

Wilder Adult Day Health Services – Great Room

651-280-2500

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>9:45 Morning Stretch 10:00 Theatre Now 10:15 Dance & Drama 11:00 Tree Run 12:30 Hanukkah History 1:00 Music w/Janine 2:30 Holiday Soup</p>	<p style="text-align: right;">4</p> <p>9:45 Guided Imagery 10:00 Ageless Grace® 10:30 Decerate/Making Ornaments 12:30 Holiday Short Stories 1:00 Client Planning 2:30 Outburst</p> 	<p style="text-align: right;">5</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Packet Toss 11:15 Holiday Pick A Letter 12:30 Art Walks 1:00 Travel to Illinois 2:30 Rhyme Time</p>	<p style="text-align: right;">6</p> <p>9:45 Mindfulness 10:00 Exercise w/Weights 10:45 Snowman Toss 11:15 Remember When 12:30 Name That Tune 12:45 Wilder Choir 1:00 Christmas Trivia 1:45 It Happened In 1968 2:30 Treasured Memories</p>	<p style="text-align: right;">7</p> <p>9:45 Life Moves 10:00 Men's Group - WWII 10:15 Balloon Volleyball 11:00 Carols & Hymns 12:15 Exercise w/Weights 1:00 Christmas Karaoke/Writing Letter to the Soldiers 2:30 Spell Up & Down</p>
<p style="text-align: right;">10</p> <p>9:45 Guided Imagery 10:00 Theatre Now 10:15 Dance & Drama 11:00 Lawn Darts 12:30 Glenshen Mansion 1:00 Making Ornaments 2:30 Good News</p>	<p style="text-align: right;">11</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Baking w/Baker 10:45 Time Slips 12:30 Christmas Towns 1:00 Giant Crossword 2:30 Holiday Grid</p>	<p style="text-align: right;">12</p> <p>9:45 Mindfulness 10:00 Ageless Grace® 10:30 Horse Shoes 11:15 December Spelling Bee 12:30 Art Walks 1:00 Holiday Bingo 2:30 Word Scrambles</p>	<p style="text-align: right;">13</p> <p>9:45 Guided Imagery 10:00 Exercise w/Weights 10:45 Bulls'eye 11:15 December Tidbits 12:30 Animals in Winter 12:45 Wilder Choir 1:00 Arthur Fiedler 1:45 Belgium & Chocolate Taste 2:30 Mind Stretchers</p>	<p style="text-align: right;">14</p> <p>9:45 Life Moves 10:00 Men's Group-Christmas Celebrations 10:15 Lavish Ladies 12:15 Exercise w/Weights 1:00 Music w/Janine 2:30 Treasured Memories</p>
<p style="text-align: right;">17</p> <p>9:45 Mindfulness 10:00 Theatre Now Performance 12:30 Christmas Stories w/Bonnie 1:00 History of Christmas 1:45 Blast from the Past 2:30 Outburst</p>	<p style="text-align: right;">18</p> <p>9:45 Guided Imagery 10:00 Ageless Grace® 10:30 Baking w/Baker 10:30 Holiday Reminisce Poem 10:30 Art Class w/Barb 12:30 Movie: A Christmas Carol 2:30 Rhyme Time</p>	<p style="text-align: right;">19</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Dutch Shuffle Board 11:15 Christmas Box Memories 12:30 Holiday Trivia 1:00 Music w/Janine 2:30 Holiday Gifts Soup</p>	<p style="text-align: right;">20</p> <p>9:40 Morning Stretch 10:00 Exercise w/Weights 10:45 Winter Nine Square/ Art w/Barb 11:15 Quiz Time 12:45 Question Ball 1:15 Wilder Choir Christmas Concert 2:30 Spell Up & Down</p>	<p style="text-align: right;">21</p> <p>9:45 Life Moves 10:00 Men's Group-Sunken Cities of Egypt 10:15 Name that Carol 11:00 Christmas Around the World 12:15 Exercise w/Weights 1:00 Music Charlie Maguire 2:00 Christmas Party & Christmas Word Games</p>
<p style="text-align: right;">24</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: right;">26</p> <p>9:45 Mindfulness 10:00 Exercise w/Weights 10:30 Baking w/Baker 10:45 Time Slips 11:15 Kwanzaa Begins 12:30 Movie: Holiday Inn 2:30 Fact or Fiction</p>	<p style="text-align: right;">27</p> <p>9:45 Guided Imagery 10:00 Exercise w/Weights 10:45 Bowling/Art Class w/Barb 12:30 Holiday Charades 1:00 Rock to the 60's 1:45 Good News 2:30 Grid Game</p>	<p style="text-align: right;">28</p> <p>9:45 Life Moves 10:00 Men's Group-Ship Wrecks Of Great Lakes 10:15 Lavish Ladies 12:15 Exercise w/Weights 1:00 Music w/Janine – New Year's Theme 2:30 Word Scrambles</p>
<p style="text-align: right;">31</p> <p>9:45 Guided Imagery 10:15 Dance/Drama 11:00 New Year Nine Square 12:30 History of New Years 1:00 A Look Back at 2018 1:30 New Year's Party - Countdown 2:30 Outburst</p>				<p style="text-align: center;">DAILY</p> <p>09:00 Coffee & Snack 10:15 Exercise 11:45 Lunch 2:00 Snack 2:30 Small Group 3:00 Helpful Tasks</p>