|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 | 26 Boxing Day (Canada) Kwanzaa Begins | 27 | 28 | 29 | 30 | 31New Year’s Eve | |  |  |  |  |  |  |
| **“ 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 visits  2:30 Day-room activities | 10:00 Activity Packets  1:00 Friendly Visits  4:00 Night Musical Performance with Youngbey 1D |
| 10:00 Activity Packets  1:00 Friendly Visits  4:00 Night Musical Performance with Youngbey 1D | 10:00 Unit activities in day rooms  11:00 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  Rooms  11:00 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 visits  2:30 Day-room activities | 10:00 Activity Packets  1:00 Friendly Visits  4:00 Night Musical Performance with Youngbey 1D |
| 10:00 Activity Packets  1:00 Friendly Visits  4:00 Night Musical Performance with Youngbey 1D | 10:00 Unit activities in  Day-rooms  11:00 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 Visits  2:30 Day-room activities | 10:00 Unit activities in day  Rooms  11:00 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 visits  2:30 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 Visits  4:00 Night Musical Performance with Youngbey 1D |
| 10:00 Activity Packets  1:00 Friendly Visits  4:00 Night Musical Performance with Youngbey 1D | 10:00 Unit activities in  Day rooms  11:00 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 MR  1:00 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 Visits  4:00 Night Musical Performance with Youngbey 1D |
| MERRY XMAS 😊  10:00-1:00 Holiday Special | 10:00 Unit activities in  Day-rooms  11:00 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 Rooms  11:00 1:1 Room Visits  **2:30 FISH FRY PARTY!**  **( MR)** | **10:00 Dance to the**  **Music with Sherrie MR**  11:00 Daily Chronicle MR  1:00 1:1 room visits  2:30 Day-room activities | **10:00 Coffee/Hot Cocoa Special MR**  1:00 1:1 room visits  2:30 Day-room activities | HAPPY NEW YEAR’S  EVE!  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!