



INSPIRED SENIOR LIVING

# December 2022

## Carp Commons Retirement Village

### Memory Care Households



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Dimensions Of Wellness</b></p> <p><b>Legend</b></p> <p>Emotional Social Intellectual Sensory</p> <p>Physical Purposeful Spiritual</p>		 <p>Wishing you a month filled with peace, love and joy!</p>	<p><b>Calendar Legend</b></p> <p>Outing Special Program Signature Program Highlight</p>	<p>Christmas Tree Decorating around Carp Commons! 1</p> <p>National Christmas Lights Day!</p> <p>10:30 Sorting and Folding Life Skills</p> <p>10:30 Target Practice - Bean Bag Toss-</p> <p>10:30 Memory Care Scenic Country Drive!</p> <p>11:00 Memory Co Game!</p> <p>2:00 Christmas Tree Decorating around Carp Commons! *We need Volunteers*</p> <p>2:45 Fresh Cheese and Crackers Social!</p> <p>3:00 Egg Nogg Social while Singing</p> <p>3:00 Fit Minds Interactive Cognitive Stimulation Therapy</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano</p> <p>4:00 Go 4 Life Walking Club</p> <p>6:00 Short Story Reading with the Household Team</p> <p>7:00 Puzzles with the Household Team</p>	<p>10:00 Going down Memory Lane Morning Music 2</p> <p>10:30 Exercise Class</p> <p>11:00 EZ Does it Trivia</p> <p>2:00 Theme BINGO!</p> <p>3:00 Chips and Dip Social!</p> <p>3:30 Sing your heart out : Christmas Carols</p> <p>6:15 Movie Night and Popcorn with the Household Team</p> <p>7:30 Evening Card Games with the Household Team</p>	<p>Make a Gift Day! 3</p> <p>Find Fisbee the Elf!</p> <p>10:30 Exercise Movement with Weights or Fresh Air Walks</p> <p>11:00 Hand Massages, Nails and Pathways Memories and Singalong</p> <p>2:00 Table Top Activities: Card and Board Games</p> <p>3:00 Hot Chocolat and Cookies Social!</p> <p>3:30 Memory Lane Mini Stories</p> <p>4:00 Afternoon Movie with the Household Team</p> <p>6:15 Evening Discussions and Hydration with the Household Team</p>
<p>9:30 Virtual Church Service 4</p> <p>10:30 Stretch and Breathe Yoga or Fresh Air Walks</p> <p>11:00 Spiritual Morning Music and Hymns</p> <p>11:15 Sunday Morning Word Games</p> <p>1:00 Life Skills: Helping in Households</p> <p>1:30 Artful Enrichment Painting for Fun!</p> <p>3:00 Inspirational Music Hour with Coffee and Tea</p> <p>4:00 Outdoor Nature Walks with the Household Team.</p> <p>7:00 Old Classic Movies with the Household Team</p>	<p>10:00 Hair Salon with Kelley 5</p> <p>10:00 Memory Lane Morning Music</p> <p>10:30 Fitness Fun Exercise Class</p> <p>11:00 Crafters Corners Tree Ornaments</p> <p>2:00 Java Music Club Singing Group</p> <p>3:00 Seasonal Fruit Social and Hydration Cranberry Cocktail</p> <p>3:15 Mind Fit -Fit Minds</p> <p>4:00 Group Coloring In</p> <p>6:00 Outing: Magic of Lights Tour at Wesley Clover Parks (Memory Care)</p> <p>6:30 Hand Massages and Evening Reminiscing Stories with the Household Team</p> <p>7:00 Monday Movie Madness : Your Pick!</p>	<p>Find Fisbee the Elf! 6</p> <p>10:00 Sifting and Sorting</p> <p>10:30 Balloon Volleyball Exercise</p> <p>11:00 Armchair Travel</p> <p>1:30 Picture B-I-N-G-O!</p> <p>2:45 Peppermint Everything Social!