

BLUE ROOM | DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Creative (CR) Productive Sensory (SE) Outdoor (O) Nature (N) Reflective (R)</p>	 <p>Altaf 12.1 Kevin 12.1 Myrtle 12.3 Maryam 12.5 Irene 12.9 Pat M. 12.14 Kay 12.17 John Ta. 12.25</p>			<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 Music Therapy w/ Jeff (SE) 11:00 Snack & Social (S) 11:30 This Day in History (S) (C) 12:00 Chair Exercise (P) 12:30 Lunch (S) 1:15 Music Spotlight: Gene Autry (S) 1:45 Sit & Stretch (P) 2:00 Double Exposure Game w/ Kevin (C) 2:30 Tree Trimming (S) 3:00 Afternoon Music & Snack Social (S) 3:30 Candy BINGO (S) 4:00 Combined Horseshoes (P) 4:30 Pictionary Guessing Game (C) 5:00 1:1 Activities (S) (C) (CR)</p>
<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Secret Holiday Quote Quiz (C) 12:00 Jenga Game (C) 12:30 Lunch (S) 1:30 Echoes of Nature (SE) 1:45 Sit & Stretch Fitness (P) 2:30 Bowling Tournament w/ Greg (P) 3:00 Afternoon Music and Snack Social (S) 3:15 Word Search Puzzles & Music (C) 4:00 Combined Balloon Volleyball (P) 4:30 Conversation Starters (S) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Sights & Sounds: New York (S) 12:00 New York Song & Search w/ Mauro (C) 12:30 Lunch (S) 1:15 Step by Step Art: Snow Man w Myrtle (CR) 2:00 Sit & Stretch Chair Fitness (P) 2:30 DEC Quiz w/ Janice (C) 3:00 Afternoon Music & Snack Social (S) 3:15 Putt-Putt Golfing Tournament (P) 4:00 Combined Bowling (P) 4:30 Name 5 (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Action & Reaction Science Experiment (SE) 12:00 Finish the Lyric and Word Search (C) 12:30 Lunch (S) 1:15 Music Therapy w/ Melanie (SE) 2:15 Big Apple Trivia w/ Tony (C) 3:00 Afternoon Music and Snack Social (S) 3:30 Sitcom Hits: Hilarious Highlights (S) 4:00 Combined Target Toss (P) 4:30 A to Z Word Game w/ Myrtle (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 History of Hanukkah (S) 12:00 Calming Coloring & Tunes (CR) 12:30 Lunch (S) 1:15 Craft: Yarn Trees w/ Willie (CR) 1:45 Chair Yoga (P) 2:00 Sports Trivia w/ Tony (C) 2:30 Tabletop Puzzles (C) 3:00 Afternoon Music & Snack Social (S) 3:15 Balloon Badminton (P) 4:00 Combined Balloon Volleyball (P) 4:30 Name 5 (C) 5:00 1:1 Activities (S) (C) (CR)</p> 	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 What's the Bigger Picture Quiz (C) 12:00 Classical Music Spotlight w/ Art (S) 12:30 Lunch (S) 1:15 Italian-American Crooners Quiz (C) 2:00 Tai Chi w/ Cynthia (P) 3:00 Hanukkah Traditions & Social (S) 3:15 Minute to Win It Games (P) 4:00 Wholesome Viral Videos (P) 4:30 Name 5 (C) 5:00 1:1 Activities (S) (C) (CR)</p>
<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Peace n Earth Word Mining (C) 12:00 Get to Know You Ball Toss w John (S) 12:30 Lunch (S) 1:15 Virtual Travel w/ Carl (S) 1:15 Craft: DIY Dessert Plates (CR) 2:00 Winter Fashion: High vs Low (S)(C) 2:30 Reminisce: Classic Toys & Books (R) 3:00 Afternoon Music and Snack Social (S) 3:15 December Zodiac Word Search (C) 4:00 Combined Bowling (P) 4:30 Cartoon Characters Matching (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Famous American Paintings (S) 12:30 Lunch (S) 1:15 Art Club w/ Deborah (CR) 1:15 Step by Step Painting w/ Jim (CR) 1:45 Sit & Stretch Yoga (P) 2:00 Cooking Club: Sugar Cookies (SE) 3:00 Afternoon Music and Snack Social(S) 3:15 Magazine Scavenger Hunt (CR) 4:00 Combined Corn Hole (P) 4:30 Could You, Would You, Have You? (S) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 Music Therapy w/ Roberta (SE) 11:00 Snack & Social (S) 11:30 This Day in History (S) (C) 12:00 Chair Exercise (P) 12:30 Lunch (S) 1:15 EZ Name that Tune w/ Art (C) 2:00 Chair Yoga (P) 2:15 Bowling Tournament /Peter(P) 3:00 Kwanzaa Traditions & Social (S) 3:15 Word Search Puzzles (C) 4:00 Combined Corn Hole (P) 4:30 Finish the Phrase (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 What Am I Guessing Game (C) 12:00 Target Toss (P) 12:30 Lunch (S) 1:15 Book Club w/ Sarah (S) 1:15 Cooking Corner: Peppermint Bark (SE) 1:45 Chair Yoga (P) 2:00 Family Feud Game w/ Sheila (C) 