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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18Hanukkah Begins | 19 | 20 | 21Winter Begins | 22 | 23 | 24 |
| 25Christmas | 26Boxing Day (Canada)Kwanzaa Begins | 27 | 28 | 29 | 30 | 31New Year’s Eve |

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| **“ Capitol City Rehabilitation Center”** | 10:00 Calendar Distribution ( All Units )1:00 1:1 Room Visits**2:30 RESIDENT COUNCIL MEETING MR** | **10:00 Coffee/Hot Cocoa Special MR**1:00 1:1 room visits2:30 Day-room activities | 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D |
| 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D | 10:00 Unit activities in day rooms11:00 1:1 Room visits**2:30 Live music with Michael Adams MR** | **10:00 Chair Yoga With Terra MR****11:00 Daily Chronicle**1:00 1:1 Room Visits**2:30 Top Gulf** **Tournament MR** | 10:00 Unit activities in day Rooms11:00 1:1 Room Visits**2:30 Prized Bingo! With Brittany MR** | **10:00 Chair Exercise with Asia (MR)** 11:00 Daily Chronicle MR**2:30 Tropical Smoothie day ! ( MR )** | **10:00 Coffee/Hot Cocoa Special MR**1:00 1:1 room visits2:30 Day-room activities | 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D |
| 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D | 10:00 Unit activities in Day-rooms11:00 1:1 Room Visits**2:30 Prized Trivia with James MR** | **10:00 Chair Yoga with Lavonne MR****11:00 Daily Chronicle**1:00 1:1 Room Visits2:30 Day-room activities | 10:00 Unit activities in day Rooms11:00 1:1 Room Visits**2:30 Prized Bingo! With Terra MR** | **10:00-12:00 Bible Study** **With Gloria ( MR )**1:00 1:1 Room visits2:30 Dayroom activities | **10:00 Coffee/Hot Cocoa Special MR**1:00 1:1 Room Visits**2:30 Live musical performance with Teresa MR** | 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D |
| 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D | 10:00 Unit activities in Day rooms11:00 1:1 Room Visits**2:30 Day-Room Activies** | **10:00 Chair Yoga****With Terra MR****11:00 Daily Chronicle**1:00 1:1 Room Visits**2:30 Spay Day Special** **( MR )** | FIRST DAY OF WINTER!**10:00 Holiday Milk-Shake MR****2:30 Sip & Paint Winter****Masterpieces MR** | **10:00 Move to the** **Music with James MR** 11:00 Daily Chronicle MR1:00 1:1 Room Visits**2:30 Xmas movie (Carmel****Popcorn) MR** | **10:00 Coffee/Hot Cocoa Special MR**1:00 1:1 Room Visits**2:30 Table Games** **( cards, uno, spades,chess, checkers MR** | 10:00 Activity Packets 1:00 Friendly Visits4:00 Night Musical Performance with Youngbey 1D |
| MERRY XMAS 😊10:00-1:00 Holiday Special | 10:00 Unit activities in Day-rooms11:00 1:1 room visits**2:30 History of Canada MR** | **10:00 Chair Yoga** **With Brittany MR****11:00 Daily Chronicle**1:00 1:1 Room Visits**2:30 Top Gulf Tournament MR** | 10:00 Unit activities in Day Rooms11:00 1:1 Room Visits**2:30 FISH FRY PARTY!** **( MR)** | **10:00 Dance to the** **Music with Sherrie MR**11:00 Daily Chronicle MR1:00 1:1 room visits2:30 Day-room activities | **10:00 Coffee/Hot Cocoa Special MR**1:00 1:1 room visits2:30 Day-room activities | HAPPY NEW YEAR’SEVE!10:00 New Year’s Eve Resolution MR**2:30 Apple Cider Social**  **MR** |

 If you are experiencing symptoms of COVID-19or if you are on isolation you are prohibited to participate in group activities. Social distancing and face mask will continue to be in place. Thanks!