</p> <p>3:00 Christmas Concert with the Manotick Brass Ensemble</p> <p>4:30 Life Skills: Set up for Dinner</p> <p>6:30 Me Time with the Household Team</p> <p>7:00 Coloring In with the Household Team</p>	<p>Find Fisbee the Elf! 7</p> <p>10:30 Christmas Baking Club</p> <p>11:00 Fitness Fun Exercise</p> <p>11:30 Small Group Bible Versus Reading Circle</p> <p>1:30 Artful Enrichment Painting Group - Believe!</p> <p>3:00 Freshly Baked Goods &amp; Coffee and Tea Social</p> <p>3:15 Creatology Craft Kits &amp; Pipe Cleaner Candy Canes</p> <p>3:30 Christmas Carols with Susie Q</p> <p>4:15 Go 4 life Walking Club - Outside *Weather Permitting*</p> <p>6:30 Wine Down Wednesdays: Crosswords and Puzzles Social with the Household Team</p> <p>7:00 Movie Night! - Love's Christmas Journey</p>	<p>Find Fisbee the Elf! 8</p> <p>National Brownie Day!</p> <p>10:30 Target Practice - Bean Bag Toss-</p> <p>11:00 EZ Craft: Accordion Folded Tree</p> <p>1:30 Sorting and Folding Life Skills</p> <p>2:00 Drumfit Music Drumming Class!</p> <p>3:00 Fit Minds Interactive Cognitive Stimulation Therapy</p> <p>3:00 Candy Cane Hot Chocolate Social</p> <p>3:30 Christmas Carols Singing Group with IL</p> <p>4:00 Go 4 Life Walking Club</p> <p>6:00 Short Story Reading with the Household Team</p> <p>7:00 Puzzles with the Household Team</p>	<p>Find Fisbee the Elf! 9</p> <p>National Christmas Card Day</p> <p>10:00 Going down Memory Lane Morning Music</p> <p>10:15 Memory Care Scenic Country Drive 10:30am-11:45am</p> <p>10:30 One-on-Ones with the Household Team while we're on a drive</p> <p>1:30 Finish Off the Pipe Cleaner Candy Canes for the Christmas Tree!</p> <p>2:00 Theme BINGO!</p> <p>3:00 Sing your heart out: Christmas Carols</p> <p>3:30 Latin Chair Dancing with Michael</p> <p>4:00 Starting Christmas Cards</p> <p>6:15 Movie Night and Popcorn with the Household Team</p> <p>7:30 Evening Card Games with the Household Team</p>	<p>Find Fisbee the Elf! 10</p> <p>10:30 Exercise Movement with Weights or Fresh Air Walks</p> <p>11:00 Hand Massages, Nails and Pathways Memories and Singalong</p> <p>2:00 Craft: Paper Link Garlands</p> <p>3:00 Chocolate Everything Social!</p> <p>3:30 Memory Lane Mini Stories</p> <p>4:00 Afternoon Movie with the Household Team</p> <p>6:15 Evening Discussions and Hydration with the Household Team</p>
<p>Find Fisbee the Elf! 11</p> <p>9:30 Virtual Church Service</p> <p>10:30 Stretch and Breathe Yoga or Fresh Air Walks</p> <p>11:00 Spiritual Morning Music and Hymns</p> <p>11:15 Sunday Morning Word Games</p> <p>1:00 Life Skills: Helping in Households</p> <p>1:30 Horse Races Game!</p> <p>3:00 Inspirational Music Hour with Coffee and Tea</p> <p>4:00 Outdoor Nature Walks with the Household Team.</p> <p>7:00 Old Classic Movies with the Household Team</p>	<p>Find Fisbee the Elf! 12</p> <p>Theme Day: Candy Cane Lane- Wear Red and White</p> <p>10:00 Hair Salon with Kelley</p> <p>10:00 Memory Lane Morning Music</p> <p>10:30 Fitness Fun Exercise Class</p> <p>11:00 Finish the Saying &amp; Finish the Carole Titles!