

Sunday

Monday

Tuesday

Wednesday




Thursday

Friday

Saturday

December 2023

Health Care Center

					<p>9:30 – Daily Digest 1</p> <p>10:30 – Service Project for the Arlington Food Assistance Center w/ Vilma & Aki</p> <p>2:00 – 1:1 Visits w/ Aki & Vilma</p> <p>4:00 – Hot Apple Cider Social w/ Aki & Vilma</p>	<p>9:30 – GHBC Happenings: West Winds Newsletter</p> <p>9:30 – Jewish Shabbat Service in the Formal Parlor</p> <p>11:00 – Saturday Stretches w/ Mar_T</p> <p>4:00 – Piano Tunes w/ Heather in the Community Room</p>
<p>10:30 – Holy Eucharist Service in the Chapel 3</p> <p>11:00 – Seated Fitness w/ Olga</p> <p>11:00 – Seated Exercise on TV CHANNEL 1960</p> <p>1:15 – Sunday Service w/ Rev. Alex</p> <p>7:00 – Compline Service in the Chapel</p>	<p>9:30 – Coffee & Conversation 4</p> <p>10:30 – Morning Moves w/ Vilma</p> <p>11:00 – Group Discussion w/ Vilma</p> <p>2:30 – Decorating for the Season w/ Vilma</p>	<p>9:30 – News of the Day 5</p> <p>10:30 – Art Therapy w/ Dejah</p> <p>10:30 – Power up w/ Vilma</p> <p>11:00 – Spiritual Devotions w/ Alex</p> <p>2:30 – Decorating for the Season w/ Vilma & Aki</p>	<p>9:30 – Wednesday World Events 6</p> <p>10:00 – Equine Outing</p> <p>10:30 – Seated Fitness w/ Luke</p> <p>11:00 – Name 5 w/ Aki</p> <p>2:00 – Ring Toss w/ Aki</p> <p>3:30 – Holiday Sing-Along Around the Tree w/ Aki</p> <p>3:30 – Handbell Choir w/ Sam</p>	<p>9:30 – Today in History 7</p> <p>10:30 – That’s a Stretch! w/ Vilma</p> <p>11:00 – Resident Council w/ Megan</p> <p>2:30 – 1:1 Pet Visits w/ Frankie</p> <p>2:30 – Creative Art w/ Sarah</p> <p>4:00 – Piano Tunes w/ Dr. Wilmot</p> <p>7:00 – Annual Tree Lighting and Hanukkah Lighting of the Menorah in the Rotunda w/ Aki</p>	<p>9:30 – Friday Fun Facts 8</p> <p>10:30 – Service Project for the Arlington Food Assistance Center w/ Vilma & Aki</p> <p>3:30 – Hot Apple Cider Social w/ Catie</p>	<p>9:30 – GHBC Happenings: West Winds Newsletter 9</p> <p>11:00 – Saturday Stretches w/ Mar_T</p> <p>3:30 – Discussion w/ Vy: Fascinating Winter Facts</p>
<p>10:30 – Holy Eucharist Service in the Chapel 10</p> <p>11:00 – Sunday Stretches w/ Luke</p> <p>11:00 – Seated Exercise on TV CHANNEL 1960</p> <p>1:15 – Sunday Service w/ Rev. Alex</p> <p>7:00 – Compline Service in the Chapel</p>	<p>9:30 – Monday Morning News 11</p> <p>10:30 – Morning Flex w/ Vilma</p> <p>11:00 – Brain Game: Find the “Sting” w/ Aki</p> <p>2:00 – Monday Matinée: White Christmas</p> <p>3:30 – Music Therapy w/ Sam</p>	<p>9:30 – Daily Digest 12</p> <p>10:30 – Tone up w/ Vilma</p> <p>11:00 – Spiritual Devotions w/ Alex</p> <p>2:00 – Holiday Letters w/ Vilma</p> <p>2:00 – Travel Tales w/ Aki</p> <p>3:30 – Bingo with Vilma, Aki, and Friends</p> <p>7:00 – NOVA Lights Chorale in the Auditorium w/ Aki</p>	<p>9:30 – News with Your Neighbors 13</p> <p>10:30 – Seated Fitness w/ Luke</p> <p>11:00 – Cranium Crunch: Word in a Word w/ Aki</p> <p>3:30 – Handbell Choir w/ Sam</p>	<p>9:30 – Dining Room Discussion 14</p> <p>10:30 – Sittercise w/ Aki</p> <p>11:00 – Trivia on IN2L w/ Aki</p> <p>2:30 – 1:1 Pet Visits w/ Frankie</p> <p>2:30 – Creative Art w/ Sarah</p> <p>4:00 – Piano Tunes w/ Dr. Wilmot</p>	<p>9:30 – Morning Sip & Social 15</p> <p>10:30 – Service Project for the Arlington Food Assistance Center w/ Vilma & Aki</p> <p>2:00 – Obie Games w/ Aki</p> <p>3:30 – Christmas Carol Caroling</p>	<p>9:30 – GHBC Happenings: West Winds Newsletter 16</p> <p>11:00 – Saturday Stretches w/ Mar_T</p> <p>4:00 – Piano Tunes w/ Heather in the Community Room</p>
