

December 2018 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						(1) 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

<p>(2) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Repeat Performance Dance Studio 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(3) 9:45 Devotion 10:00 Atrium's Tree Trimming Social (Bridget Rochelle, Home Instead Senior Care) 2:00 Snack Time/ First Christmas Tree Story (Reading Club) 3:00 The Units Tree Trimming (On the Hall), (Andrea Lorenz, Compassus Hospice and Pallative Care)</p> <p>4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(4) 10:00 Devotion Exercise Ball/Fill in the Christmas Story 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:00 Snack Time/ Hand Massage Therapy 3:00 Worship Service/Book of Genesis Chapter 7 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(5) 9:45 Devotion 10:00 Bingo (Georganna Keenum, Kare In Home Hospice) 2:00 Snack Time 3:00 Candy Cane/ Wreath Craft 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(6) Destination Stations: 10:15 Devotion/ Exercise/ The Holiday Spirit (Reading)/ Cross Off the Word Cognitive Stimulation/ Lets Go Walking 1:30 Santa Little Helper (Lila & Piper, Pet Therapy) 2:00 Snack Time 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(7) 10:00 Devotion/ 10:15 Spiritual Movie and Popcorn 2:00 Snack Time/ Snowman Word Search Puzzle 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(8) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching Exercises 6:30 TV Westerns</p>
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<p>(9) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games/ Art Therapy 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(10) 9:45 Devotion 10:00 Christmas Picture Painting 2:00 Cooking with Cathi 3:00 Napkins Fold on the Units 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(11) 9:45 Devotion 10:00 Madison Avenue Upper Voices 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:00 Pearl High Singers 3:00 Hands and Nails Care 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(12) 9:45 Devotion 10:00 On the Hall Activities 11:00 Campbell Cove's Christmas Brunch (Atrium) 2:00 Snack Time/ Art Therapy 3:00 Item Locator/ Christmas Tradition Reading (On the Hall) 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(13) 9:45 Devotion 10:00 Rest and Relaxation 11:00 The Hughes Center's Christmas Brunch (Andrea Lorenz) 2:00 Germantown High School 3:00 Bingo (On the Hall) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(14) 9:45 Devotion 10:15 The Quilting Club (Lindsey Leggett & Daphne Knight, Kindred Hospice) 2:00 Snack Time/TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(15) 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</p>
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<p>(16) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(17) 9:45 Devotion 10:00 Chaminade's Musical Performance 2:00 Snack Time/ Garden Party with Mrs. Sue Berry 3:00 Balloon Volleyball and Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(18) 10:00 Devotion/ Exercise Ball/ Snowman Craft/ Christmas Word Search Puzzles 11:00 Hymns with Nancy and Friends (Georganna Keenum, Kare In Home Hospice) 2:00 Snack Time/ Hand Massage Therapy 3:00 Worship Service/Book of Genesis Chapter 8 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(19) 10:00 Devotion and Music with JoyCare 2:00 Snack Time/ 24 Pieces Jigsaw Puzzle 3:00 Fun Fitness with Terry 4:00 Chair Exercises (DVD)/Lets Walk 6:15 First Independent Methodist Church</p>	<p>(20) 9:45 Devotion 10:00 Creative Art Academy Day School 2:00 Snack Time/TV Westerns 3:00 Hands and Nails Care (Kathy Briner, Compassus Hospice and Pallative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(21) 9:45 Devotion 10:15 Cooking Show with Sharon (Bridget Rochelle, Home Instead Senior Care) 2:00 Snack Time 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p> <p>Winter Begins</p>	<p>(22) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest & Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching Exercises 6:30 TV Westerns</p>
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<p>(23) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(24) 10:00 Devotion 10:15 December's Residents Birthday Party 2:00 Snack Time 3:00 Hands and Nails Care 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(25) 10:00 Devotion/ Exercise Ball / Christmas Day Parade (Television) 2:00 Snack Time/ Paint By Number 3:00 Art Therapy 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p> <p>Merry Christmas</p>	<p>(26) 9:45 Devotion 10:15 Snowman Bingo 2:00 Snack Time/ Snowman Solution Reading 3:00 Bible Jingo/ Bible Trivia 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation</p>	<p>(27) 9:45 Devotion 10:15 Gingerbread Craft/ Gingerbread Stories 2:00 Snack Time/TV Westerns/ Cocoa and Conversation 3:00 Parchute/ Kickball/ Ball Toss 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(28) 9:45 Devotion 10:15 Spiritual Movie and Popcorn 2:00 Snack Time 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(29) 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</p>
<p>(30) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(31) 10:15 New Years Eve Hat Craft 2:15 Snack Time/ Santa Item Locator 3:00 (ON THE HALL ACTIVITIES) 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation New Year's Eve</p>					

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