PILGRIMS HOSPICE

Adult Respite Day Program

Monthly Activity Calendar
December 2019

Monday	Tuesday	Wednesday
2 Hot apple cider & special guests Bean Bag Toss "Who Am I"? Trivia Crossword Puzzle	**3** Music with Rob Pet therapy with Daisy Gilligans Island Art Activity: Christmas Cards	**4** ***Burger Day*** Pet therapy with Farley Slow Cooker Cinnamon Rolls **Brain Dance with Michelle** Meditation with Mandi Ink coasters – finish and wrap
9 Gingerbread House Competition! Sing-Along with Heather Basketball Toss True/False Quiz	**10** Music with Rob Pet therapy with Daisy Crossword puzzle & Egg Nog Bowling	**11** Pet therapy with Farley Christmas Craft with Jane Meditation with Mandi Scrabble/Table games
16 Baking: Sticky Toffee Pudding Brain Teasers Meditation Christmas BINGO *Linda B-day*	**17** Music with Rob Pet therapy with Daisy Mulled Wine & Stollen Rephrase it – Holiday Song Quiz On this Day	**18** Pet therapy with Farley JEOPARDY Christmas Caroling with Ron Taylor Mr. Bean's Christmas
23 **HOSPICE CLOSED**	**24** **HOSPICE CLOSED**	**25** Merry Christmas! **HOSPICE CLOSED**
30 Crossword Puzzle Octaband Exercise Popcorn & movie	**31** New Years Eve Waffle Breakfast Pet therapy with Daisy Music with Rob New Years in Vienna/Flavours of Austria	**1** **HOSPICE CLOSED** ***Programming resumes Monday, Jan. 6**

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Adult Respite Day Program

On this Day
An interactive activity where we go back in time and explore events that occurred on this day. Music, photos and trivia included.

Music Notes
Explore a song, musician/composer, or style of music, and learn about its history and meaning.

Sports Corner
Updates, discussion and trivia on the innovation and history of your favourite sports!

Tour Through…
Travel with us to locations around the world – without leaving the comfort of our living room! Explore the landscapes and culture through photos, video, music and food samples!

Creative Writing
Stretch your imagination to help us come up with stories based on image prompts. The results may surprise you…

Tech Corner
Examine technology of the past, present and future.

Cooking/Baking
Explore recipes – new and familiar. Learn about the ingredients and history of the dish and sample the finished product!

Flavours Taste Testing
Experience bold new flavours you've never tried before! Every month we try something new, from pomelos to dandelion soda to snacks from different countries around the world. Learn about their history and origin.

Physical Games
Bean bag toss, golf putt, basketball, shuffleboard, table bowling, chair yoga and daily exercises.

Cognitive Games
Brain Teasers, crossword puzzles, news updates, trivia, Jeopardy, Name that Tune, Pictionary, charades and much more!

Art Activities
Drawing, painting, sculpting, crafts, jewelry making and more with step-by-step instructions and modelling that everyone can follow.