

# December 2023

## Morningside House of St. Charles Assisted Living



		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Location Keys</b> 2nd Floor 2FL 4th Floor 4th Dining Room DR Lobby LB Lodge LG Sun Room SR	<b>December cont'd</b> <b>31</b> <b>New Year's Eve</b> 9:55 📌 Daily Review and News [LG] 10:00 🕊 Catholic Mass [4th] 11:30 🍴 Lunch [DR] 12:30 🕊 <b>Anointed Word Baptist Church [LG]</b> 6:00 📌 <b>Advert Church Gift Giving</b> 6:00 📌 Word Finds	❤️ <b>Emotional</b> 🌿 <b>Environmental</b> 📌 <b>Intellectual</b> 🏃 <b>Physical</b> 🚩 <b>Purposeful</b> 👥 <b>Social</b> 🕊 <b>Spiritual</b>					9:55 📌 Daily Review and News [LG] <b>1</b> 10:15 🏃 Arm Band Stretches [LG] 10:45 📌 Who, What, When [LG] 11:30 🍴 Lunch [DR] 2:15 🍴 Happy Hour 3:30 📌 Story Creations [LG]	9:55 📌 Daily Review and News [LG] <b>2</b> 10:15 🏃 Saturday Morning Workout [LG] 10:45 ❤️ Hot Chocolate and Christmas Carols [LG] 11:30 🍴 Lunch [DR] 2:15 🍴 Prize Bingo 6:00 📌 Pictionary
	9:55 📌 Daily Review and News [LG] <b>3</b> 10:00 🕊 Catholic Mass [4th] 11:30 🍴 Lunch [DR] 12:30 🕊 <b>Anointed Word Baptist Church [LG]</b> 2:00 🍴 Game Time with Friends [LG] 6:00 📌 Word Finds	9:55 📌 Daily Review and News [LG] <b>4</b> 10:15 🏃 Get Fit Workout 10:45 📌 Guess Who [DR] 11:30 🍴 Lunch [DR] 12:00 🚩 <b>Wreath Delivery with Bev</b> 2:00 🍴 PO-KENO [LG] 3:00 🕊 <b>Catholic Mass [SR]</b> 6:00 🍴 Card Players	9:55 📌 Daily Review and News [LG] <b>5</b> 10:15 🏃 Move to the beat [LG] 10:45 🍴 Name that tune [LG] 11:30 🍴 Lunch [DR] 1:30 🚩 <b>Trip- Dollar Tree</b> 3:00 🍴 Dominoes [DR] 6:00 ❤️ crossword puzzles	9:55 📌 Daily Review and News [LG] <b>6</b> 10:15 🏃 Chair Exercise [LG] 10:30 🕊 <b>Sing along with Russ Miller [LG]</b> 11:30 🍴 Lunch [DR] 2:00 🏃 Bingo Time with Friends [LG] 3:00 ❤️ Remember When [LG] 6:00 🌿 Coloring Pages	9:55 📌 Daily Review and News [LG] <b>7</b> 10:15 🏃 Workout Time [LG] 10:30 📌 The Price is Right [LG] 11:30 🍴 Lunch [DR] 2:00 🍴 Happy Hour [LG] 5:30 🚩 <b>Thursday Night Bingo with Rhoda [LG]</b>	9:55 📌 Daily Review and News [LG] <b>8</b> 10:15 🏃 Arm Band Stretches [LG] 10:45 📌 Finish the Phrase [LG] 11:30 🍴 Lunch [DR] 2:00 🚩 <b>Crafting-Making Snowman [LG]</b> 3:00 🚩 <b>Game Hour [LG]</b>	9:55 📌 Daily Review and News [LG] <b>9</b> 10:15 🏃 Saturday Morning Workout [LG] 10:45 🚩 <b>In the News [LG]</b> 11:30 🍴 Lunch [DR] 2:15 🍴 Prize Bingo 6:00 ❤️ <b>Write your Pen Pal</b>	
	<b>Birthdays</b> <b>Shirley B. 12/1</b>	9:55 📌 Daily Review and News [LG] <b>10</b> 10:00 🕊 Catholic Mass [4th] 11:30 🍴 Lunch [DR] 12:30 🕊 <b>Anointed Word Baptist Church [LG]</b> 2:00 🍴 Dominoes [LG] 6:00 📌 Word Finds	9:55 📌 Daily Review and News [LG] <b>11</b> 10:15 🚩 <b>Arm Band Stretches [LG]</b> 10:45 📌 Deal or no Deal [LG] 11:30 🍴 Lunch [DR] 2:00 📌 <b>Live Entertainment with James Simon [LG]</b> 6:00 🍴 Card Players	9:55 📌 Daily Review and News [LG] <b>12</b> 10:00 🏃 Senior Workout with weights [LG] 10:30 🏃 Finish the Phrase [LG] 11:30 🍴 Lunch [DR] 1:30 🚩 <b>Trip- Walmart [DR]</b> 2:30 ❤️ <b>Music Hour [LG]</b> 5:30 ❤️ <b>Reminiscing-That special Day</b>	9:55 📌 Daily Review and News [LG] <b>13</b> 10:15 🏃 Chair Yoga [LG] 10:45 ❤️ <b>Sing Along Christmas Carols [LG]</b> 11:30 🍴 Lunch [DR] 2:00 🏃 Bingo Time with Friends [LG] 6:00 🌿 Coloring Pages	9:55 📌 Daily Review and News [LG] <b>14</b> 10:15 🏃 Exercise with weights [LB] 10:45 📌 Name that Price in the 60s [LG] 11:30 🍴 Lunch [DR] 2:00 🍴 Happy Hour [LG] 5:30 🚩 <b>Thursday Night Bingo with Rhoda [LG]</b>	9:55 📌 Daily Review and News [LG] <b>15</b> 10:15 🏃 Move to the beat. [LG] 10:45 🚩 <b>Table Pong [LG]</b> 11:30 🍴 Lunch [DR] 2:00 🚩 <b>Ornament Making [LG]</b> 3:30 📌 Story Creations [LG]	9:55 📌 Daily Review and News [LG] <b>16</b> 10:15 🏃 Saturday Morning Workout [LG] 11:30 🍴 Lunch [DR] 12:00 🕊 <b>Christmas Open House First Baptist Church Christmas Caroling [2FL]</b> 6:00 📌 Pictionary
