

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	1	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	2	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	3	Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	4	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	5	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance	6	
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	7	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	8	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	9	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	10	Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	11	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	12	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance	13
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Hanukkah Begins