</p> <p>2:00 Java Music Club Singing Group</p> <p>3:00 Seasonal Fruit Social and Hydration Cranberry Muffins</p> <p>3:15 Mind Fit -Fit Minds</p> <p>4:00 Group Christmas Short Story: Christmas in Chicago</p> <p>6:30 Hand Massages and Evening Reminiscing Stories with the Household Team</p> <p>7:00 Monday Movie Madness : Your Pick!</p>	<p>Find Fisbee the Elf! 13</p> <p>National Gingerbread House Day!</p> <p>Theme Day: Baby It's Cold Outside- Wear a Cozy Flannel</p> <p>9:30 Soft Soles Clinic (please sign up at reception)</p> <p>10:00 Sifting and Sorting</p> <p>10:30 Gingerbread House Decorating !</p> <p>11:00 Travel Brief: Home is Where the Heart Is</p> <p>2:00 Picture B-I-N-G-O!</p> <p>3:00 Peppermint Everything Social</p> <p>3:30 Let's Dance with a Zumba Class!</p> <p>4:30 Life Skills: Set up for Dinner</p> <p>6:30 Me Time with the Household Team</p> <p>7:00 Coloring In with the Household Team</p>	<p>Find Fisbee the Elf! 14</p> <p>Theme Day: Rudolph Red Nose- Wear Red or Dress as Rudolph</p> <p>9:30 Soft Soles Clinic (please sign up at reception)</p> <p>10:30 Christmas Baking Club</p> <p>11:00 Fitness Fun Exercise</p> <p>11:30 Reminiscing with the Senses: Classic Toys and Books</p> <p>1:30 Artful Enrichment Painting (String Lights)</p> <p>2:30 Freshly Baked Goods &amp; Hot Chocolate Social</p> <p>3:00 Live Entertainment with Dave Debenham</p> <p>4:15 Go 4 life Walking Club - Outside *Weather Permitting*</p> <p>6:30 Wine Down Wednesdays: Crosswords and Puzzles Social with the Household Team</p> <p>7:00 Old Classics Movie Night</p>	<p>Find Fisbee the Elf! 15</p> <p>Theme Day: Winter Wonderland Day- Wear Blue and White</p> <p>9:30 Soft Soles Clinic (please sign up at reception)</p> <p>10:00 Church Service with Local Peter Coffin *NEW, All are welcome*</p> <p>10:30 Target Practice - Bean Bag Toss-</p> <p>11:00 Christmas Game: Even or Odd Peppermints</p> <p>1:30 Sorting and Folding Life Skills</p> <p>2:00 Drumfit Music Drumming Class!</p> <p>3:00 Fit Minds Interactive Cognitive Stimulation Therapy</p> <p>3:30 Christmas Carols Singing Group with IL</p> <p>4:00 Go 4 Life Walking Club</p> <p>6:00 Short Story Reading with the Household Team</p> <p>7:00 Puzzles with the Household Team</p>	<p>Find Fisbee the Elf! 16</p> <p>Theme Day: Two Turtle Doves- Twin Day</p> <p>10:00 Going down Memory Lane Morning Music</p> <p>10:15 Memory Care Scenic Country Drive 10:30am-11:45am</p> <p>10:30 One-on-Ones with the Household Team while we're on a drive</p> <p>2:00 Theme BINGO!</p> <p>3:00 Eggnog Social</p> <p>3:30 Sing your heart out: Christmas Carols</p> <p>6:15 Movie Night and Popcorn with the Household Team</p> <p>7:30 Evening Card Games with the Household Team</p>	<p>Find Fisbee the Elf! 17</p> <p>Theme Day: Grinch Celebration *Dress in Green*</p> <p>10:30 Exercise Movement with Weights or Fresh Air Walks</p> <p>11:00 Hand Massages, Nails and Pathways Memories and Singalong</p> <p>2:00 Craft: Paper Link Garlands</p> <p>3:00 Ice Cream Social!</p> <p>3:30 Memory Lane Mini Stories</p> <p>4:00 Afternoon Movie with the Household Team</p> <p>6:15 Evening Discussions and Hydration with the Household Team</p>