2:30 Tabletop Games & Puzzles (C)(S) 3:00 Afternoon Snack Social (S) 3:15 Best Clips of Kids Say (S) 4:00 Balloon Badminton Tournament (P) 4:30 Numbers Quiz (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Geography Quiz w/ Joe (C) 12:00 Welcoming Winter Discussion (S) 12:30 Lunch (S) 1:15 Sports Club w/ Jimmy (S) 1:15 Artist Spotlight: Anish Kapoor (S) 2:00 Inspired Art w/ Foster (CR) 2:45 Sit & Stretch Chair Fitness (P) 3:00 Afternoon Music & Snack Social (S) 3:15 Feel Good Stories of the Week (S) 4:00 Combined Parachute (P) 4:30 Who When Where Trivia (C) 5:00 1:1 Activities (S) (C) (CR)</p>
<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 Violin w Anthony (SE) 11:00 Snack & Social (S) 11:30 This Day in History (S) (C) 12:00 Chair Exercise (P) 12:30 Lunch (S) 1:15 Coffee & Conversation w/Carl (S) 1:15 Close Up Quiz w/ Bert (C) 1:45 Sit & Stretch Fitness (P) 2:30 Minute to Win It Games (P) 3:00 Afternoon Music and Coffee Social (S) 3:15 Prize BINGO w/ Bonnie (C) 4:00 Combined Balloon Volleyball (P) 4:30 Conversation Starters (S) 5:00 1:1 Activities (S) (C) (CR)</p> 	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:15 Holiday Band Performance (SE) 11:00 Snack & Social (S) 11:30 City Nicknames Trivia (C) 12:00 Axe Throwing Competition w/ Cathy (P) 12:30 Lunch (S) 1:15 5 Minute Meals w/ Deborah (SE) 1:15 Conversation Starters (S) 2:00 Iconic Foods of Big Cities w/ Bill (S) 3:00 Afternoon Music and Snack Social (S) 3:15 Winter Themed Coloring & Puzzles (CR) 4:00 Combined Bowling (P) 4:30 This or That? (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Jeopardy (C) 12:00 Have You Ever Game (S) 12:30 Lunch (S) 1:15 Music Spotlight: Sonny & Cher (S) 1:45 Chair Yoga (P) 2:00 To Tea or Not to Tee Game w/ Terry (P) 3:00 Afternoon Music and Snack Social (S) 3:15 Partner Up Puzzles (C) 4:00 Holiday Party (S)</p>	<p>FIRST DAY OF WINTER 7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:30 High Rollers Game (S)(P) 12:00 Categories Trivia (C) 11:00 Snack & Social (S) 12:30 Lunch (S) 1:15 Woman's Group w/Sarah (S) 1:15 Word Puzzles w/ Gretchen (C) 2:15 Reminisce: Christmas Eve (R)(SE) 2:30 Word Mining (C) 3:00 Afternoon Music & Snack Social (S) 3:15 Snowball Castle Crash Game (P) 4:00 Combined Balloon Volleyball (P) 4:30 This or That (S) 5:00 1:1 Activities (S) (C) (CR)</p> 	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 What's the Bigger Picture Quiz (C) 12:00 Classical Music Spotlight w/ Greg (S) 12:30 Lunch (S) 2:00 Tai Chi w/ Cynthia (P) 2:15 Star Spotlight: Rita Moreno (S) 3:00 Afternoon Music & Snack Social (S) 3:15 Minute to Win It Games (P) 4:00 Combined Target Toss (P) 4:30 A to Z Word Game w/ Myrtle (C) 5:00 1:1 Activities (S) (C) (CR)</p>
<p>IMCC CLOSED</p> 	<p>IMCC CLOSED</p> 	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 11:00 Snack & Social (S) 11:30 Categories Trivia (C) 12:00 Reminisce: Snow Days (R) 12:30 Lunch (S) 1:15 Name 10 Categories (C) 1:45 Sit & Stretch (P) 2:00 Alphabet Quiz w/ Bert (C) 2:30 Horticulture Therapy (N)(O) 3:00 Afternoon Music and Snack Social (S) 4:00 Combined Balloon Volleyball (P) 4:30 Pictionary (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Categories Trivia w/ Helen (C) 12:00 Bean Bag Toss Trivia (C)(P) 12:30 Lunch (S) 1:15 Neuro Sounds Music Therapy (SE) 2:00 Potluck Quiz w/ John (C) 3:00 Afternoon Music & Snack Social (S) 3:15 Roll'em Tournament (P) 4:00 Combined Parachute (P) 4:30 Group Hangman (C) 5:00 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Music Reflections (SE) 8:00 Coffee & Chat (S) 8:30 Current Events Discussion (C) 9:00 Group Brain Games (C) 9:30 Music Selections & Puzzles (SE) (C) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Wheel of Fortune Game (C) 12:00 Balloon Badminton Tournament (P) 12:30 Lunch (S) 1:15 Men's Group w/ Jimmy (S) 1:15 What Would You Do? (S) 1:45 Chair Yoga (P) 2:00 Quick Draw Trivia (C) 3:00 New Year Snack & Social (S) 3:15 Word Search Puzzle (SE) 4:00 Combined Noodle Hockey (P) 4:30 Odd One Out (C) 5:00 1:1 Activities (S) (C) (CR)</p>

