

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee & Conversation 3 News & Announcements Morning Exercise December I.Q. Brain Games Bucket Ball	Coffee & Conversation 4 News & Announcements Let's Get Movin'! What Am I? Brain Games Glee Club	Coffee & Conversation 5 News & Announcements Community Outing: Kairos Dance Mighty Muscle Moves Balloon Volleyball Brain Games	Coffee & Conversation 6 News & Announcements Morning Exercise Holiday Traditions Crossword Puzzle Noodle Hockey	Coffee & Conversation 7 News & Announcements Mindful Meditation & Yoga Trivia Brain Games Friday Afternoon Entertainment
Coffee & Conversation 10 News & Announcements Morning Exercise Baking Group Brain Games North Suburban Choir	Coffee & Conversation 11 News & Announcements Let's Get Movin'! Bingo! Brain Games Glee Club	Coffee & Conversation 12 News & Announcements Cookie Decorating with Breck Mighty Muscle Moves in the Atrium ADP Holiday Party	Coffee & Conversation 13 News & Announcements Morning Exercise Watercolor with Leo Brain Games Ladder Ball	Coffee & Conversation 14 News & Announcements Mindful Meditation & Yoga Holiday Senses Brain Games Friday Afternoon Entertainment
Coffee & Conversation 17 News & Announcements Morning Exercise January Planning Group Brain Games Active Games/ Holiday Tea	Coffee & Conversation 18 News & Announcements Let's Get Movin'! Holiday Card Creations Brain Games Traveling Carols	Coffee & Conversation 19 News & Announcements Mighty Muscle Moves in the Atrium Let's Chat Brain Games Table Games & Manicures	Coffee & Conversation 20 News & Announcements Health Talk with Roxy Brain Games Afternoon Exercise Baking Group	Coffee & Conversation 21 News & Announcements Mindful Meditation & Yoga Winter Solstice Brain Games Friday Afternoon Entertainment
Coffee & Conversation 24 News & Announcements Morning Exercise Music Reminisce Brain Games ADP will Close at 3:30PM	25 Adult Day is Closed in Observance of Christmas Day	Coffee & Conversation 26 News & Announcements Mighty Muscle Moves in the Atrium Lighten Up! Brain Games January Birthday Party	Coffee & Conversation 27 News & Announcements Morning Exercise Jeopardy! Brain Games Active Games	Coffee & Conversation 28 News & Announcements Mindful Meditation & Yoga Who Do They Belong To? Brain Games Friday Afternoon Entertainment
Coffee & Conversation 31 News & Announcements Morning Exercise New Year's Traditions New Year's Eve Celebration ADP will Close at 3:30PM	 <h1 style="color: blue;">December 2018</h1> <h2 style="color: blue; text-decoration: underline;">Catholic Eldercare by Day</h2> <p style="color: blue;">All programs and outings are subject to change</p>			

Daily: 11:30 Mass 12:00 Lunch 2:30 Afternoon Snack *Scheduling changes can be made with Adult Day Staff at (612) 362-2404*