

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**December 2022**

Unit Name: Essa  
 Recreation Therapist: Andrea Marshall  
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**Bolded:** Special Event  
**Bold & Underline:** Outing  
 FL: Front Lobby  
 AUD: Auditorium  
 TVL: TV Lounge  
 V: Virtual  
 1-1: One to One program  
 P: Physiotherapy  
 (\$) : Cost Associated  
 (\*) : Sign up required  
 L- Library

**1**

1:00 Restorative Walks (1-1)  
 1:30 Holiday Movie (NS)  
 2:15 Exercise: Parachute (NS)  
 4:00 Biography: Georgia O'Keefe (NS)

**2**

11:00 Tim Horton's Treat Cart  
 1:30 Holiday Short Stories (NS)  
 2:15 Exercise: Open Gym (NS)  
 3:30 Christmas T-Shirt Fundraiser Sales (FL)

**3**

Enjoy your morning w/ Andrea!

11:00 Mind and Melody  
 11:30 Chicken Soup Christmas Stories

**1:30 Christmas Market Dufferin County Museum**

Enjoy your morning w/ Andrea! **4**

11:00 Virtual Church Service  
 11:15 Caribbean Craft



**11:00 Music with Nancy (Aud.)** **5**

2:15 Exercise: Music (NS)  
 2:30 Manicures & Light Therapy  
 3:30 Holiday Rhyming Words (NS)  
 6:00 Fold & Sort (1-1)  
 6:45 Where in the World? (V/NS)

**6**

11:00 Bunny Visits (1-1)  
 11:30 Gentle Stretching (1-1)

1:30 Word Games (NS)  
 2:15 Exercise Group (NS)  
 3:30 Closet Clean-Up (1-1)

11:15 Mind and Melody w/ Sherri  
**1:30 Bingo (Aud.)** **7**



**8**

1:00 Restorative Walks  
**2:00 Caribbean Christmas: Steal Drummer (Aud)**  
 2:15 Exercise: Parachute (NS)  
 4:00 Mint To Be: Plant Facts (NS)

**9**

2:15 Exercise: Open Gym  
**3:30 Church Service with Pat James (Aud.)**  
 4:15 Christmas T-Shirt Fundraiser Sales (FL)  
**6:00 Christmas Light Tour (All Unit)**

Enjoy your afternoon w/ Sherri **10**

1:30 Ladies Manicures with Sherri  
 3:00 Christmas's Around the World

Enjoy your morning w/ Sherri **11**

9:30 Winter Sensory Bin With Sherri

**2:00 Bible Studies with Andrew (AR)**

**On the first day of Christmas...** **12**

10:00 Mind & Melody (1-1)  
 11:00 Cookie Decoating (NS)  
 11:45 Dance off (NS)  
 1:30 Travelling Library with Michael (1-1)  
 2:15 Exercise: Music (NS)

**On the 2nd day of Christmas...** **13**

11:15 Gentle Stretching (1-1)  
 11:45 Dance off (NS)  
 1:30 Christmas Songs with Janet & Andrea (TVL)  
**1:30 Walmart Shopping (\$)**  
 2:15 Exercise (NS)

**On the 3rd day ...** **14**

**10:30 Bingo (Aud.)**  
 11:45 Dance off (NS)  
 1:30 Christmas Craft w/ Amber  
 3:00 Ice Cream Cart with Janet & Andrea  
**3:00 Resident's Council and Food Committee (Aud)**

**On the 4th day ...** **15**

10:00 Christmas Fun & Games w/ Andrea

**1:30 Pub Crawl (\$)**  
 2:15 Exercise: Parachute (NS)

**On the 5th day ...** **16**

11:45 Dance off (NS)  
 1:30 Christmas T-Shirt Fundraiser Sales (FL)  
 2:15 Exercises: Open Gym  
**4:00 Treat Cart**  
**5:00 Christmas Celebration and Entertainment**  
**6:00 Entertainment w/ Nancy**

**On the 6th day ...** **17**

Enjoy you afternoon w/ Andrea

1:30 A Caribbean Montessori  
 3:00 Christmas Gratitude Letters

**On the 7th day ...** **18**

Enjoy your afternoon w/ Andrea

1:30 Snowball Toss  
**6:30 Night Light Color Drive**

Hanukkah Begins

**On the 8th day ...** **19**

**2:00 Boomwackers Christmas Songs (TR)**  
 2:15 Exercise Group: Music (NS)  
 3:30 Fundraising with Amber (FL)

**On the 9th day ...** **20**

9:30 Gentle Stretching (1-1)  
 11:00 Biography: Humphrey Bogart (NS)

**1:30 Christmas Bingo (Aud.)**  
 2:15 Exercise Group (NS)

**On the 10th day ...** **21**

**Christmas Sweater & Sock Day!**

**11:00 Music with Nancy (AUD)**  
 1:00 Group Discussion: Winter Solstice (NS)  
**2:30 Kindergarten Parade (FL)**

Winter Begins

**On the 11th day ...** **22**

10:00 Manicures & Light Therapy (1-1)

1:00 Restorative Walks  
 2:15 Exercise: Parachute (NS)  
**2:30 Holiday Movie (Aud)**


**On the 12th day ...** **23**

**1:45 Hot Chocolate Cart w/ Andrea and Steve**

2:15 Group Exercises: Open Gym

**Christmas Eve!** **24**

10:00 Egg Nog Cart  
**4:00 Reading of the Night Before Christmas (PA)**



**25**



**Boxing Day** **26**



Boxing Day (Canada)  
 Kwanzaa Begins


**27**



**28**

9:30 Year in Review With Sherri

**1:30 Bingo (Aud.)**



Enjoy your morning w/ Andrea! **29**

10:00 Bunny Care & Visits (1-1)  
 10:00 Exercise: Parachute  
 11:00 Closet Clean-Up (1-1)

**30**

9:00 Exercises: Open Gym (NS)  
 9:30 Manicures & Light Therapy (1-1)  
 11:00 Good News Stories (NS)  
 1:30 Board Games (TVL)  
 3:30 Funny New Years Resolutions & Jokes (NS)

Enjoy your morning w/ Andrea **31**

9:30 Relaxation Cart (1-1)  
 11:00 New Year's Traditions Across the World (NS)  
**2:00 New Year's Eve Entertainment w/ Bob Cook (AUD)**

New Year's Eve