

Sunday

Monday

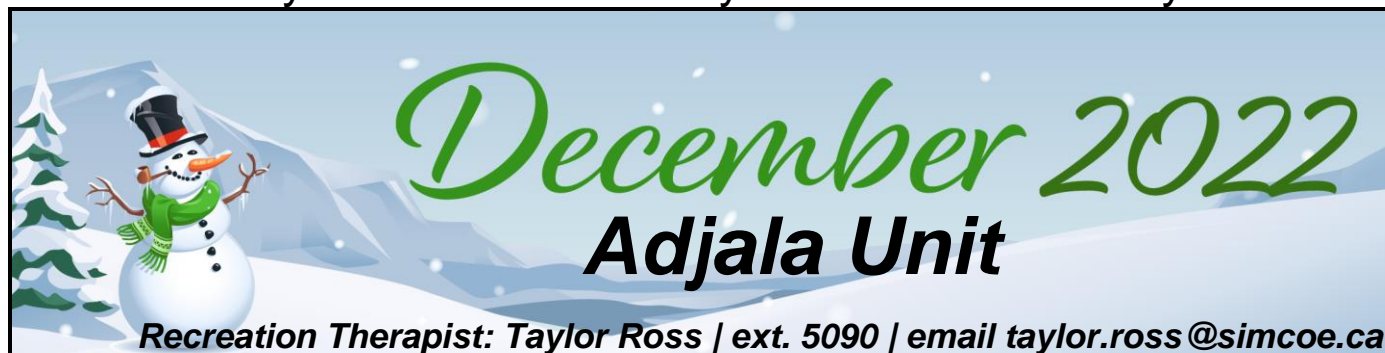
Tuesday

Wednesday

Thursday

Friday

Saturday







# December 2022

## Adjala Unit

Recreation Therapist: Taylor Ross | ext. 5090 | email [taylor.ross@simcoe.ca](mailto:taylor.ross@simcoe.ca)

**Legend:**  
**Bolded:** Special Event  
**Bold & Underline:** Outing  
 FL: Front Lobby  
 Aud: Auditorium  
 TR: Tea Room  
 V: Virtual  
 1-1: One to One program  
 P: Physiotherapy  
 (\$): Cost Associated  
 (\*): Sign up required

