

## December 2024

Religious Programs	Daily Exercise
Special Occasion	Social/Discussion
Bingo	Games (Table/ Physical)
Movie	Cooking/ Baking
Arts & Crafts	Self Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Chair Yoga ♥ 10:30 Fellowship with Wilma 11:00 Valley Baptist Church LIVE STREAM ♥ 1:30 Movie & Popcorn: Residents' Choice ☎ 3:00 Table Games♥	1       2         9:00       Morning News & Coffee         10:00       Arm Exercise         11:00       Shopping Outing: "Hobby Lobby"         2:00       Dime Bingo         3:00       Manicures & Music	3 9:00 Coffee Social & Joke of the Day M 10:00 Bible Study M 1:00 Holiday Craft: Greeting Card 1:30 Catholic Communion 2:00 Higher Lower Game + UNO 2:30 Rummikub Club 3:00 Noodle Exercise M 6:00 Holiday Caroling: Girl Scout Troop 2815 M	4 9:00 Morning Sit & Chat № 10:00 Silver Sneakers Fitness № 10:30 Holiday Craft: Door Hanger (Sign Up Required) № 1:30 Boogie with Bakersfield Community Healthcare ← 2:00 Fill in The Blanks 3:00 Mexican Train Club	9:00 Mugs & Muffins 10:00 Chair Yoga & Meditation 10:30 Dime Bingo 1:00 Craft Sale By Becky 1:30 Spelling Bee Contest 2:00 Holiday Headband: Book Club 2:30 Cocktail Hour 3:00 Puzzle Social 4:00 Outing: Bakersfield Parade	<ul> <li>New Residents Luncheon 12pm 6</li> <li>9:00 Morning Hello and Coffee 10:00 Has Fit Exercise 10:30 Activity Planning: "Meeting For December"</li> <li>1:00 Dime Bingo</li> <li>2:00 Rubus Puzzles</li> <li>3:30 Brain Teaser Worksheets &amp; Music</li> </ul>	Pet Therapy 10:30am - 11:30am7(In Memory Care)710:00Stretch & Breathe Exercise ♥11:00Listen To Music or Read In The Library♥1:30Dime BINGO 2:302:30Manicure & Music 3:00
10:00 Chair Yoga ♥ 10:30 Fellowship with Wilma 11:00 Valley Baptist Church LIVE STREAM ₪ 1:30 Movie & Popcorn: Residents' Choice 3:00 Table Games ♥	<ul> <li>9</li> <li>9:00 Morning News &amp; Coffee 10:00 Arm Exercise 11:00 Lunch Outing: Sugar Mill</li> <li>2:00 Remembrance Gathering with Bakersfield Community Healthcare</li> <li>3:00 Manicures &amp; Music</li> </ul>	10 9:00 Coffee Social & Joke of the Day 10:00 Bible Study M 11:00 Holiday Caroling with "Beasley Middle School" M 1:00 Rubus Puzzles M 1:30 Catholic Communion 2:00 Holiday Caroling with Meathead Movers M 2:30 Rummikub Club 3:00 Noodle Exercise M	11 9:00 Morning Sit & Chat III 10:00 Silver Sneakers Fitness III 10:30 Dime Bingo 1:30 Family Feud 3:00 Mexican Train Club 5:30 Holiday Lights (Sign Up Required)	Passport Event "North Pole"       12         9:00       Mugs & Muffins III         10:00       Chair Yoga & Meditation III         10:30       Virtual Tour: North Pole and Holiday lights         1:30       Hot Cocca Bar III         2:30       Making: Gingerbread Houses III         3:00       Rummikub Club	2       Monthly Birthday Party       13         9:00       Morning Hello and Coffee       13         10:00       Has Fit Exercise       10         10:30       Baking Club       1:00       Dime Bingo         2:30       Celebrating December Birthdays       3:00       Karaoke Dance Party         3:30       Social Hr./ Funny Videos	14 10:00 Stretch & Breathe Exercise ♥ 11:00 Listen To Music or Read In The Library 1:30 Dime BINGO 2:30 Manicure & Music 3:00 Mexican Train♥
