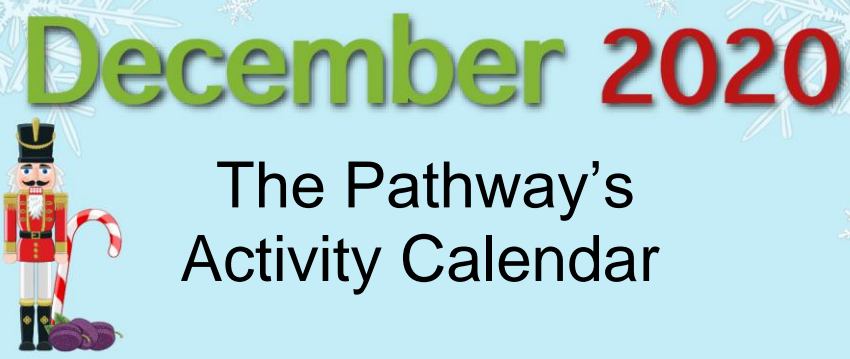




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00: Sounds of the Season Chair Dancing w/ Scarves 1 11:00 Holiday Crafting - Bows Tree Trimming 2:00 Nail Care / Hand Massage 3:30-6:00 Brain Games + Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Tai-Chi Movement w/ Colorful Fans 2 11:00: Holiday Décor w/ Flowers Tree Trimming 2:00: Season of Light Stories 3:30-6:00 All about Poinsettias. Snack + Hydration + Sensory Cart + Individualized Activities	10:00: Ribbon Ring Moves to Instrumental relaxation video 3 11:00 Holiday Décor w/ Flowers Tree Trimming 2:00 Hi / Low Cards 3:30 – 6:00 Greeting Cards Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Kickball to Holiday Tunes & Seasonal video 4 11:0 Would YOU Rather Game 2:00 National Cookie Day - YUM 3:30 – 6:00 Retro T.V. Snack + Hydration + Sensory Cart Individualized Activities	Walt Disney Saturday 5 10:00 – 11:00 History of Walt Disney's Legacy. 11:00 Bodies in Motion to Happy Tunes – Disney 2:00 Seasonal Art 3:30 – 6:00: The Beauty & The Beast Movie or Frozen
10:00 Sunday Stretch with Spiritual Music Video 6 11:00 Gunsmoke / Wild Wild West + The Big Valley 2:00 – Seasonal Art Project 3:30 – 6:00: Hallmark Holiday Movie + Individualized Activities	10:00: Kickball to the Oldies 7 11:00: Tom Jone's Video Visit 2:00 : Tic Tac Toe Games 1:1 + Hollywood Squares 3:30-6:00 Short Stories + Snack + Hydration + Sensory Cart + Individualized Activities	10:00: Sounds of the Season Chair Dancing w/ Scarves 8 11:00 Seasonal Craft 2:00 Nail Care / Hand Massage 3:30-6:00 Brain Games + Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Tai-Chi Movement w/ Colorful Fans 9 11:00 Season of Light Stories 2:00 Balloon Volley w/ noodles 3:30-6:00 All about Evergreens. Snack + Hydration + Sensory Cart + Individualized Activities	10:00: Ribbon Ring Moves to Instrumental relaxation video 10 11:00 The Price is Right. 2:00 Hi / Low Cards 3:30 – 6:00 Snowflake craft Snack + Hydration + Sensory Cart + Individualized Activities <small>Hanukkah Begins</small>	10:00 Kickball to Holiday Tunes & Seasonal video 11 11:00 Holiday Décor w/ Flowers 2:00 Elf on the Shelf Search 3:30 – 6:00 Puzzles Snack + Hydration + Sensory Cart Individualized Activities	Last Man on the Moon Day 12 10:00 – 11:00 Moon Toss w/ Moon Exploration Video 2:00 Moon Pies + Drinks Social – What happens during A Full Moon? 3:30 – 6:00: Hand Massage + Show N.Tell
10:00 Sunday Stretch with Spiritual Music Video 13 11:00 Seated Dancing w/ Dancing with the Stars Videos 2:00 Seasonal Art Project 3:30 = 6:00 Hallmark Holiday Movie + Individualized Activities	10:00 Board Games & Easy Card Games to Learn 14 11:00: Your Nose Knows – Pine Scent + Mint Scent + Vanilla + Spices – Olfactory fun 3:30-6:00 Short Stories + Snack + Hydration + Sensory Cart Individualized Activities	10:00: Sounds of the Season Chair Dancing w/ Scarves 15 11:00 Seasonal Craft 2:00 Nail Care / Hand Massage 3:30-6:00 Brain Games + Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Tai-Chi Movement w/ Colorful Fans 16 11:00 Season of Light Stories 2:00 Balloon Volley w/ Noodles 3:30-6:00 All about St. Nicolas. Snack + Hydration + Sensory Cart + Individualized Activities	10:00: Ribbon Ring Moves To Instrumental relaxation video 17 11:00 The Price is Right 2:00 Hi / Low Cards 3:30 – 6:00 Picture Books Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Kickball to Holiday Tunes & Seasonal video 18 11:00 Christmas Tunes to Sing 2:00 Would YOU Rather Game 3:30 – 6:00 Greeting Cards Snack + Hydration + Sensory Cart Individualized Activities	Ebenezar Scrooge B-Day 19 10:00 Bodies in Motion Don't Act Like A Scrooge! Keep Moving & Grooving. 2:00 Call Out The Answer 3:30-6:00 Christmas Pictures to Reminisce down Memory Lane Worst Gifts Ever Given?
