><b>14</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Memory game 1st and 2nd floor [LHDR]          10:30 Hydration/Snack          10:30 Love on a Leash !          10:30 Target practice 1st floor          11:05 Ring Toss [SG]          1:30 Art Time/ Cards/ Puzzles [SFDR]          2:30 Hydration/Snacks          3:30 Movie and Popcorn!! [PVT]          5:00 Dinner          5:30 Christmas light group 2          6:00 Classic Collections [LHLR]</p>	<p><b>Happy Birthday Barbra S. !!!!</b> <b>15</b></p> <p>9:00 Daily Chronicles and News [SBDP]          9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 Exercise w/ Music [LHDR]          10:30 Hydration/Snack          11:00 Volleyball [SG]          1:00 Scoreboard Toss [LHLR]          2:30 Hydration/Snacks          2:30 You be the Judge!          3:30 Memory Game/ cards [SG]          4:10 Patio Time w/ music [SG]          5:00 Dinner          6:00 Lawrence Welk KPBS</p>
<p><b>16</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 North Coast Church [PVT]          10:30 Hydration/Snack          11:00 Sit and be Fit [LHDR]          1:00 Alphabet Game- Brain Exercises [LHDR]          2:00 Bingo! [LHDR]          2:30 Hydration/Snacks          3:15 Afternoon matinee [SG]          3:30 Puzzle and games          5:00 Dinner          6:00 Lawrence Welk KPBS [LHLR]</p>	<p><b>Happy Birthday Richard D. !!!</b> <b>17</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Morning Calisthenics (1st and 2nd floor)          10:30 Hydration/Snack          11:10 Brain Teasers          1:30 Brain games 1&amp; 2nd floor          2:30 Hydration/Snacks          3:00 Straight out of the kitchen w/ Steven Cookies 1st floor          3:31 Adventure around the world !! 2nd Floor [PVT]          5:00 Dinner          6:30 Sports Club [LHDR]</p>	<p><b>18</b></p> <p>9:30 Daily Chronicals [PVT]          9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Group Isometrics !! (1st and second floor) [LHLR]          10:30 Hydration/Snack          11:00 Brain Games          1:30 You be the Judge!!!!          2:15 Bingo !!! [LHLR]          2:30 Hydration/Snacks          3:00 Decorate Cookies 1st floor          4:00 Test your mind word categories [MLR]          5:00 Dinner          7:30 Night owls Games [LHLR]</p>	<p><b>Happy Birthday Mary Ellen T.!!!</b> <b>19</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:15 Music Therapy w/ Darci 2nd floor [SG]          10:30 Hydration/Snack          11:00 Brain Games          1:30 Coffee and Tea Social !!          2:00 Artistic Impressions w/ Charcee          2:00 Reading Corner w Penny 1st Floor          2:30 Hydration/Snacks          3:15 Bible study w/ Victoria 2nd Floor          4:00 Bible Study w/ Victoria 1st floor          4:00 Travel Time/ Cards 2nd floor [SFDR]          5:00 Dinner          6:00 Classic Colletions [LHLR]</p>	<p><b>20</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Mobility and Movement          10:30 Hydration/Snack          10:30 Jewelry w/ Abby from Mission Health [PVT]          11:00 Volleyball [MDR]          1:30 Puzzle Time !!          2:00 Nails and beauty time w/ Penny          2:30 Hydration/Snacks          3:00 Music w/ Rosemarie 1st Floor [PVT]          4:10 Travel Time !          5:00 Dinner          6:30 Classic Cinemas</p>	<p><b>21</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Memory game 1st and 2nd floor [LHDR]          10:30 Hydration/Snack          10:30 Kalian's Motivational Music 2nd Floor [LHDR]          10:30 Love on the leash          10:30 Target practice 1st floor          1:30 Adult art time / Card Club first floor [LHDR]          2:30 Hydration/Snacks          3:30 Movie and Popcorn!! [PVT]          5:00 Dinner          6:00 Classic Collections [LHLR]</p>	<p><b>22</b></p> <p>9:00 Daily Chronicles and News [SBDP]          9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 Exercise w/ Music [LHDR]          10:30 Hydration/Snack          11:00 Volleyball [SG]          1:00 Scoreboard Toss [LHLR]          2:30 Hydration/Snacks          2:30 You be the Judge!          3:30 Christmas Party w/ Santa [SG]          4:10 Patio Time w/ music [SG]          5:00 Dinner          6:00 Lawrence Welk KPBS</p>
