

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2022
Nottawasaga Unit
 Recreation Therapist: Amber Stevens
 Amber.stevens@simcoe.ca | Ext:5081

Bolded: Special Event
Bold & Underline: Outing
 FL: Front Lobby
 AUD: Auditorium
 TVL: TV Lounge
 V: Virtual
 1-1: One to One program
 P: Physiotherapy
 AR: Activity Room
 (\$) : Cost Associated
 (*) : Sign up required

1:30 Exercise: Parachute (NS) **1**
 6:15 Calendar Delivery w/ Steve



Bert & Ernie Visit **2**
 1:00 Gentle Stretch (1:1)
 1:30 Exercise: Open Gym (RR)
 3:30 Friday Foot Soaks (RR)
 6:00 Seasonal Jeopardy (RR)

Bert & Ernie Visit **3**
1:30 Christmas Market
Dufferin County Museum
 6:00 Front Lobby Coffee Social
 7:00 Bunny Visits

Enjoy your afternoon w/ Amber **4**
Bert & Ernie Visit
 1:30 Move to the Music: Jingle for Joy
3:00 Country Drive

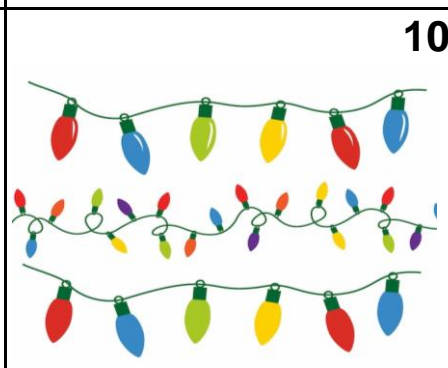
9:30 Manicures & Light Therapy (RR) **5**
11:00 Music with Nancy (Aud.)
 1:30 Exercise: Music (NS)
1:30 Drysdale Tree Farm
 2:30 Chaplain Visits w/ Andrew


1:30 Exercise Group (NS) **6**
1:30 Giant Tiger Shopping
 7:00 Friendly Visits (1:1) With Taylor

9:30 Baking Bread **7**
 10:00 Restorative Walks (1:1)
 11:00 Mind and Melody (1:1)
1:30 Bingo (Aud.)
 3:30 Catch and Toss (1:1)

9:30 Tim Hortons Treat Cart **8**
 10:45 Hand Soaks
 1:30 Exercise: Parachute (NS)
2:00 Caribbean Christmas: Steal Drummer (Aud)

1:00 Mind and Melody **9**
 1:30 Exercise: Open Gym
3:30 Church Service with Pat James (Aud.)
6:00 Christmas Light Tour



3:45 Chaplain Visits w/ Andrew **11**


On the first day of Christmas... **12**
Enjoy your morning w/ Amber
 9:30 Hand Soaks & Light Therapy (RR)
 10:45 Cookie Decorating
 11:45 Dance off (NS)
 1:30 Exercise: Music (NS)

On the 2nd day of Christmas... **13**
 11:15 Catch and Toss (1:1)
 11:45 Dance off (NS)
 1:30 Exercise (NS)
 2:00 Travelogue: Dominican Republic (RR)
 3:30 Christmas Sing Along

On the 3rd day ... **14**
 9:30 Christmas Craft
 10:00 Restorative Walks (1:1)
10:30 Bingo (Aud.)
 11:45 Dance off (NS)
 2:00 Chaplain Visit: Andrew
3:00 Resident's Council and Food Committee (Aud)

On the 4th day ... **15**
 11:00 Christmas Games w/ Sherri
 11:45 Dance off (NS)
 1:30 Exercise: Parachute (NS)
1:30 Pub Crawl

On the 5th day ... **16**
 11:45 Dance off (NS)
 1:00 Gentle Stretch (1:1)
 1:30 Exercises: Open Gym
 1:30 Festive Foot Soaks (RR)
4:00 Treat Cart
5:00 Christmas Celebration and Entertainment
6:00 Entertainment w/ James

On the 6th day ... **17**
Enjoy your morning w/ Amber
 9:30 The Spirit of Christmas: Gratitude Letters
 10:45 Lucynt Machine Games (2nd DR)

On the 7th day ... **18**
 9:30 Virtual Church Service
 10:00 News and Views
 1:30 Snowball Toss
 3:30 Carry On Reading: Christmas in Trinidad
6:00 Christmas Light Tour
 Hanukkah Begins


On the 8th day ... **19**
 9:00 Door Decorating Judging
 10:30 Manicures & Light Therapy (RR)
 1:30 Exercise Group: Music (NS)
2:00 Boomwacker Christmas Songs (TR)
 2:00 Chaplain Visits w/ Andrew

On the 9th day ... **20**
 1:30 Exercise Group (NS)
1:30 Christmas Bingo (Aud.)
 3:00 Home Unit Assistance w/ Steve


On the 10th day ... **21**
Sweater & Christmas Sock Day!
 10:00 Restorative Walks (1:1)
11:00 Music With Nancy (AUD)
2:30 Kindergarten Parade
 3:30 Festive Foot Soaks (RR)
 Winter Begins

On the 11th day ... **22**
 11:00 Sing Along with Susie Q (NS)
 1:30 Group Exercise Parachute (NS)
2:30 Holiday Movie (Aud)

On the 12th day ... **23**
 1:30 Group Exercises-Open Gym (RR)
4:15 Hot Chocolate Cart w/ Andrea & Steve

Christmas Eve! **24**
4:00 Reading of the Night Before Christmas (PA)


25


26
HAPPY BOXING DAY!


27
 2:30 Chaplain Visit: Andrew


28
 9:30 Mind and Melody (1:1)
 10:00 Restorative Walks w/ Yuna and Amber
 11:15 News and Views (NS)
1:30 Bingo (Aud.)

Enjoy your afternoon w/ Andrea! **29**
 1:30 Exercise: Parachute (NS)
 1:30 Watercolour Art: Snowflakes (NS)
 3:00 Trivia! (NS)

Enjoy your afternoon w/ Amber! **30**
Bert & Ernie Visit
 11:00 Exercises: Open Gym (NS)
 1:00 Gentle Stretch (1:1)
 3:30 Mind and Melody

Enjoy your afternoon w/ Amber **31**
Bert & Ernie Visit
2:00 New Year's Eve Entertainment (Aud)
 4:00 Discussion Group: Year in Review
 6:00 Facetime (1:1)
 New Year's Eve