

Sun

Mon

Tue

Wed

Thu

Fri

Sat

December 2018

Sagepoint Senior Living Services
Adult Day Services
10200 La Plata Road
La Plata, Maryland 20646
301.934.1900

1
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Fact or Fiction?

NOTES:

3
10:00 Balloon Volley
12:45 If I was...
1:15 Opposites Trivia

4
10:00 Crafts
12:45 Sing A-long
1:15 **Parachute Exercise**

5
10:00 Cooking Class
10:00 Trivia
11:00 Catholic Mass (R)
12:45 Reminiscing
1:15 Hot Cocoa Social

6
10:00 B-I-N-G-O
12:45 Grace Lutheran
1:15 Indoor Soccer

7
10:30 Clown Toss
12:45 Horse Racing
1:15 Month Ahead

8
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Would you Rather?

Birthstone
Turquoise
Flower
Holly

10
Russell B. Birthday
10:30 Ring Toss
12:45 Proverbs
1:30 **United Praise Team**

11
10:00 Table Games
12:45 Hot Potato
1:15 Christmas with Short Cut Sunny

12
10:00 Sit and Be Fit
12:45 This Day In Age...
1:30 Name that Tune

13
10:00 B-I-N-G-O
12:30 Timeless Trivia
1:15 Charades

Senior Outing

14
10:30 Team Bowling
12:30 Horse Racing
1:15 Spelling Bee

15
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Trivial Pursuit

Cassy M. Birthday
Astrological Signs
Sagittarius
Nov 22 - Dec 21
Capricorn
Dec 22 - Jan 19

17
10:00 Port Tobacco Players (R)
12:45 Group Activity Satisfaction Discussion
1:15 Kickball

18
10:00 Crafts
12:45 When I was....
1:15 **Parachute Exercise**

19
10:00 Cooking Class
10:00 Trivia
10:00 Catholic Mass (R)
12:45 Reminiscing
1:15 Birthday Party

20
Tyron M Birthday
10:00 B-I-N-G-O
12:45 Grace Lutheran
1:15 Hot Tea & Treats Social

21
Sheila T. Birthday
10:30 Clown Toss
12:45 Horse Racing
1:00 Christmas Party

22
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Billboard Trivia

Daily Events:
9:00 Breakfast
11:00 Lunch
12:00 News Review
2:00 Snack
2:30 Relaxation
3:00 Departure

24 Edgar A. Birthday
10:00 Ball Brawl
12:45 Hangman
1:30 **United Praise Team**
31 **New Years Eve**
10:00 Chair Exercises
12:45 Resolutions
1:00 New Year's Eve Party

25
Katie S. Birthday
Merry Christmas

26
10:00 Sit and Be Fit
12:45 Penny Postcards
1:15 Best Rx: Laughter

27
10:00 L.O.C. B-I-N-G-O
12:45 Grace Lutheran
1:15 Simon Says

28
10:30 Team Bowling
12:45 Horse Racing
1:15 Hot Cocoa Social

29
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Billboard Trivia