

Monday	Tuesday	Wednesday	Thursday	Friday
<p>C: Christmas Create-a-Word P: Resistance Bands or Healthy Bodies E: Spirituality-Pastor Schneider or Family Feud <i>LUNCH</i> A: 12 Days of Crafts or Quizmania P: Bean Bag Bocce or Life Stories C: Memories & Musings or Christmas Choral C: Choices</p> <p>3</p>	<p>C: Me Moves/Yesterdays Photos P: Ball Exercises or Arm Aerobics C: Hangman or Musical Challenge <i>LUNCH</i> A: Paint Class with Patti or Name that Christmas Carol P: Ring Toss or Broom Ball C: Hat Chat or Trivia Treasury P: Swatter Ball</p> <p>4</p>	<p>C: iPad Chatoms O: Crisp Peppermint Cookies or Bean Bag Exercise C: Bible Study or Hits of the 60's <i>LUNCH</i> A: Birthday Celebration-Dave & Sally or iPad Chain of Thought P: Bowling or Arm Aerobics C: Card Bingo or Six Words P: Table Ball</p> <p>5</p>	<p>C: Toss and Talk Ball P: Strength Training or Healthy Bodies C: Christmas Music Bingo or What's That Occupation? <i>LUNCH-Music with Mary</i> E: Space Studios Outing or Name That State P: Disc Golf or Corn Toss C: You Pick Trivia or Rhythm Band P: Balloon Tap</p> <p>6</p>	<p>C: Random Trivia C: Name Ten-Christmas or Christmas Choral P: Healthy Bodies or Dance Aerobics <i>LUNCH</i> C: Brain Drain or Musical Wheel of Fortune P: Texas Horseshoes or Table Ball C: Melting Pot Trivia or Advice Columns C: Pastimes</p> <p>7</p>
<p>C: Easy Does It Holiday Trivia A: Jolly Hammers & Strings E: Spirituality-Pastor Schneider or Resistance Bands <i>LUNCH</i> A: 12 Days of Crafts or Trivia Treasury P: Volleyball or ABC Word Challenge C: Metaphors or Hits of the 50's P: Battle Ball</p> <p>10</p>	<p>C: US History Trivia P: Octaband or Me Moves Stretch C: Holly Bingo or Remembering a Day in the Snow <i>LUNCH</i> C: Jumbo Crossword or Family Memory Lane P: Floor Darts or Family Talk C: Patriotic Sing Along or Cards & Games P: Table Ball</p> <p>11</p>	<p>C: What Do You Know P: Healthy Bodies or Movement & Music C: Bible Study or Shake Awake Your Taste <i>Christmas Lunch</i> E: Sanford Lake Dancers or Christmas Lyric Challenge P: Christmas Toss or Battle Ball C: Blurt or Rhythm Band C: Yesterdays Photos</p> <p>12</p>	<p>C: Twas' the Night Before Christmas P: Bean Bag Exercise or Healthy Bodies A: Sing with Liz & Sue or Words in Words <i>LUNCH</i> C: Card Sharks or Peanut Butter Cookie Making with Rob P: Jumbo Ring Toss or Broom Ball C: Silly Sentences or Select a Song C: Family Talk</p> <p>13</p>	<p>C: Shake Loose a Memory P: Strength Training or Healthy Bodies C: TED Talk or Sing, Dance & Reminisce <i>LUNCH</i> P: Target Darts or Velcro Darts C: Fact or Fiction or 40's Sing C: Humorama or Finish the Phrase C: Cards and Games</p> <p>14</p>
<p>C: Elder Trivia O: Homemade Chex Mix or Healthy Bodies E: Spirituality-Pastor Schneider or You Be the Judge <i>LUNCH</i> A: 12 Days of Crafts or Sharpen Your Senses P: Corn Toss or iPad: Fun Facts A: Musical Dice or Cards & Games P: Battle Ball</p> <p>17</p>	<p>C: Fascinating Facts C: Famous Faces or Sentimental Strings P: Tai Chi with Rob or Healthy Bodies <i>LUNCH</i> A: Paint Class with Patti or What's Red & White? P: Christmas Toss or Battle Ball C: Melting Pot Trivia or Musical Dice A: Cards and Games</p> <p>18</p>	<p>C: Recipe Recall P: Balance Exercise or Movement & Music C: Bible Study or Native American Flutes <i>LUNCH</i> A: Biopoem or Christmas Choral P: Texas Horseshoes or Noodle Ball C: Country Trivia or Cards and Games C: Mind Joggers</p> <p>19</p>	<p>C: Punny Presents P: Arm Aerobics or Bean Bag Exercise C: 12 Days of Christmas Bingo or Shake Awake Your Taste <i>LUNCH</i> A: Piano Music with Alicia & Isabel or Name Ten Christmas P: Bean Bag Bocce or Table Ball A: Seasons Choral or Finish the Phrase C: Reading Roundtable</p> <p>20</p>	<p>C: Memories & Musings P: Dance Aerobics or Healthy Bodies C: Discover America or Twister Trivia <i>LUNCH</i> C: Chip In Christmas or Music Through the Decades P: Ladder Golf or Bean Bag Toss C: You Be The Judge or Mind Joggers C: Reading Roundtable</p> <p>21</p>
<p>24</p> 	<p>25</p> 	<p>C: Words in Words P: Ball Exercises or Arm Aerobics C: Spirituality with Pastor Paul or Tribond <i>LUNCH</i> E: Newspaper Headlines or Storylines P: Shuffleputt or Six Words C: Card Bingo or Explore America P: Table Ball</p> <p>26</p>	<p>C: Me Moves/Memory Chain O: Resistance Bands or Healthy Bodies C: Bingo or What's That Occupation? <i>LUNCH</i> C: Pastimes or Musical Wheel of Fortune P: Velcro Darts or Choices C: Can You List It? Or Say It With Music A: Musical Connections</p> <p>27</p>	<p>C: New Year Around the World P: Octaband or Lower Body Stretch E: Retro Videos or First Time Trivia <i>LUNCH</i> C: Jeopardy or I Hear Memories O: Red Pepper Dough Bites or Bowling C: Name It! or 50's Sing A: Art Expression</p> <p>28</p>
<p>31</p> 	 <h1 style="color: blue;">December 2018</h1> <h2 style="color: blue;">Seasons Adult Day Health Services</h2> <div style="border: 1px solid blue; border-radius: 15px; padding: 10px; display: inline-block; color: white;"> <p style="text-align: center; margin: 0;">Seasons Christmas Shop Open December 3rd-21st</p> </div>			