### Dimensions of Wellness

- **Physical**
- **Spiritual**
- **Intellectual**
- **Social**
- **Intergenerational**

### Meeting Places

- **AA Activities Area**
- **AK Activities Kitchen**
- **Apt. Resident’s Room**
- **MDR Main Dining Room**

### December 2022 Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity 1</th>
<th>Time</th>
<th>Activity 2</th>
<th>Time</th>
<th>Activity 3</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Out for Drive</td>
<td>02:00</td>
</tr>
<tr>
<td>02</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Craft Corner Wreath Making</td>
<td>01:45</td>
</tr>
<tr>
<td>03</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Memory Lane Program</td>
<td>01:50</td>
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<tr>
<td>04</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Movie &amp; Popcorn</td>
<td>06:00</td>
</tr>
<tr>
<td>05</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Movie &amp; Popcorn</td>
<td>06:00</td>
</tr>
<tr>
<td>06</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>07</td>
<td>BINGO</td>
<td>01:30</td>
<td>Exercise</td>
<td>10:00</td>
<td>Craft Corner</td>
<td>02:00</td>
</tr>
<tr>
<td>08</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Craft Corner</td>
<td>02:00</td>
</tr>
<tr>
<td>09</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Personal shopping day</td>
<td>06:00</td>
</tr>
<tr>
<td>10</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Personal shopping day</td>
<td>06:00</td>
</tr>
<tr>
<td>11</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Music with Sharon</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>12</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>13</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>14</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>15</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
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<tr>
<td>16</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>17</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>18</td>
<td>Christmas Caroling</td>
<td>12:00</td>
<td>Christmas Caroling</td>
<td>12:00</td>
<td>Happy Hour Christmas Party</td>
<td>02:00</td>
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<tr>
<td>19</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
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<tr>
<td>20</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
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<tr>
<td>21</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
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<tr>
<td>22</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>23</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>24</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>25</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>26</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>27</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
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<tr>
<td>28</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>29</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>30</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
<tr>
<td>31</td>
<td>Worked the Puzzle</td>
<td>09:00</td>
<td>Exercise</td>
<td>10:00</td>
<td>Happy Hour</td>
<td>02:00</td>
</tr>
</tbody>
</table>

**Night of Hanukkah**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO
- **01:00** Bingo
- **02:00** Music with Sharon
- **06:00** Game of choice

**Hanukkah**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO
- **01:00** Bingo

**Christmas Day / Hanukkah**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Visit with Friends around Memory Lane Program**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO
- **01:45** Memory Lane Program

**Church with Pastor Julie**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Music with Sharon**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Personal Shopping**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Visit a friend in their apartment**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**BINGO**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Fancy Nails**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Exercise**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Game of Choice**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**Movie and Popcorn**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**BAI**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**AA Entertainment**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO

**AA Activities**

- **09:00** Worked the Puzzle
- **09:30** Park Street Church on Ch 2
- **11:00** BINGO