

# December 2019 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1)  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Movie and</b>  <b>Popcorn</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p>(2)  <b>9:45 Devotion</b>  <b>10:00 Atrium's Tree</b>  <b>Trimming Social</b>  <b>/Cocoa Social</b>  <b>(Bridget Rochelle,</b>  <b>Home Instead Senior</b>  <b>Care)</b>  <b>2:15 Snack Time/</b>  <b>First Christmas Tree</b>  <b>Story (Reading</b>  <b>Club)</b>  <b>3:00 Fill In the</b>  <b>Christmas Story/</b>  <b>Gift Categories</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(3)  <b>10:00 The Units</b>  <b>Tree Trimming (On</b>  <b>the Hall</b>  <b>11:00 Hymns with</b>  <b>Nancy and</b>  <b>Friends(Vickie</b>  <b>Hightower, Sitters</b>  <b>LLC)</b>  <b>2:15 Snack Time/</b>  <b>Hand Massage</b>  <b>Therapy/</b>  <b>December Word</b>  <b>Search Puzzle</b>  <b>3:00 The Gaither's</b>  <b>Musical (DVD)</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p>(4)  <b>9:45 Devotion/Exercise</b>  <b>10:00 Madison Upper</b>  <b>Avenue Elementary</b>  <b>School</b>  <b>2:15 Snack Time/24</b>  <b>Pieces Jigsaw Puzzle/</b>  <b>Legend of the Candy</b>  <b>Cane Poem/Candy</b>  <b>Canes</b>  <b>3:00 Candy</b>  <b>Cane/Wreath Craft</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/ Lets Walk/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(5)  <b>10:00 Devotion and Music</b>  <b>with Joy Care</b>  <b>11:00 Pet Therapy with</b>  <b>Bella</b>  <b>2:15 Snack Time/ Large</b>  <b>Word Search Puzzle/</b>  <b>Cocoa and Conversation</b>  <b>3:00 Hands and Nails</b>  <b>Care (Kathy Briner,</b>  <b>Compassus Hospice and</b>  <b>Palliative Care)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(6)  <b>10:00</b>  <b>Devotion/Exercise</b>  <b>10:15 Spiritual Movie</b>  <b>and Popcorn</b>  <b>2:15 Snack Time/A</b>  <b>Homespun Holiday</b>  <b>(Reading)</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(7)  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn</b>  <b>Social</b>  <b>3:00 Bingo</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>
<p>(8)  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Movie and</b>  <b>Popcorn</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p>(9)  <b>9:45 Devotion</b>  <b>10:00 Ridgeway</b>  <b>Sisters Musical</b>  <b>Performance</b>  <b>2:00 Cooking with</b>  <b>Cathi</b>  <b>3:00 Balloon</b>  <b>Volleyball and Music</b>  <b>Therapy</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music</b>  <b>Therapy and</b>  <b>Relaxation</b></p>	<p>(10)  <b>10:15</b>  <b>Devotion/Exercise</b>  <b>Ball/ Dear Abby/</b>  <b>The Monthly</b>  <b>Gazette/Easy Does It</b>  <b>Trivia</b>  <b>11:00 Hymns with</b>  <b>Nancy and</b>  <b>Friends(Vickie</b>  <b>Hightower, Sitters</b>  <b>LLC)</b>  <b>2:15 Snack Time/</b>  <b>Paint By Number</b>  <b>3:00 Hand and Nail</b>  <b>Care</b></p>	<p>(11)  <b>10:00 Devotion</b>  <b>10:15 ON THE HALL</b>  <b>ACTIVITIES</b>  <b>11:00 Campbell</b>  <b>Cove's Christmas</b>  <b>Brunch (Atrium)</b>  <b>(Germantown High</b>  <b>School)</b>  <b>2:15 Snack Time/24</b>  <b>Pieces Jigsaw Puzzle/</b>  <b>Holiday Songs Missing</b>  <b>Vowels</b>  <b>3:00 Bingo (On the</b>  <b>Hall)</b></p>	<p>(12)  <b>9:45 Devotion</b>  <b>10:15 Rest and Relaxation</b>  <b>11:00 The Hughes</b>  <b>Center's Christmas</b>  <b>Brunch (Atrium) (Pearl</b>  <b>High Singers)</b>  <b>2:15 Snack Time/</b>  <b>3:00 The Gaither's</b>  <b>Musical (DVD)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(13)  <b>9:45</b>  <b>Devotion/Exercise</b>  <b>10:00 The Quilting</b>  <b>Club (Lindsey</b>  <b>Leggett, Kindred</b>  <b>Hospice)</b>  <b>2:15 Snack</b>  <b>Time/Snowman Word</b>  <b>Search Puzzle</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b></p>	<p>(14)  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn</b>  <b>Social</b>  <b>3:00 Reminiscence</b>  <b>Activity</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>

