

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

						09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Season of Reflection 4:00- Fit Minds/BBET 5:00- Dinner	1	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Dog Therapy 3:30- Avon Choir Christmas Carols (DR) 5:00- Dinner	2				
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Coloring pages 3:00- Fit Minds 5:00- Dinner	3	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Christmas Stories with Hot Chocolate 4:00- Fit Minds/BBET 5:00- Dinner	4	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Wheelchair Decorating 4:00- Fit Minds/BBET 5:00- Dinner	5	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Baking Sugar Cookies 4:00- Fit Minds/BBET 5:00- Dinner	6	09:45- Sit & Fit 10:00- Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Desserts with Santa and his Reindeer! 4:00- Fit Minds/BBET 5:00- Dinner Hanukkah Begins	7	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Fancy Nails 4:00- Fit Minds/BBET 5:00- Dinner	8	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Monthly Birthday Party! 3:00- Fit Minds 5:00- Dinner	9
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Heartstry Group (DR) 3:00- Fit Minds 5:00- Dinner	10	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Fancy Nails 4:00- Fit Minds/BBET 5:00- Dinner	11	09:45- Sit & Fit 10:00- Holiday Bizarre! 12:00- Lunch 1:00- Rest & Relax 3:00- Christmas Tree Craft 4:00- Fit Minds/BBET 5:00- Dinner	12	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Christmas Bingo 4:00- Fit Minds/BBET 5:00- Dinner	13	09:45- Sit & Fit 10:00- Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Trivia 4:00- Fit Minds/BBET 5:00- Dinner	14	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Christmas Stories with Hot Coco 4:00- Fit Minds/BBET 5:00- Dinner	15	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Monthly Gazette 3:00- Fit Minds 5:00- Dinner	16
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Fancy Nails 3:00- Fit Minds 5:00- Dinner	17	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Fit Minds/BBET 4:00- Brownsburg Choir (DR) 5:00- Dinner	18	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Season of Reflection 4:00- Fit Minds/BBET 5:00- Dinner	19	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Baking Gingerbread Cookies 4:00- Fit Minds/BBET 5:00- Dinner	20	09:45- Sit & Fit 10:00- Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Snowman Craft 4:00- Fit Minds/BBET 5:00- Dinner Winter Begins	21	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Christmas Sing Along 4:00- Fit Minds/BBET 5:00- Dinner	22	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Hot Coco Happy Hour 3:00- Fit Minds 5:00- Dinner	23
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Christmas Movie 3:00- Fit Minds 5:00- Dinner	24	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Christmas Movie with Hot Coco 4:00- Fit Minds/BBET 5:00- Dinner Christmas	25	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Painting 4:00- Fit Minds/BBET 5:00- Dinner Boxing Day (Canada) Kwanzaa Begins	26	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Trivia 4:00- Fit Minds/BBET 5:00- Dinner	27	09:45- Sit & Fit 10:00- Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Fancy Nails 4:00- Fit Minds/BBET 5:00- Dinner	28	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Penguin Craft 4:00- Fit Minds/BBET 5:00- Dinner	29	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Dog Therapy 3:00- Fit Minds 5:00- Dinner	30
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/NYE Party! 3:00- Fit Minds 5:00- Dinner New Year's Eve	31	<h2>Traditions at Reagan Park</h2>											

Memory Care Activities are subject to change. (AR) Activity Room (FE) Front Entrance (DR) Dining Room