<p><b>23</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 North Coast Church [PVT]          10:30 Hydration/Snack          11:00 Sit and be Fit [LHDR]          1:00 Alphabet Game- Brain Exercises [LHDR]          2:00 Bingo! [LHDR]          2:30 Hydration/Snacks          3:15 Afternoon matinee [SG]          3:30 Puzzle and games          5:00 Dinner          6:00 Lawrence Welk KPBS [LHLR]</p>	<p><b>Christmas Eve</b> <b>24</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:30 Hydration/Snack          11:00 Christmas sing along          11:10 Brain Teasers          1:15 Relaxing on the Bus          2:15 Flower arranging on 1st floor [LHLR]          2:30 Hydration/Snacks          3:00 Christmas sing along          5:00 Dinner          6:30 Sports Club [LHDR]</p>	<p><b>Christmas Day</b> <b>25</b></p> <p>9:30 Christmas parade [LHLR]          9:30 Daily Chronicals [PVT]          9:30 Exercise 2nd floor          10:00 Trivia          10:30 Football game and small activities          10:30 Scenic Drive/ group 1)          11:00 Brain Games          1:30 You be the Judge!!!!          2:15 Bingo !!! [LHLR]          2:30 Hydration/Snacks          4:00 Test your mind word categories [MLR]          5:00 Dinner          7:30 Night owls Games [LHLR]</p>	<p><b>26</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:15 Music Therapy w/ Darci 1st floor [SG]          10:30 Hydration/Snack          11:00 Brain Games          1:30 Coffee and Tea Social !!          1:30 Scenic Drive/ group 1)          2:30 Hydration/Snacks          3:15 Bible study w/ Victoria 2nd Floor          4:00 Bible Study w/ Victoria 1st floor          4:00 Travel Time/ Cards 2nd floor [SFDR]          5:00 Dinner          6:00 Classic Colletions [LHLR]</p>	<p><b>27</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Bayshire Gives Program [LHDR]          10:00 Mobility and Movement          10:30 Hydration/Snack          11:00 Volleyball [MDR]          1:30 Family Fued          2:00 Deliver the food to "Bread Of Life" and Ocean Drive          2:30 Hydration/Snacks          3:30 Bean Bag Toss !!          4:10 Travel Time !          5:00 Dinner          6:30 Classic Cinemas</p>	<p><b>28</b></p> <p>9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          10:00 Memory game 1st and 2nd floor [LHDR]          10:30 Hydration/Snack          10:30 Target practice 1st floor          11:05 Ring Toss [SG]          1:30 Adult art time / Card Club first floor [LHDR]          2:30 Hydration/Snacks          3:30 Birthdays Party 1st Floor for All Residents [MDR]          5:00 Dinner          6:00 Classic Collections [LHLR]</p>	<p><b>Happy Birthday David B. !!!!</b> <b>29</b></p> <p>9:00 Daily Chronicles and News [SBDP]          9:30 Exercise 1st floor [LHLR]          9:30 Exercise 2nd floor          9:30 Exercise w/ Music [LHDR]          10:30 Hydration/Snack          11:00 Volleyball [SG]          1:00 Scoreboard Toss [LHLR]          2:30 Hydration/Snacks          2:30 You be the Judge!          3:30 Memory Game/ cards [SG]          4:10 Patio Time w/ music [SG]          5:00 Dinner          6:00 Lawrence Welk KPBS</p>

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