		4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 <b>First Baptist Madison Church Choir</b>		and Relaxation	
(15) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games/Art Therapy 4:00 Aerobic Exercises 6:00 TV News	(16) 9:45 Devotion/Exercise 10:00 <b>Chaminade's Musical Performance</b> 2:00 Ornament Art Therapy 3:00 <b>Medley with Mike</b> 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation	(17) 10:15 Devotion/ Exercise Ball/Snowman Craft/Christmas Word Search Puzzles 11:00 Hymns with Nancy and Friends 1:30 <b>Pet Therapy with Piper (Santa's Little Helper)</b> 2:15 Snack Time/ Hand Massage Therapy 3:00 Worship Service/Book of Genesis Chapter 33 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	(18) 9:45 Devotion/Exercise 10:00 <b>Mr. Willard "Thankful Ministry"</b> 2:15 Snack Time/ 24 Pieces Jigsaw Puzzle/Carol Categories 3:00 Fun Fitness with Terry 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 <b>First Independent Methodist Church</b>	(19) 10:00 Devotion/Exercise 10:15 <b>Cooking with Sharon</b> 2:15 Snack Time/ Santa Cross Off The Words /TV Westerns 3:00 Hands and Nails Care ( <b>Kathy Briner, Compassus Hospice and Pallative Care</b> ) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(20) 9:45 Devotion/Exercise 10:00 <b>Creative Art Academy School Christmas Musical Performance</b> 2:15 Snack Time/ TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation	(21) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns
(22) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn	(23) 10:00 Devotion/Exercise 10:15 December's Residents Birthday Party 2:15 Snack Time/ The Holiday Lesson (Reading) 3:00 Destination Stations Devotion/Exercise/	(24) 10:15 Devotion/Exercise Snowman Bingo 2:15 Snack Time/ Snowman Solution Reading 3:00 Hands and Nails Care 4:00 Upper Limbs Extremities Exercises/ Music	(25) 9:45 Devotion/Exercise 10:00 Christmas Day Parade (Television) 2:15 Snack Time/ Paint By Number 3:00 Bingo (On the Hall) 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy	(26) 10:00 Devotion/Exercise 10:15 Gingerbread Craft/ Gingerbread Stories 2:15 Snack Time/ Cocoa and Conversation 3:00 Parachute/Kickball/ Ball Toss 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(27) 10:00 Devotion/Exercise 10:15 Spiritual Movie and Popcorn 2:15 Snack Time/Rest and Relaxation 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/	(28) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest & Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching

<p><b>3:00 Unit Games</b>  <b>4:00 Aerobic Exercises</b>  <b>6:00 TV News</b>  <b>Winter Begins</b></p>	<p><b>The Holiday Spirit (Reading)/</b>  <b>Cross Off the Word</b>  <b>Cognitive Stimulation/Lets Go Walking</b>  <b>4:00 Lets Walk (Aerobic Exercise)</b>  <b>6:30 Music Therapy and Relaxation</b></p>	<p><b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p><b>and Relaxation</b>  <b>Merry Christmas</b></p>		<p><b>Trivia</b>  <b>6:30 Music Therapy and Relaxation</b></p>	<p><b>Exercises</b>  <b>6:30 TV Westerns</b></p>
<p><b>(29)</b>  <b>10:00 TV Church</b>  <b>10:30 Family Worship Service (Atrium)</b>  <b>11:00 Lg. Group: Flexibility Exercises/ Current Events</b>  <b>2:00 Movie and Popcorn</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic Exercises</b>  <b>6:00 TV News</b></p>	<p><b>(30)</b>  <b>10:00 Devotion/Exercise</b>  <b>10:15 Karaoke/Dance Therapy</b>  <b>2:15 Snack Time/ Santa Item Locator</b>  <b>3:00 (ON THE HALL ACTIVITIES)</b>  <b>4:00 Lets Walk (Aerobic Exercise)</b>  <b>6:30 Music Therapy and Relaxation</b></p>	<p><b>(31)</b>  <b>10:15 Devotion/Exercise</b>  <b>New Years Eve's Hat</b>  <b>2:15 Snack Time/ They Spin Web (Reading)</b>  <b>3:00 New Years Eve's Word Search</b>  <b>Puzzles and Art Therapy</b>  <b>4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p> <p><b>New Year's Eve</b></p>		<p><b>Birthday Party will be held on the 23<sup>rd</sup> at 10:15 a.m. in the Atrium</b></p>		

**\*\*\*\* Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.**