<p>10:30 – Holy Eucharist Service in the Chapel 17</p> <p>11:15 – World Travel w/ Elizabeth</p> <p>11:00 – Seated Exercise on TV CHANNEL 1960</p> <p>1:15 – Sunday Service w/ Rev. Alex</p> <p>7:00 – Compline Service in the Chapel</p>	<p>9:30 – Headlines of the Day 18</p> <p>10:30 – Morning Dance Party w/ Vilma</p> <p>11:00 – Discussion w/ Vilma</p> <p>2:00 – Trivia in the Atrium w/ Aki</p> <p>3:30 – Holiday Baking w/ Ali</p> <p>7:00 – Encore Chorale Concert in the Auditorium w/ Aki</p>	<p>9:30 – Morning Newsletter 19</p> <p>10:30 – Joints in Motion w/ Vilma</p> <p>11:00 – Spiritual Devotions w/ Alex</p> <p>11:30 – Lunch Bunch in the Bistro w/ Vilma</p> <p>2:00 – Christmas Fun Quiz w/ Aki</p> <p>3:30 – Bingo with Vilma, Aki, and Friends</p>	<p>9:30 – Coffee & Conversation 20</p> <p>10:30 – Seated Fitness w/ Luke</p> <p>11:00 – Word Scramble w/ Aki</p> <p>3:00 – French Horn Concert with Aaron in the Auditorium w/ Vilma</p> <p>3:30 – Farm Animal Visit in the Atrium w/ Aki</p>	<p>9:30 – News of the Day 21</p> <p>10:30 – Sit & Get Fit w/ Vilma</p> <p>11:00 – Trivia on IN2L w/ Aki</p> <p>2:00 – Sensory Spa w/ Vilma</p> <p>2:30 – 1:1 Pet Visits w/ Frankie</p> <p>2:30 – Creative Art w/ Sarah</p> <p>4:00 – Holiday Music Performance w/ the Tate Family</p> <p><small>Winter Begins</small></p>	<p>9:30 – Table Talk 22</p> <p>10:30 – Service Project for the Arlington Food Assistance Center w/ Vilma & Aki</p> <p>2:00 – Holiday Memories w/ Aki & Vilma</p> <p>3:30 – Hot Apple Cider Social w/ Vilma & Aki</p>	<p>9:30 – GHBC Happenings: West Winds Newsletter 23</p> <p>11:00 – Saturday Stretches w/ Mar_T</p> <p>3:00 – On That Note Acapella Concert in the Auditorium w/ Vilma</p>
<p>10:30 – Holy Eucharist Service in the Chapel 24</p> <p>11:00 – Holiday Trivia w/ Tiffany</p> <p>11:00 – Seated Exercise on TV CHANNEL 1960</p> <p>1:15 – Sunday Service w/ Rev. Alex</p> <p>7:00 – Compline Service in the Chapel</p>	<p>AKI 25</p> <p>11:00 – Holiday Spirit! w/ Aki</p> <p>3:00 – Holiday Gift Delivery with Cookies & Eggnog w/ Aki</p> 	<p>9:30 – News with Your Neighbors 26</p> <p>10:30 – Stretch & Flex w/ Aki</p> <p>11:00 – Spiritual Devotions w/ Alex</p> <p>2:00 – Drama Club: Fun Skits w/ Aki</p> <p>3:30 – Bingo with Aki & Friends</p> <p><small>Boxing Day (Canada) Kwanzaa Begins</small></p>	<p>9:30 – Today in History 27</p> <p>10:30 – Seated Fitness w/ Luke</p> <p>11:00 – List Twelve Finish the Phrase w/ Aki/Vilma</p> <p>2:00 – Service Project Prep w/ Vilma</p> <p>3:30 – Birthday Party Celebration w/ Aki & Vilma</p> <p>6:30 – Classic Movie Showcase</p>	<p>9:30 – Daily News Brief 28</p> <p>10:30 – Move to the Music w/ Vilma</p> <p>11:00 – Trivia on IN2L w/ Aki</p> <p>2:00 – 1:1 Visits w/ Aki & Vilma</p> <p>2:30 – 1:1 Pet Visits w/ Frankie</p> <p>2:30 – Creative Art w/ Sarah</p> <p>3:30 – Catholic Mass in the Chapel</p>	<p>9:30 – Today’s Headlines 29</p> <p>10:30 – Service Project for the Arlington Food Assistance Center w/ Vilma & Aki</p> <p>2:00 – Memory Lane w/ Aki</p> <p>3:30 – Music Therapy w/ Sam</p> <p>3:30 – Hot Apple Cider Social w/ Vilma & Aki</p>	<p>9:30 – GHBC Happenings: West Winds Newsletter 30</p> <p>11:00 – Saturday Stretches w/ Mar_T</p> <p>3:15 – Music Therapy Group w/ Sam</p>
<p>10:30 – Holy Eucharist Service in the Chapel 31</p> <p>11:00 – New Year’s Fill-in & Traditions w/ Michelle</p> <p>11:00 – Seated Exercise on TV CHANNEL 1960</p> <p>1:15 – Sunday Service w/ Rev. Alex</p> <p>7:00 – Compline Service (Chapel)</p> <p><small>New Year’s Eve</small></p>					<p>Mr. Guite Mrs. Glick Mrs. Johnson Mrs. Smith Mrs. Yon</p>	

Special events are highlighted. Programs are subject to change.