<p>Enjoy your evening w/ Amber  <b>3:00 Country Drive</b>          6:00 Remembering Childhood Toys          7:00 Bunny Visits (1:1)</p> 	<p>9:30 Manicures &amp; Light Therapy (1:1)  <b>11:00 Music w/ Nancy (Aud.)</b>          1:30 Travelling Library w/ Michael  <b>1:30 Drysdale's Tree Farm</b>          3:00 Exercise Group: Music (P)</p>	<p>1:30 Ice Cream Cart w/ Janet &amp; Andrea  <b>1:30 Giant Tiger</b>          3:00 Exercise Group (P)          6:15 Table Games</p>	<p>9:30 Mind and Melody          10:00 Front Lobby Fundraising          11:30 Restorative Walks (1:1)  <b>1:30 Bingo (Aud)</b>          3:00 Music w/ Janet &amp; Andrea</p>	<p>10:15 Famous Faces          11:15 Gentle Stretch (1:1)  <b>1:30 Men's Club: Hockey Social w/ Taylor &amp; Steve</b>          2:00 FaceTime (V)(1:1)          3:00 Exercise Group: Parachute (P)</p>	<p><b>9:30 Tim Horton's Coffee &amp; Treat Cart</b>          10:30 Neighborhood Scavenger Hunt          1:30 Life Skills: Shine the Finds          3:00 Exercise Group: Open Gym (P)</p>	<p><b>1:30 Christmas Market</b>  <b>Dufferin County Museum</b></p> 
<p>1:00 Chaplain Visits w/ Andrew</p> 	<p><b>On the 1st day of Christmas...</b>          Enjoy your afternoon w/ Amber          11:45 Dance off (NS)          1:30 Cookie Decorating          3:00 Exercise Group: Music (P)</p>	<p><b>On the 2nd day of Christmas...</b>          9:30 YouTube Videos          10:30 Travelogue: Caribbean          11:45 Dance off (NS)          2:00 Christmas Sing Song          3:00 Exercise Group (P)</p>	<p><b>On the 3rd day ...</b>          9:30 Front Lobby Fundraising  <b>10:30 Bingo (Aud)</b>          11:30 Restorative Walks (1:1)          11:45 Dance off (NS)          1:30 Christmas Crafting (Library)  <b>3:00 Resident's Council &amp; Food Committee (Aud)</b></p>	<p><b>On the 4th day ...</b>          9:30 Gentle Stretch (1:1)          10:30 Christmas Games          11:45 Dance off (NS)  <b>1:30 Pub Crawl</b>          2:00 FaceTime (V)(1:1)          3:00 Exercise Group: Parachute (P)          3:30 Mind and Melody</p>	<p><b>On the 5th day ...</b>          11:45 Dance off (NS)          3:00 Exercise Group: Open Gym (P)  <b>4:00 Treat Cart</b>  <b>5:00 Christmas Celebration and Entertainment</b>  <b>6:00 Entertainment w/ Bob Cook</b></p>	<p><b>On the 6th day ...</b>          Enjoy your evening w/ Andrea          6:00 Christmas Gratitude Letters w/ Andrea          7:00 A Caribbean Montessori</p>
<p><b>On the 7th day ...</b>          4:00 Snowball Toss w/ Steve  <b>6:30 Christmas Night Light Tour</b></p> <p>Hanukkah Begins</p>	<p><b>On the 8th day ...</b>          9:00 Door Decorating Judging          10:30 Travel Inspired Montessori  <b>2:00 Boomwacker Christmas Songs (TR)</b>          3:00 Exercise Group: Music (P)</p>	<p><b>On the 9th day ...</b>  <b>1:30 Christmas Bingo (Aud)</b>          3:00 Exercise Group (P)          3:15 Resident's Choice Montessori (1:1)          6:15 Name that Christmas Carol          7:00 Hand Massages</p>	<p><b>On the 10th day ...</b>          Christmas Sock/Sweater Day!  <b>11:00 Music With Nancy (Aud)</b>          11:30 Restorative Walks(1:1)          1:30 Winter Poems With Taylor (HOF)  <b>2:30 Kindergarten Parade (FL)</b></p> <p>Winter Begins</p>	<p><b>On the 11th day ...</b>          10:30 Holiday Word Game          11:15 Hall Strolls  <b>2:30 Holiday Movie (Aud)</b>          3:00 Exercise Group: Parachute (P)</p>	<p><b>On the 12th day ...</b>  <b>2:30 Hot Chocolate Cart w/ Andrea and Steve</b>          3:00 Exercise Group: Open Gym (P)</p>	<p><b>Christmas Eve!</b>          1:30 Egg Nog Cart w/ Taylor  <b>4:00 Reading of the Night Before Christmas (PA)</b></p> 
<p><b>MERRY CHRISTMAS</b></p> <p>Christmas</p>	<p><b>Boxing Day</b></p> 		<p>11:30 Restorative Walks w/ Yuna and Taylor  <b>1:30 Bingo (Aud)</b>          3:00 Resident's Choice Montessori</p>	<p>Enjoy your morning w/ Taylor!          9:30 Lucynt Machine &amp; Relaxation Room Activities          11:00 A Year in Review          2:00 FaceTime (V)(1:1)          3:30 Exercise Group: Parachute (P)</p>	<p>Enjoy your evening w/ Amber!          2:00 Exercise Group: Open Gym (P)          6:30 Friday Evening Match it Up Bingo (2nd DR)</p>	<p><b>2:00 New Year's Eve Entertainment (Aud)</b></p>  <p>New Year's Eve</p>

Please contact unit Recreation Therapist to book Zoom or FaceTime meeting.

\*Programs are subject to change, and may be weather dependent\*