



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Mental Aerobics with Tommy 3</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Wham-0 Cards with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzy</p> <p>1:00 Gift Crafting with Tricia & Nicole or Deck the Halls with Linette</p> <p>2:00 Up 2 You with Judy & Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Velcro Throw with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 4</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Marbles with Lisa or Bingo with Missy</p> <p>11:45 Lunch & Piano Serenade w/Ralph</p> <p>12:45 Percussion with Tommy & Tricia or Gift Crafting with Linette & Nicole</p> <p>1:30 Portage Sr. Center Band Concert</p> <p>2:30 Holiday Party with OC</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Beauty Shop Open by Appointment 5</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Gift Crafting with Missy & Nicole or Putt Putt Golf with Lisa</p> <p>12:00 Lunch & Piano Serenade with Don</p> <p>1:00 Music Therapy with Tommy & Linette or Dice Climb with Tricia</p> <p>2:00 Up 2 You with Team OC or Musician B-Days with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Name 5 with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 6</p> <p>10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley</p> <p>11:00 Gift Crafting with Lisa & Nicole or Chime Choir Practice with Tommy</p> <p>12:00 Lunch</p> <p>1:00 Music Therapy with Tom & Tric or Hockey with Linette</p> <p>2:00 Up 2 You with Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Mind Joggers with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 7</p> <p>10:30 Chair Aerobics with Nicole or Music Therapy with Tommy</p> <p>11:00 Hymn Sing with Tom & Missy or Volleyballon with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Gift Crafting with Linette & Nic or Movie Matinee with Team OC</p> <p>2:00 Up 2 You & Perry the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 10</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Ladder Ball Toss with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzy</p> <p>1:00 Wrapping with Linette or Jeopardy with Tricia</p> <p>2:00 Up 2 You w/Judy & TeamOC& Connie Lynn the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 11</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Croquet with Lisa or Cookies with Missy</p> <p>12:00 Lunch & Piano Serenade w/Ralph</p> <p>1:00 Music Therapy with Tom & Tricia or Walking Club with Linette</p> <p>2:00 Up 2 You with Team OC or Hymn Sing with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Fishing with Nicole</p>	<p>10:00 Beauty Shop Open by Appointment 12</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 4 of a Kind Cards with Missy or Hockey with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Music Bingo with Tommy & Linette or Shake Awake a Story with Tricia</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 13</p> <p>10:30 Guess Who with Missy</p> <p>11:00 Tai Chi with Ryan</p> <p>12:00 Lunch</p> <p>1:00 Chime Choir Practice with Tommy or Volleyballon with Linette</p> <p>2:00 Up 2 You with Team OC & Aimee</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Brain Quest with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 14</p> <p>10:30 Chair Aerobics with Nicole or Music Therapy with Tommy</p> <p>11:00 Hymn Sing with Tommy & Missy or Puzzles with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Hot Potato with Linette or Movie Matinee with Team OC</p> <p>2:00 Up 2 You & Perry the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Finish Lines with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 17</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Walking Club with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzy</p> <p>1:00 Radio Shows with Tricia or Bowling with Linette</p> <p>2:00 Up 2 You with Judy & Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Would you Rather with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 18</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Uno Cards with Lisa or Hockey with Missy</p> <p>12:00 Lunch & Piano Serenade w/Ralph</p> <p>1:00 Musical Jeopardy with Tom&Tricia or Penny Ante with Linette</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Red the Therapy Dog</p>	<p>10:00 Beauty Shop Open by Appointment 19</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Picture Bingo with Santa</p> <p>12:00 Lunch</p> <p>12:30 Happy December Birthdays!</p> <p>1:00 Music Therapy with Tom & Linette or Volleyballon with Tricia</p> <p>2:00 Up 2 You with Team OC or Reminisce with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Crosswords with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 20</p> <p>10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley</p> <p>11:00 Marbles with Lisa or Dress Rehearsal with Tommy</p> <p>12:00 Lunch</p> <p>1:00 Chime Choir Concert & Carols with Tommy</p> <p>2:00 Up 2 You with Team OC & Aimee & Nora the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Charades with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 21</p> <p>10:30 Chair Aerobics with Nicole or Music Therapy with Tommy</p> <p>11:00 Hymn Sing with Tom & Missy or Horseracing with Lisa & Debbie</p> <p>12:00 Lunch</p> <p>1:00 Baseball with Linette or Movie Matinee with Team OC</p> <p>2:00 Up 2 You & Perry the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Tricia</p>
<p>CLOSED 24</p> 	<p>CLOSED 25</p> <p>HAPPY HOLIDAYS</p>	<p>10:00 Beauty Shop Open by Appointment 26</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 10 Lucky Numbers with Missy or Walking Club with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Songwriting with Tommy & Linette or Scrabble with Tricia</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 27</p> <p>10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley</p> <p>11:00 LRC Dice with Lisa or Music Therapy with Tommy</p> <p>12:00 Lunch</p> <p>1:00 Hymn Sing with Tom & Tric or Hole in One with Linette</p> <p>2:00 Up 2 You with Team OC & Aimee</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Unscramble with Nicole</p>	<p>Kids Warm Winter Greetings Open House 28</p> <p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Nicole</p> <p>11:00 Sing Silly Songs with Tom & Mis or Watercolors with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Bingo with Linette or Movie Matinee with Team OC</p> <p>2:00 Up 2 You & Perry the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Snow Ball Fight with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 31</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Volleyballon with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzy</p> <p>1:00 Hockey with Tricia or Reminisce Resolutions with Linette</p> <p>2:00 Chris Sloan Performs</p> <p>3:00 Happy New Year Party with OC</p> <p>3:30 Trivia with Nicole</p>	 <h1>December 2018</h1> <h2>Oakland Centre</h2> <h3>Life Enrichment Activities</h3>			

Daily Activities also include: 7:30 Chitchat & Preparations 8:00 Individual Recreation 8:30 News & Notes 9:30 Coffee Break 4:00 Helping Hands 4:30 Read & Reminisce
Color Code for Wellness Area of Focus: **Creative Expression**, **Cognitive Exercise**, **Sensory Stimulation**, **Life Skills & Hobbies**, **Physical Movement**, **Social Interaction & Spirituality**
**Scheduled activity programs may change and there's always room for spontaneity!*