

# December Senior's program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
				1 12:00-12:30 Check-in 12:30-1:30 Get to know me 1:30-2:30 Ice break card games 2:30-3:00 Clean -Up		<p><b>About the Calendar:</b></p> <p><b>Mondays</b> Recreational, cognitive and Physical activities and games</p> <p><b>Wednesdays</b> Iron chef cooking program</p> <p><b>Fridays</b> Community outings</p>
4 12:00-12:30 Check-in 12:30-1:00 Sit & Fit 1:00-1:45 Making Christmas Cards 1:45- 2:30 Bean Bag Toss 2:30- 3:00 Clean-Up		6 <b>IRONCHEF</b> 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal		8 12:00-12:30 Check-in 12:30-1:30 Christmas travelogue to Europe 1:30-2:30 Christmas Puzzles 2:30-3:00 Clean Up!		
11 12:00-12:30 Check-in 12:30-1:00 Chair Exercises 1:00-1:45 Making Christmas & snow ornaments 1:45-2:30 Making warm Christmas drinks! 2:30-3:00 Clean-Up		13 <b>IRONCHEF</b> 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal		15 12:00 – 12:30 Check-in and Depart 12:30-2:30 Downtown Toronto Christmas festival & Market! 2:30-3:00 Depart and arrive back at E-house		
18 12:00-12:30 Check-in 12:30-1:00 Meditation & Balance 1:00-1:45 Christmas Trivia 1:45-2:30 Jewellery making (Beads) 2:30-3:00 Clean-Up		20 <b>IRONCHEF</b> 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal		22 12:00-12:30 Check-in and Depart 12:30- 2:30 Ceramic paintings at 'All fired up' 2:30-3:00 Depart and back at E-house		
25 <b>CHRISTMAS DAY</b> 12:00-12:30 Check-in 12:30-2:30 Celebrating Christmas 2:30- 3:00 Clean-Up		27 <b>IRONCHEF</b> 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal		29 12:00-12:30 Check-in 12:30-1:30 New years Resolutions + Reflection on 2022 1:30-2:30 2023 Vision boards! 2:30-3:00 Clean up!		