Reconnections Calendar December 2019

2 Monday

10:00 Morning Coffee & Conversation 10:30 Group Crossword

11:00 CoOPERAtion with Arts for the Aging

12:00 Balance and Stretch Exercises 12:30 Lunch 1:00 Cranium Crunches 1:30 News Currents 2:00 World's Strangest

Buildings

2:30 Finishing Expressions

3 Tuesday

10:00 Morning Coffee & Conversation
10:30 Unusual Holidays
11:00 Singing Old Songs
11:30 Jeopardy!
12:00 Written Crosswords
12:30 Lunch
1:00 Brain Fitness

1:00 Brain Fitness 1:10 Harp with Judy 1:45 Tai Chi and Yoga with Cynthia

MCI Support Group 3:15-4:15p

4 Wednesday

Memory Café 4:00-6:00p

5 Thursday

10:00 Morning Coffee &
Conversation
10:30 Instruments and Sounds
from Around the World
11:15 5 Second Rule
11:45 This Week in Pictures

12:15 You Be the Judge 12:30 Lunch 1:00 Cognitive Challenge 1:30 Tai Chi and Yoga with

Cynthia 2:15 Name That State

6 Friday

10:00 Morning Coffee &
Conversation
10:30 Who, What, or When?
11:15 Name That Tune
11:45 Arctic Animals
12:30 Lunch
1:00 Brain Fitness
1:30 Balance and Stretch

Exercises
2:00 Famous Folks of December
2:30 Active Game

2:30 Sweet Treats Demo

9 Monday

10:00 Morning Coffee &
Conversation
10:30 Contemplating "What if..."
11:15 Name That Movie
11:45 Musical Hangman
12:30 Lunch

11:45 Musical Hangman12:30 Lunch1:00 Cognitive Challenge1:30 National Geographic StorySpotlight

2:15 Scattergories

10 Tuesday

2:30 Toss and Trivia

10:00 Morning Coffee & Conversation 10:30 Art Critiques 11:15 Team Trivia

11:30 Piano with Jerry Roman

12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with

Cynthia 2:15 Infamous Scandals and Crimes

11 Wednesday

Caregiver Support Group 10:00-11:30a

12 Thursday

10:00 Morning Coffee & Conversation

10:45 Educational Theater Company with Patti

11:30 Family Feud 12:00 Story Spotlight 12:30 Lunch 1:00 Cranium Crunches 1:30 Guitar with Blair

1:30 Guitar with Blair 2:30 Balance and Stretch Exercises

13 Friday

10:00 Morning Coffee & Conversation

10:30 Violin with Anthony

11:30 National Geographic:
Inspiring Travel Photos
12:00 Weight and Chair Exercises
12:30 Lunch
1:00 Brain Fitness
1:30 News Currents
2:00 Mysteries in American
History
2:30 Darts and Trivia

Lewy Body Support Group 1:00-2:30p

16 Monday

10:00 Morning Coffee &
Conversation
10:30 Group Categories
11:00 Mispronounced Words
11:30 Musical Critiques
12:00 Active Game
12:30 Lunch
1:00 Cranium Crunches
1:30 This Week in Pictures
2:00 Let's Discuss: Myths and
Folklore
2:45 Stretch Exercises

17 Tuesday

10:00 Morning Coffee & Conversation 10:30 Memoir Writing 11:15 Chair Exercises

11:30 Music Hour with Tender Polman

12:30 Lunch 1:00 Brain Fitness

1:30 Tai Chi and Yoga with Cynthia 2:15 Holiday Cards with

Courtney

Caring for Parents Support Group 5:30-7:30p

18 Wednesday

Parkinson's Social Network 10:00-12:00p

Classes for Caregivers 1:00-3:00

Memory Café 4:00-6:00p

19 Thursday

10:00 Morning Coffee &
Conversation
10:30 Group Crossword
11:00
11:45 Scattergories
12:30 Lunch
1:00 Cognitive Challenge
1:30 Tai Chi and Yoga with

Cynthia 2:15 Charles Schulz and A Charlie Brown Christmas

20 Friday

10:00 Morning Coffee &
Conversation
10:30 Let's Discuss: Winter
Holidays
11:15 Resistance Band Exercises

11:45 Music with Jessica

23 Monday

Closed for Winter Holiday

24 Tuesday

Closed for Winter Holiday

25 Wednesday

Closed for Winter Holiday

26 Thursday

10:00 Morning Coffee &
Conversation
10:30 Group Crossword
11:00 News Currents
11:30 Active Game
12:00 Family Feud
12:30 Lunch
1:00 Brain Fitness
1:30 Winter Trees with Courtney
2:15 Team Trivia

2:30 Stretch Exercises

27 Friday

10:00 Morning Coffee &
Conversation
10:30 Scattergories
11:00 Movie Spotlight: It's a
Wonderful Life
12:30 Lunch
1:00 Cranium Crunches
1:30 Stretch Exercises
1:45 Movie Spotlight: It's a
Wonderful Life

30 Monday

10:00 Morning Coffee &
Conversation
10:30 Group Puzzles
11:15 Art Critiques
12:00 Balance and Stretch
Exercises
12:30 Lunch
1:00 Cognitive Challenge
1:30 This Month in History
2:00 Comedy Showcase
2:30 Life in Medieval Times

31 Tuesday

10:00 Morning Coffee & Conversation 10:30 Word within a Word 10:45 Memoir Writing

11:30 Music with Frank Plumer and Family

12:30 Lunch
1:00 Brain Fitness
1:30 Aluminum Foil Boat
Competitions
2:30 Let's Discuss: New Year's
Traditions

insight MEMORY CARE CENTER

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