

SUN	MON	TUE	WED	THUR	FRI	SAT
Rosa Parks Day 1 8:30 Guided Meditation (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Learn About Rosa Parks (SL) 11:30 Rosa Parks Group Word Search (SL) 2:00 Balloon Volleyball & Noodle Exercise (SL) 3:00 Sunday Social (SL) 3:30 Hand Massages and Aromatherapy (SL)	2 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Salt Snowflake Craft (SL) 11:15 Rosary Group (HL) 2:00 Chris Giakas Acoustic Hour (CDR) 3:30 Jigsaw Puzzle Group (SL) 4:00 Life Skills Group: Folding Station (SL)	3 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 2:00 Jewish Bible Songs & Stories with Debbie Gerber (SL) 2:30 Noodle Exercise Group (SL) 3:00 Balloon Volleyball (SL) 4:15 Tuesday Armchair Travel Series (SL)	National Sock Day 4 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Crazy Sock Bingo! (SL) 2:00 Angela Escanillas Music Performance (CDR) 3:15 Match 'Em Up Sock Game (SL) 6:15 Evening Spintopia! (SL)	5 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Let's Learn About Winter Animals Series (SL) 11:00 Stretching with Bands (SL) 2:00 Holiday Corn Hole! (SL) 3:00 Winter Watercolor Painting (SL)	6 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Wintery Word Game (SL) 2:00 Snowman Bowling (SL) 3:00 Holiday Movie Series! (SL) 3:30 Holly Jolly Hot Cocoa Cart!	7 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music: Acoustic Sunrise (SL) 10:30 Morning Exercise Group (SL) 11:00 Virtual Travel to Alaska (SL) 2:00 Christmas Caroling with First Baptist Church of South Bound Brook (CDR) 3:00 Nail Time (SL) 4:00 Aromatherapy & Virtual Fish Sensory Time (SL)
National Brownie Day 8 8:30 Guided Meditation (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Morning Stretch & Sing (SL) 2:00 Brownie Cooking Club (CDR) 3:00 Sunday Social (SL) 3:30 Hand Massages and Aromatherapy (SL)	Christmas Card Day 9 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HL) 2:00 Christmas Card Making Group (SL) 2:00 Hanukkah Card Making (SL) 3:00 Holiday Music & Snacks (SL) 4:00 Sensory Station: Searching Bin (SL)	10 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Giant Connect 4! (SL) 1:30 LTC Resident Council (CDR) 2:00 Winter Scrapbooking Group (SL) 3:00 Balloon Volleyball (SL) 4:15 Tuesday Armchair Travel Series (SL)	11 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Round Reading Group: Holiday Stories (SL) 2:00 Jenga (SL) 2:30 Let's Chat: Careers (SL) 3:15 Guess in 10: Careers (SL) 6:15 Evening Spintopia! (SL)	Gingerbread House Day 12 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Caregivers Support Group (CEC) 11:00 Let's Learn About Winter Animals Series (SL) 2:00 Build A Gingerbread House! (CDR) 3:00 Gingerbread House Competition- Voting! (CDR)	National Cocoa Day 13 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Name 10 Winter Edition (SL) 3:00 Holiday Movie Series! (SL) 3:30 Holly Jolly Hot Cocoa Cart!	14 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music: Acoustic Sunrise (SL) 10:30 Morning Exercise Group (SL) 11:00 Paper Plate Wreath Class (CDR) 2:00 John Adisano Music Performance (CDR) 3:00 Nail Time (SL) 4:00 Aromatherapy & Virtual Fish Sensory Time (SL)

