

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room</p>	<p>2 10:15AM- Montessori &amp; Act. On the Go (box – dining room) 12:00PM- Lunch in Dining Room *1:00PM- Piano with Julie (box) 3:00PM- Active Games “Snowball Toss” (boxwood) ~3:15PM- Bible Study (library)</p>	<p>3 10:30AM- Health Arts “Harp” (chapel) ~11:00AM- Rosary (Chapel) 12:00PM- Lunch in Dining Room 1:30PM- Foods Programs “Gingerbread Cookie Decorating” (boxwood dining room) 6:30PM- High Country Chorale (Greatroom)</p>	<p>4 *9:45AM- Chrysalis Volunteer Group (boxwood dining room) ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 1:30PM- Christmas market strolls (box) 3:00PM- Word Game “Holiday Categories” (box) 10-2 Christmas Market</p>	<p>5 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 11:00AM- Active Drumming (box) 12:00PM- Lunch in Dining Room 2:00PM- Happy Hour (ashwood 2<sup>nd</sup> floor)</p>	<p>6 10:00AM- Morning Movement (box) ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 1:30PM- Bingo (boxwood dining room) 4:15PM- Spruce Meadows Christmas lights outing (sign up)</p>	<p>7 *10:30AM- Musespeak Kids Recital (greatroom) 12:00PM- Lunch in Dining Room Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library)</p>
<p>8 ~10:30AM – Interdenominational Service (Chapel) 12:00PM- Lunch in Dining Room *2:00PM- Saint Mark’s Youth Ministry performance (greatroom)</p>	<p>9 11:00AM- Montessori &amp; Act. On the Go (box – dining room) 12:00PM- Lunch in Dining Room 1:30PM- Active Games “Mini Putt” (boxwood) ~3:15PM- Bible Study (library) 3:00PM- Pet visits w/ Kermit (3<sup>rd</sup> floor)</p>	<p>10 10:00AM- 1-1 visits (box) ~11:00AM- Rosary (Chapel) 11:15AM- Music Therapy (boxwood dining room) 12:00PM- Lunch in Dining Room 1:30PM- Hot Chocolate &amp; Trivia (boxwood sunroom A)</p>	<p>11 *9:45AM- Chrysalis Volunteer Group (boxwood dining room) ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 2:00PM- Happy Gang Choir (chapel)</p>	<p>12 10:30AM- Keepin It Country line dance (greatroom) ~11:00AM- Rosary (Chapel) 12:00PM- Lunch in Dining Room 1:30PM- Reminiscing Christmas (box) ~6:30PM- Calgary Wranglers u13 Hockey Team Christmas Visit (boxwood)</p>	<p>13 10:00AM- Morning Movement (box) ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 1:30PM- Christmas Movie Matinee (library)</p>	<p>14 *10:30AM- Soon-Young Kim Music Academy Performance (greatroom) 12:00PM- Lunch in Dining Room 1:30PM- Act. On the go (box) Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library)</p>
<p>15 ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room</p>	<p>16 10:30AM- Santa’s Little Elves Singing (rm/rm) 12:00PM- Lunch in Dining Room *1:00PM- Piano with Julie (box) 3:00PM- Bingo (boxwood) ~3:15PM- Bible Study (library)</p>	<p>17 10:30AM- Health Arts “piano &amp; flute” (greatroom) ~11:00AM- Rosary (Chapel) 12:00PM- Lunch in Dining Room 1:30PM- Foods Programs “Eggnog &amp; Decorating Brownies” (boxwood dining room) ~6:30PM- New Gate Church Kids Caroling (rm/rm)</p>	<p>18 10:00AM- Montessori &amp; Act. On the Go (box) ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 2:00PM- Resident Christmas Party w/ Silence in Between (ashwood 2<sup>nd</sup> floor)</p>	<p>19 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 11:00AM- Active Drumming (box) 12:00PM- Lunch in Dining Room 2:00PM- 3<sup>rd</sup> floor Cookie Decorating w/ Rum &amp; Eggnog (aspen)</p>	<p>20 10:00AM- Morning Movement (box) ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 2:00PM- Holiday Happy Hour w/ Luke D (ashwood 2<sup>nd</sup> floor)</p>	<p>21 *10:30AM- Kids Piano &amp; Singing (greatroom) 12:00PM- Lunch in Dining Room 1:30PM- Act. On the go (box) Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library) Winter Begins</p>
<p>22 ~10:30AM – Interdenominational Service (Chapel) 12:00PM- Lunch in Dining Room</p>	<p>23 *10:30AM- Kordance Kids Winter performance (greatroom) 12:00PM- Lunch in Dining Room 1:30PM- 2:30PM- Magic of Christmas (rm/rm) ~3:15PM- Bible Study (library)</p>	<p>24 10:00AM- Holiday Exercise (aspen) ~11:00AM- Rosary (Chapel) 12:00PM- Lunch in Dining Room ~2:00PM- Christmas Caroling &amp; Celebration (greatroom)</p>	<p>25 **Time Change for Mass** ~10:15AM- Christmas Mass (Chapel) 12:00PM- Lunch in Dining Room Christmas Hanukkah Begins</p>	<p>26 12:00PM- Lunch in Dining Room STAT Boxing Day (Canada) Kwanzaa Begins</p>	<p>27 ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room 1:00PM- Bingo (boxwood dining room)</p>	<p>28 12:00PM- Lunch in Dining Room Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library)</p>