	"We're so busy watching out for what's ahead of us that we don't take time to enjoy where we are." — Bill Watterson, Calvin & Hobbes	9:55 📌 Daily Review and News [LG] <b>17</b> 10:00 🕊 Catholic Mass [4th] 11:30 🍴 Lunch [DR] 12:30 🕊 <b>Anointed Word Baptist Church [LG]</b> 2:00 ❤️ <b>Gift Giving with Sheena [LG]</b> 6:00 🚩 <b>Advert Church Holiday Game Hour</b>	9:55 📌 Daily Review and News [LG] <b>18</b> 10:15 🏃 Get Fit Workout 10:45 📌 Word in Word [LG] 11:30 🍴 Lunch [DR] 2:00 🍴 Po-Keno [LG] 6:00 🍴 Card Players	9:55 📌 Daily Review and News [LG] <b>19</b> 10:15 🏃 Tai Chi [LG] 10:45 🍴 Name that tune [LG] 11:30 🍴 Lunch [DR] 2:00 🍴 Dominoes [DR] 2:00 🍴 Paint and Sip [DR] 6:00 ❤️ crossword puzzles	9:55 📌 Daily Review and News [LG] <b>20</b> 10:15 🏃 Move and Stretch [LG] 10:45 🏃 Ladderball 11:30 🍴 Lunch [DR] 2:00 🏃 Bingo Time with Friends [LG] 6:00 🌿 Coloring Pages	9:55 📌 Daily Review and News [LG] <b>21</b> 10:15 🏃 Workout Time [LG] 10:30 📌 The Price is Right [LG] 11:30 🍴 Lunch [DR] 2:00 🍴 Dominoes with Friends [SR] 5:30 🚩 <b>Thursday Night Bingo with Rhoda [LG]</b>	9:55 📌 Daily Review and News [LG] <b>22</b> 10:15 🏃 Arm Band Stretches [LG] 10:45 📌 Finish the Phrase [LG] 11:30 🍴 Lunch [DR] 1:30 🏃 Walking Club 2:30 ❤️ <b>Movie Hour [LG]</b> 6:00 🕊 <b>KDF MUSIC Christmas Concert [DR]</b>	9:55 📌 Daily Review and News [LG] <b>23</b> 10:15 🏃 Saturday Morning Workout [LG] 10:45 🌿 <b>In the News [LG]</b> 11:30 🍴 Lunch [DR] 2:15 🍴 Prize Bingo 6:00 ❤️ <b>Write your Pen Pal</b>
	<b>Christmas Eve</b> <b>24</b> 9:55 📌 Daily Review and News [LG] 10:00 🕊 Catholic Mass [4th] 11:30 🍴 Lunch [DR] 12:30 🕊 <b>Anointed Word Baptist Church [LG]</b> 6:00 📌 Word Finds	<b>Christmas Day</b> <b>25</b> 9:55 📌 Daily Review and News [LG] 10:15 🍴 Move and Stretch [DR] 10:30 ❤️ <b>Egg Nog and Christmas Songs [LG]</b> 11:30 🍴 Lunch [DR] 1:00 ❤️ <b>Movie Time- A Christmas Carol [LG]</b> 6:00 🍴 Card Players	9:55 📌 Daily Review and News [LG] <b>26</b> 10:00 🏃 Senior Workout with weights [LG] 10:30 🏃 Finish the Phrase [LG] 11:30 🍴 Lunch [DR] 2:00 🍴 Black Jack [DR] 3:00 🍴 Paint and Sip [DR] 6:00 ❤️ crossword puzzles	9:55 📌 Daily Review and News [LG] <b>27</b> 10:00 🏃 Move to the Music [LG] 10:45 📌 Finish the Phrase [LG] 11:30 🍴 Lunch [DR] 2:00 🏃 Bingo Time with Friends [LG] 6:00 🌿 Coloring Pages	9:55 📌 Daily Review and News [LG] <b>28</b> 10:15 🏃 Exercise Time [LG] 10:45 📌 Famous Faces [LG] 11:30 🍴 Lunch [DR] 1:30 🍴 Resident Council [LG] 2:30 🍴 Teatime with Friends [LG] 5:30 🚩 <b>Thursday Night Bingo with Rhoda [LG]</b>	9:55 📌 Daily Review and News [LG] <b>29</b> 10:15 🏃 Body Stretching [LG] 10:45 📌 Name that price in the 70s [LG] 11:30 🍴 Lunch [DR] 1:30 🍴 Birthday Party with Josh Urban [LG] 3:30 📌 Story Creations [LG]	9:55 📌 Daily Review and News [LG] <b>30</b> 10:15 🏃 Saturday Morning Workout [LG] 10:45 🚩 <b>Bean Bag Toss [LG]</b> 11:30 🍴 Lunch [DR] 2:15 🍴 Prize Bingo 6:00 📌 Book Club	

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