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### Memory Care Households



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Find Fisbee the Elf!</b> <b>18</b> Theme Day: Crazy Christmas Hat or Hair Day! 9:30 Virtual Church Service 10:30 Stretch and Breathe Yoga or Fresh Air Walks 11:00 Spiritual Morning Music and Hymns 11:15 Sunday Morning Word Games 1:00 Life Skills: Helping in Households 1:30 Christmas Carol Singing, Hot Chocolate and Candy Cane Ice Cream with Patti and Steph 3:00 Inspirational Music Hour with Coffee and Tea 4:00 Outdoor Nature Walks with the Household Team. 7:00 Old Classic Movies with the Household Team	<b>Find Fisbee the Elf!</b> <b>19</b> Theme Day: Wear Your Cozy PJ's Today! 10:00 Hair Salon with Kelley 10:00 Memory Lane Morning Music 10:30 Fitness Fun Exercise Class 11:00 Christmas Trivia and Discussions 2:00 Java Music Club Singing Group 3:00 Seasonal Fruit Social and Hydration Cranberry Cookies 3:15 Mind Fit -Fit Minds 4:00 Christmas Coloring In 6:30 Hand Massages and Evening Reminiscing Stories with the Household Team 7:00 Monday Movie Madness : Your Pick!	<b>Find Fisbee the Elf!</b> <b>20</b> Theme Day: Dress Like a Christmas Tree! 10:00 Sifting and Sorting 10:30 Balloon Volleyball Exercise 11:00 Making Christmas Door Wreaths 2:00 Picture B-I-N-G-O! 3:00 Peppermint Everything Social 3:30 Let's Dance with a Zumba Class! 4:30 Life Skills: Set up for Dinner 6:30 Me Time with the Household Team 7:00 Coloring In with the Household Team	<b>Find Fisbee the Elf!</b> <b>21</b> Theme Day: Crazy Christmas Sock Day! 10:30 Making and Baking Club Reindeer Muffins 11:00 Fitness Fun Exercise 11:30 Reminiscing: Christmas Dice Game 2:00 Resident Christmas Concert Performance 3:00 Freshly Baked Goods & Coffee and Tea Social 3:30 Santa Pants Flowerpot 6:30 Wine Down Wednesdays: Crosswords and Puzzles Social with the Household Team 7:00 Old Classics Movie Night	<b>Find Fisbee the Elf!</b> <b>22</b> Theme Day: UGLY Christmas Sweater Day! 10:00 Church Service with Local Debbie Roi *NEW, All are welcome* 10:30 Target Practice - Bean Bag Toss- 10:30 Sorting and Folding Life Skills 11:00 True or False Christmas Traditions & Holiday Unscramble 2:00 Drumfit Music Drumming Class! 3:00 Making Christmas Centerpieces for the Party! 4:00 Photos with Santa 4:30 Memory Care Households Christmas Party! 6:00 Short Story Reading with the Household Team 7:00 Puzzles with the Household Team	<b>Find Fisbee the Elf!</b> <b>23</b> Theme Day: Wear Red and Green! 10:00 Going down Memory Lane Morning Music 10:15 Memory Care Scenic Country Drive 10:30am-11:45am 10:30 One-on-Ones with the Household Team while we're on a drive 1:30 Elves Christmas Delivery 2:00 Sing your heart out: Christmas Carols 3:00 Gingerbread Cookie Social! 3:30 Latin Chair Dancing with Michael 6:15 Movie Night and Popcorn with the Household Team 7:30 Evening Card Games with the Household Team	<b>Find Fisbee the Elf!</b> <b>24</b> <b>Merry Christmas Eve!</b> 10:30 Exercise Movement with Weights or Fresh Air Walks 11:00 Hand Massages, Nails and Pathways Memories and Singalong 2:00 Crafts: Snow Person Jar 3:00 Ice Cream Social! 3:30 Memory Lane Mini Stories 4:00 Afternoon Movie with the Household Team 6:15 Evening Discussions and Hydration with the Household Team