December 2024

Seasons Lifestyle Programs

Mady Klett Community Life Manager 908 595 6552



SUN	MON	TUE	WED	THUR	FRI	SAT
8:30 Guided Meditation (591) 15 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Calming Stretching Group (SL) 2:00 Gingerbread House Making with The Girl Scouts Troop 60028 (CDR) 3:00 Sunday Social (SL) 3:15 Wear Your Pearls Party! (CDR) 3:30 Hand Massages and Aromatherapy (SL)	8:30 Guided Meditation (591) 16 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HL) 2:00 Cooking Club: "Reindeer Bait" (SL) 3:00 Afternoon Holiday Trivia (SL) 4:00 Calming Scenery & Aromatherapy (SL)	8:30 Guided Meditation (591) 17 10:00 Calm Coloring Group (SL) 10:30 Protestant Worship Service with Ian Rankine (CR) 11:00 Morning Exercise Group (CL) 2:00 Dan the Piano Man (HLR) 2:00 Eleanor Jackson Entertains (CDR) 3:15 Spintopia! Live Game Show (CL) 4:15 Tuesday Armchair Travel Series (SL)	8:30 Guided Meditation (591) 18 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Toss & Talk Ball Game (SL) 2:00 Winter Craft: Build A Hot Chocolate (SL) 3:00 Chair Yoga (SL) 6:15 Evening Spintopia! (SL)	8:30 Guided Meditation (591) 19 10:00 Calm Coloring Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Let's Learn About Winter Animals Series (SL) 2:00 Bingo! (SL) 3:00 Holiday This or That (SL)	Go Caroling Day 20 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Group Christmas Caroling! (CDR) 2:00 "Place the Bulb" Christmas Tree Craft (SL) 3:00 Holiday Movie Series! (SL) 3:30 Holly Jolly Hot Cocoa Cart!	Crossword Puzzle Day 21 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music: Acoustic Sunrise (SL) 10:30 Morning Exercise Group (SL) 2:00 Holiday Bingo with The Girl Scouts (CDR) 3:00 Nail Time (SL) 4:00 Aromatherapy & Virtual Fish Sensory Time (SL)
8:30 Guided Meditation (591) 22 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Parachute Ball Challenge (CDR) 3:00 Sunday Social (SL) 3:30 Hand Massages and Aromatherapy (SL)	8:30 Guided Meditation (591) 23 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HL) 2:00 Virtual Showing of Radio City Music Hall's Christmas Spectacular (SL) 2:30 Cocoa & Cookies Social (SL) 3:30 Giant Uno (SL)	Christmas Eve 24 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 2:00 Christmas Eve Storytime & Cocoa: Twas The Night Before Christmas (CDR) 3:00 Christmas Carols & Charades (CDR) 4:15 Tuesday Armchair Travel Series (SL)	Christmas Day 25 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:00 Christmas Morning Gift Delivery! 10:30 Morning Exercise Group (CL) 11:00 Christmas Bingo! (CDR) 2:00 Christmas Spintopia! Live Game Show (CL)	8:30 Guided Meditation (591) 26 10:00 Calm Coloring Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Let's Learn About Winter Animals Series (SL) 2:00 Painting Group: Winter Critters (SL) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR)	8:30 Guided Meditation (591) 27 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Jigsaw Puzzles (SL) 2:00 Winter Scavenger Hunt (SL) 3:00 Holiday Movie Series! (SL) 3:30 Holly Jolly Hot Cocoa Cart!	National Card Playing Day 28 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music: Acoustic Sunrise (SL) 10:30 Morning Exercise Group (SL) 11:00 Card Game (SL) 2:00 Indoor Snowball Fight! (CDR) 3:00 Nail Time (SL) 4:00 Aromatherapy & Virtual Fish Sensory Time (SL)
8:30 Guided Meditation (591) 29 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Morning Stretching Group (SL) 2:00 Winter Song Sing-Alongs (SL) 3:00 Sunday Social (SL) 3:30 Hand Massages and Aromatherapy (SL)	8:30 Guided Meditation (591) 30 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HL) 2:00 Dave Elgart Piano Production (HDR) 3:30 Tea & Cookie Social (SL)	New Year's Eve 31 8:30 Guided Meditation (591) 10:00 Calm Coloring Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Countdown to 12 New Year's Social (SL) 2:00 Ukulele Sing Along with Roberta (HDR) 4:15 Tuesday Armchair Travel Series (SL)	LOCATION KEY 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CL - Cherry Lounge CR - Club Room CEC - Community Education Center	HDR - Hickory Dining Room HLR - Hickory Living Room HL - Hickory Lounge SL - Seasons Lounge		

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