

December

Recreational Therapy Schedule
Lake Orion Nursing Home and Rehab

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10a Rise & Shine 11a Sit & Stretch 2:30 Bingo 7p December fun facts	2 10a Rise & Shine 11a Sit & Stretch 2:30 Robin Beck	3 10a Rise & Shine 11a Sit & Stretch 2:30 Glam Nails 7p Winter Trivia
4 10a Rise & Shine 11a Sit & Stretch 2:30 Coffee Chats 7p Rummy Club	5 10a Rise & Shine 11a Deck of Exercise 2:30 Bowling 7p Uno	6 10a Rise & Shine 11a Fit Dice 2:30 Pokeno	7 10a Rise & Shine 11a Resident Council 2:30 Christmas Decorating	8 10a Rise & Shine 11a Sit & Stretch 2:30 Balancing Earth 7p Christmas Carols and Cards	9 10a Rise & Shine 11a Sit & Stretch 2:30 Making Snowflakes	10 10a Rise & Shine 11a Sit & Stretch 2:30 Glam Nails
11 10a Rise & Shine 11a Sit & Stretch 2:30 Coffee Chats	12 10a Rise & Shine 11a Chair Yoga 2:30 Sacco	13 10a Rise & Shine 11a Deck of Exercise 2:30 Craft Corner	14 10a Rise & Shine 11a Morning Stretches 2:30 Nahajewski 7p Tenzi	15 10a Rise & Shine 11a Sit & Stretch 2:30 Bingo 7p Brain Teasers	16 10a Rise & Shine 11a Sit & Stretch 2:30 Ugly Sweater Contest	17 10a Rise & Shine 11a Sit & Stretch 2:30 Glam Nails 7p Roll a Christmas Tree
18 10a Rise & Shine 11a Sit and Stretch 2:30 Coffee Chats 7p Christmas movie	19 10a Rise & Shine 11a Fit Dice 2:30 Christine Schinker 7p Finish that Phrase	20 10a Rise & Shine 11a Twister with a Twist 2:30 Pokeno	21 10a Rise & Shine 11a Balloon Volleyball 2:30 Birthday Party 7p Christmas Memories	22 10a Rise & Shine 11a Deck of Exercise 2:30 Happy Hour	23 10a Rise & Shine 11a Sit & Stretch 2:30 Christmas Cookies and boozy drinks	24 10a Rise & Shine 11a Sit & Stretch 2:30 Christmas Bingo
25 10a Rise & Shine 11a Sit & Stretch 2:30 Coffee Chats 7p Christmas Gifts	26 10a Rise & Shine 11a Musical Movements 2:30 Bowling	27 10a Rise & Shine 11a Christmas ispy 2:30 Hot Cocoa Bar	28 10a Rise & Shine 11a Sit & Stretch 2:30 Happy Hour 7p Yarn Hearts	29 10a Rise & Shine 11a Sit & Stretch 2:30 Bingo 7p Farkle	30 10a Rise & Shine 11a Sit & Stretch 2:30 New Year Goals	31 10a Rise & Shine 11a Sit & Stretch 2:30 Glam Nails