<b>On behalf of all the staff at Carp Commons, we would like to wish you and yours a very Merry Christmas and Happy Holiday!</b> <b>25</b> 10:30 Christmas Morning (Opening Presents) with the Household Team 11:00 Christmas Carols with the Household Team 1:30 Afternoon Christmas Movie with the Household Team 3:00 Christmas Treats Social and Hot Chocolate with the Household Team 4:00 Christmas Coloring in with the Household Team 7:00 Old Classic Movies with the Household Team	<b>10:00 Hair Salon with Kelley</b> <b>26</b> 10:00 Memory Lane Morning Music 10:30 Fitness Fun Exercise Class 11:00 Crafters Corners 2:00 Java Music Club Singing Group 3:00 Seasonal Fruit Social and Hydration Cranberry Squares 3:15 Mind Fit -Fit Minds 4:00 Group Coloring In 6:30 Hand Massages and Evening Reminiscing Stories with the Household Team 7:00 Monday Movie Madness : Your Pick!	<b>10:00 Sifting and Sorting</b> <b>27</b> 10:30 Balloon Volleyball Exercise 11:00 Venture: Family Feud 2:00 Picture B-I-N-G-O! 3:00 Peppermint Everything Social 3:30 Let's Dance with a Zumba Class! 4:30 Life Skills: Set up for Dinner 6:30 Me Time with the Household Team 7:00 Coloring In with the Household Team	<b>10:30 New Year Baking Club</b> <b>28</b> 11:00 Fitness Fun Exercise 11:30 Small Group Bible Versus Reading Circle 1:30 Artful Enrichment Painting Group - Watercolors and Acrylics- 2:30 Freshly Baked Goods & Coffee and Tea Social 3:00 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano 4:15 Go 4 life Walking Club - Outside *Weather Permitting* 6:30 Wine Down Wednesdays: Crosswords and Puzzles Social with the Household Team 7:00 Old Classics Movie Night	<b>10:30 Sorting and Folding Life Skills</b> <b>29</b> 10:30 New Years Minute to Win It Game! 11:00 New Years Eve Hats 2:00 Drumfit Music Drumming Class! 3:00 Fit Minds Interactive Cognitive Stimulation Therapy 3:00 December Birthdays with live entertainment from Allan Ryan 4:00 Go 4 Life Walking Club 6:00 Short Story Reading with the Household Team 7:00 Puzzles with the Household Team	<b>10:00 Going down Memory Lane Morning Music</b> <b>30</b> 10:30 Champaign Bottle Toss 11:00 Confetti Crowns 2:00 Theme BINGO! 3:00 Pie and Tea Social! 3:30 Concerts in Care Music 6:15 Movie Night and Popcorn with the Household Team 7:30 Evening Card Games with the Household Team	<b>New Years Eve!</b> <b>31</b> 10:30 Exercise Movement with Weights or Fresh Air Walks 11:00 Hand Massages, Nails and Pathways Memories and Singalong 1:00 Shimmer and Shine New Year's Eve Appetizers and Live Music from The International Set! 3:30 Memory Lane Mini Stories 4:00 Afternoon New Years Eve Movie Matinee 6:15 New Years Eve Traditions with the Household Team



December 22nd 4:30pm-5:30pm

# CHRISTMAS CHEER

Please RSVP at Reception by Dec 15th.  
2 Guests per suite

## Calendar Legend

- Outing
- Special Program
- Signature Program
- Highlight



Memory Care Household Residents & Families!



Merry Christmas & Happy Holidays!