

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Activities may vary										Memory Care			
December 2023													
										1		2	
										9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Dance! 2:15 Yoga w/ Jenny! 3:00 Bullseye 3:30 Getting To Know You		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Reading 101	
3		4		5		6		7		8		9	
9:15 Sit & Fit 10:30 Walk & Chat 11:45 Bullseye 1:00 Karaoke 2:00 Racquetball 3:00 Let's Dance		9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Karaoke w/ Emma!		9:15 <u>Tree Trimming</u> Happy Feet Walk 9:45 Stretch & Flex 10:30 <u>Tree Trimming</u> 12:45 Reading 101 1:45 Volleyball 2:30 Bingo 3:30 Zumba Gold!		9:15 <u>St. Nicholas Day</u> Happy Feet Walk 9:45 Soothing Exercise 10:30 Cookie Baking 12:45 Writing Lesson 1:45 Bullseye 2:30 Family Feud		9:15 <u>Hanukkah Begins</u> Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Kickball 12:45 Sing Along 1:30 Bingo 3:00 Family Feud		9:15 <u>Door Decorating</u> Happy Feet 9:45 Soothing Exercise 10:30 Door Decorating 12:45 Show & Tell 2:15 Yoga w/ Jenny! 3:00 Garden Gabfest! 5:00 Hanukkah Dinner		9:15 <u>Go Caroling Day</u> Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 2:30 CrossroadsLA Christmas Carols	
10		11		12		13		14		15		16	
9:15 Sit & Fit 10:30 Walk & Chat 11:45 Bullseye 1:00 Sing- A longs 1:30 Grace Comm. Church Christmas Carols- AL LR 2:30 Kickball 3:00 Puzzle Pieces		9:15 <u>Christmas Card Day</u> Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Bingo 2:30 Let's Bake Cookies! 3:30 Sing Along		9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:30 Santa Claus at The Gardens 2:30 Sing A long 3:30 Math 101		9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Ginger Bread Decorating 12:45 Math 101 1:45 Racquetball 3:00 Sing Along		9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Kickball 11: 00 Celebration of Jewish Life w/ Rabbi Jim- AL AR 12:45 Sing-Along 1:30 Balloon Volleyball 2:30 Let's Dance 3:00 Bingo		9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia w/ Emma 2:30 Yoga w/ Jenny! 3:30 Family Feud		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Garden Party! 12:45 Reading 101 2:00 History w/ Emma 3:00 Kickball	
17		18		19		20		21		22		23	
9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Longs 1:30 Grace Community Church- LR 1:30 Radio Days 2:00 Racquetball 3:00 Pairing Socks		9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:45 Let's Bake Cookies! 2:30 Bingo 3:30 Sing- A longs		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:15 Puzzle Pieces 3:30 Zumba Gold!		9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Reading w/ Rodrigo 12:45 Racquetball 1:30 Cookie Decorating 3:00 Writing Lesson		9:15 <u>Residents Ugly Sweater Holiday Party.</u> Walk & Chat 9:30 Sit & Fit 10:30 Racquet Ball 12:45 Sing-Along 1:30 Arts & Crafts 3:00 Kickball		9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Car Show Videos 2:30 Yoga W/ Jenny! 3:30 Bullseye!		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History 3:00 Show & Tell	
24		25		26		27		28		29		30	
9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Longs 1:00 Bullseye 1:30 Grace Bible Study 2:30 Racquetball 3:00 Reading- Biography		9:15 <u>Christmas Day</u> Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Folding Towels		9:15 <u>Kwanzaa Begins National Candy Cane Day.</u> Happy Feet 9:45 Stretch & Flex 10:30 Karaoke w/ Lina 12:45 Charades 2:30 Unity In Motion 3:15 Puzzle Pieces		9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Math with Rodrigo 1:45 Chat & Ice Cream 2:45 Getting To Know You 3:00 Let's Dance		9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Arts & Crafts 12:45 Sing-Along 1:30 Dot Painting 2:30 Mozart Classical Music		9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia w/ Emma 2:30 Yoga w/ Jenny! 3:30 Family Feud		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Garden Party! 12:45 Reading 101 2:00 History w/ Emma 3:00 Kickball	
<u>New Year's Eve</u> 31													
9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Longs 2:00 Racquetball 3:00 Pairing Socks 4:30 New Year's Dinner													
Welcome To Candy Cane Lane													
The Gardens at Park Balboa				7046 Kester Ave., Van Nuys, CA. 91405				Phone Number (818) 787-0462					