<p>29 ~10:30AM – Mass (chapel) 12:00PM- Lunch in Dining Room</p>	<p>30 10:15AM- Montessori &amp; Act. On the Go (box – dining room) 12:00PM- Lunch in Dining Room *2:00PM- Eldar on the Piano (greatroom)</p>	<p>31 ~11:00AM- Rosary (Chapel) 11:00AM- Active Drumming (box) 12:00PM- Lunch in Dining Room 2:00PM- New Years &amp; Birthday Party (ashwood 2<sup>nd</sup> floor) New Year’s Eve</p>	<p>Boxwood – 3<sup>rd</sup> floor supportive living</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ~10:30AM – Mass (chapel)	2 *10:00AM- Exercise w/ Chris (aspen)  1:30PM- 1-1 Visits (aspen) ~3:15PM- Bible Study (library)	3 10:30AM- Health Arts “Harp” (chapel) ~11:00AM- Rosary (Chapel)  3:00PM- Music Program w/ Jeff (aspen) 6:30PM- High Country Chorale (Greatroom)	4 10:00AM- 1-1 for Christmas market (aspen) ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen)  10-2 Christmas Market (greatroom)	5 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel)  2:00PM- Happy Hour (ashwood)	6 ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen)  1:30PM- Bingo (ashwood 2 <sup>nd</sup> floor) 4:15PM- Spruce Meadows Christmas lights outing (sign up)	7 10:30AM- Musespeak Kids Recital  2:00PM- Christmas Door Craft (aspen) <u>Volunteer Programs Today</u> (Subject to change) *2:00PM – Hand in Hand w/ God (library)
8 ~10:30AM – Interdenominational Service (Chapel)  2:00PM- Saint Mark’s Youth Ministry performance (greatroom)	9 *10:00AM- Exercise w/ Chris (aspen) *1:00PM- Piano with Julie (aspen dining) 3:00PM- Baking Fudge (aspen rec room) 3:00PM- Pet visits w/ Kermit (3 <sup>rd</sup> floor) ~3:15PM- Bible Study (library)	10 10:00AM- Chair Yoga w/ Cory (aspen) ~11:00AM- Rosary (Chapel)  3:00PM- Music Program w/ Jeff (aspen)	11 10:00AM- Nail Painting (aspen) ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen)  2:00PM- Happy Gang Choir (chapel)	12 10:30AM- Keepin It Country line dance ~11:00AM- Rosary (Chapel)  3:00PM- Christmas Trivia (aspen)  *6:00PM- Calgary Wranglers u13 Hockey Team Christmas Visit (ashwood, 2 <sup>nd</sup> floor)	13 ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen)  1:30PM- Christmas Movie Matinee (library)	14 10:30AM- Soon-Young Kim Music Academy Performance (greatroom)  3:00PM- Holiday Spelling Bee (aspen) <u>Volunteer Programs Today</u> (Subject to change) *2:00PM – Hand in Hand w/ God (library)
15 ~10:30AM – Mass (chapel)	16 *10:00AM- Exercise w/ Chris (aspen) 10:30AM- Santa’s Little Elves Singing (rm/rm)  1:30PM- Christmas Reminiscing (aspen) ~3:15PM- Bible Study (library)	17 10:30AM- Health Arts “Piano & Flute” (greatroom) ~11:00AM- Rosary (Chapel)  3:00PM- Caption This “Holiday Edition” (aspen) 6:30PM- New Gate Church Kids Caroling (fl-fl)	18 Christmas Outfit Day 10:00AM- 1-1 Visits (aspen) 11:15AM- Exercise (aspen) ~10:30AM – Mass (chapel)  2:00PM- Resident Christmas Party w/ Silence in Between (ashwood 2 <sup>nd</sup> floor)	19 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel)  2:00PM- 3 <sup>rd</sup> floor cookie decorating w/ rum & eggnog (aspen)	20 ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen)  2:00PM- Holiday Happy Hour w/ Luke D	21 10:30AM- Kids Piano & Singing (greatroom) 3:00PM- Aspenwood Resident Gift Exchange (by sign up, sunroom) <u>Volunteer Programs Today</u> (Subject to change) *2:00PM – Hand in Hand w/ God (library)  Winter Begins
22 ~10:30AM – Interdenominational Service (Chapel)	23 10:30AM- Kordance Kids Winter performance (greatroom) *1:00PM- Piano with Julie (aspen dining) 1:30PM-2:30PM Magic of Christmas (fl-fl) ~3:15PM- Bible Study (library)	24 10:00AM- Christmas Exercise (aspen) ~11:00AM- Rosary (Chapel)  2:00PM- Interdenominational Christmas Eve service (greatroom)	25 *Time change for Mass* ~10:15AM- Christmas Mass (Chapel)  Christmas Hanukkah Begins	26 STAT  Boxing Day (Canada) Kwanzaa Begins	27 ~10:30AM – Mass (chapel) 11:15AM- Exercise w/ Cory (aspen)  1:30PM- Bingo (ashwood 2 <sup>nd</sup> floor)	28 <u>Volunteer Programs Today</u> (Subject to change) *2:00PM – Hand in Hand w/ God (library)
29 ~10:30AM – Mass (chapel)	30 *10:00AM- Exercise w/ Chris (aspen)  2:00PM- Eldar on the Piano (greatroom)	31 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel)  2:00PM- New Years & birthday party w/ Al Barrett (ashwood 2 <sup>nd</sup> floor)  New Year’s Eve	<h1>December 2024</h1> <p>Aspenwood 3<sup>rd</sup> floor – Supportive Living.</p>			