10:00 Sunday Stretch with Spiritual Music Video 20 11:00 The Mormon Tabernacle Choir Holiday Show 2:00 Seasonal Art Project 3:30 – 6:00 Carol Burnett Show Individualized Activities	10:00: Kickball to the Oldies 21 11:00: Famous Faces : Star's of Yesteryear 2:00 : Tic Tac Toe Games 1:1 + Hollywood Squares 3:30-6:00 Short Stories + Snack + Hydration + Sensory Cart Individualized Activities <small>Winter Begins</small>	10:00: Sounds of the Season Chair Dancing w/ Scarves 22 11:00 Seasonal Craft 2:00 Nail Care / Hand Massage 3:30-6:00 Brain Games + Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Tai-Chi Movement w/ Colorful Fans 23 11:00: Season of Light Stories 2:00 Balloon Volley w/ Noodles 3:30-6:00 All about Reindeer. Snack + Hydration + Sensory Cart Individualized Activities	10:00: Ribbon Ring Moves To Instrumental relaxing video 24 11:00 The Price is Right 2:00 Hi / Low Cards 3:30 – 6:00 Snowball Toss Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Kickball to Holiday Tunes & Seasonal video 25 11:00 Andy Williams Christmas Specials of Yesteryear. 2:00 Holiday Treats to Eat! 3:30 – 6:00 Holiday Movies Snack + Hydration + Sensory Cart Individualized Activities <small>Christmas</small>	How it's Made Day! 26 10:00: Walking Exercises w/ Strolls & Rolls 11:00 How it's Made Video + Bakery Goods & Foods + Jenga Challenge – 1:1 2:00: Bakery Treat Eats + Finish The Lyrics 3:30-6:00 Hand Massage + Retro TV <small>Boxing Day (Canada) Kwanzaa Begins</small>
10:00 Sunday Stretch with Spiritual Music Video 27 11:00 Ice Fishing Game + Ice Fishing Video 2:00: Seasonal Art 3:30 – 6:00 Sport's Blooper's + Individualized Activities	10:00: Kickball to the Oldies 28 11:00 Famous Faces: STARS Bing Crosby & Danny Kaye 2:00 New Year's 2021 Collage's + Ice Cream Cups 3:30-6:00 Animal Planet's Too Cute – Puppies and Kittens	10:00: Sounds of the Season Chair Dancing w/ Scarves 29 11:00 Seasonal Craft 2:00: Nail Care / Hand Massage 3:30-6:00 Brain Games + Snack + Hydration + Sensory Cart + Individualized Activities	10:00 Tai-Chi Movement w/ Colorful Fans 30 11:00: Season of Light Stories 2:00 Balloon Volley w/ Noodles 3:30-6:00 All about Snow... Snack + Hydration + Sensory Cart + Individualized Activities <small>New Year's Eve</small>	10:00: Ribbon Ring Moves to Guy Lombardo videos. 31 11:00 Happy New Year! Kickball Challenge 2:00 Party Hats and Streamers + Treats & Snacks 3:30 – 6:00 : Evening at the Movies for New YEAR 2021 <small>New Year's Eve</small>	<div>  <p> Britney Wilson, Director of Memory Care bwilson@willowsseniorliving.com 412-862-0181- X 1697 </p> <p> Debbie Scheer, Activities Coordinator dscheer@willowsseniorliving.com 412-875-1606 Season's Greetings! </p>  </div>	

All Listed ACTIVITIES are Adaptable ... KEEP IN MIND THE 6 FOOT CDC RULES FOR SOCIAL DISTANCING...Group Session can become Individualized: ONE TO ONE. – VIDEO VISUALS ACCESSED Live Stream.