15 10:00 Chair Yoga ♥ 10:30 Fellowship with Wilma 11:00 Valley Baptist Church LIVE STREAM ₪ 1:30 Movie & Popcorn: Residents' Choice 3:00 Table Games♥	5       16         9:00       Morning News & Coffee         10:00       Arm Exercise         11:00       Lunch Outing: "Chili's"         2:00       Holiday Caroling Party with Hoffmann Hospice         3:00       Dime Bingo	17 9:00 Coffee Social & Joke of the Day № 10:00 Bible Study № 10:30 Caroling with San Lauren Elementary ■ 1:00 Holiday Craft (Sign Up Required) № 1:30 Catholic Communion ■ 2:30 Rubus Puzzles 3:00 Noodle Exercise №	18 9:00 Morning Sit & Chat 10:00 Silver Sneakers Fitness 10:30 Dime Bingo 1:30 Boogie with Bakersfield Community Healthcare ← 2:30 Snow Ball Toss 3:00 Mexican Train Club	Family \$1 Bingo Night With       15         Santa       9:00       Mugs & Muffins III         9:00       Chair Yoga & Meditation III         10:00       Chair Yoga & Meditation III         10:30       Holiday Dice Game         1:30       Balloon Volleyball ←         2:30       Fill in The Blanks         3:00       Movie/ Popcorn: The Claus         Family       6:30         Bingo and Santa	<ul> <li>9:00 Morning Hello and Coffee Im</li> <li>10:00 Has Fit Exercise Im</li> <li>10:30 Holiday Trivia and Right Left Game</li> <li>1:00 Dime Bingo</li> <li>2:00 Holiday Craft: Elf Wreath with Bristol ←</li> <li>3:30 Brain Teaser Worksheets &amp; Music</li> </ul>	Pet Therapy 10:30am - 11:30am       21         (In Memory Care)       10:00       Stretch & Breathe         10:00       Stretch & Breathe         Exercise ♥       11:00       Listen To Music or Read         In The Library       In The Library         1:30       Dime BINGO         2:30       Manicure & Music         3:00       Mexican Train♥
22 10:00 Chair Yoga ♥ 10:30 Fellowship with Wilma 11:00 Valley Baptist Church LIVE STREAM ₪ 1:30 Movie & Popcorn: Residents' Choice □ 3:00 Table Games♥	2       Holiday Party       23         9:00       Morning News & Coffee         10:00       Arm Exercise         1:00       Holiday Scavenger Hunt         2:00       Ugly Sweater Contest         2:30       Holiday Party         2:30       Performance by Jim         Robinson       3:00	24 9:00 Coffee Social & Joke of the Day III 10:00 Bible Study IIII 1:00 Tasty Creation: Marshmallow Treats 1:30 Catholic Communion 2:00 Fun With Words Trivia 3:00 Noodle Exercise IIII	Christmas       25         9:00       Morning Sit & ChatIIII         10:00       Silver Sneakers         Fitness       Image: Christmas         10:30       Holiday Minute to Win         it Games       1:00         Movie/ Cookies: White       Christmas         3:00       Mexican Train Club	26 9:00 Mugs & Muffins M 10:00 Chair Yoga & Meditation M 10:30 Dime Bingo 1:30 Rubus Puzzles 2:30 Movie/ Popcorn: Book Club 3:00 Cornhole Fun	<ul> <li>Welcoming New Residents Meet 27</li> <li>&amp; Greet</li> <li>9:00 Morning Hello and Coffee</li> <li>10:00 Has Fit Exercise</li> <li>10:30 Cornhole Fun</li> <li>1:00 Dime Bingo</li> <li>2:30 Meet &amp; Greet Wine Hour</li> <li>3:30 Brain Teaser Worksheets</li> <li>&amp; Music</li> </ul>	28 10:00 Stretch & Breathe Exercise ♥ 11:00 Listen To Music or Read In The Library № 1:30 Dime BINGO 2:30 Manicure & Music 3:00 Mexican Train♥
10:00 Chair Yoga ♥ 10:30 Fellowship with Wilma 11:00 Valley Baptist Church LIVE STREAM ₪ 1:30 Movie & Popcorn: Residents' Choice 3:00 Table Games ♥	<ul> <li>Resident Council Meeting 30</li> <li>9:00 Morning News &amp; Coffee</li> <li>10:00 Arm Exercise</li> <li>11:00 Outing: "Scenic Drive"</li> <li>2:00 Chefs Chat/ Resident Council</li> <li>3:00 Dime Bingo</li> </ul>	New Year's Eve Bash319:00Coffee Social & Joke of the Day10:00Bible Study1:00New Year's Resolutions Tree1:30Catholic Communion2:30New Year's Eve Bash 2025 Performance By: Joe3:00Noodle Exercise		<ul> <li>Happy Birthday to the Following Residents!</li> <li>Sallie N Dec 10th</li> <li>Judy K Dec 11th</li> <li>William H Dec 18th</li> <li>Kathryn C Dec 24th</li> <li>Velda B Dec 31st</li> </ul>	2025	License #157208915 All Events Are Subject to Change

Independent & Assisted Living Activities Calendar

- Virtual/Online Engagement
- Outings
- Meeting
- Trivia/Brain Games
- RL = Resident Led
- Movie Theatre
- ← MC = Memory Care

- 🛤 Library
- Dining Room

