



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Advent Calendars / LIM - "In the Moment" 1 10a - Show & Tell: Christmas Countdown! - Discussing the fascinating origins and traditions surrounding the ever-popular childhood Advent calendar 11a - "In the Moment:" LIM virtual gallery tour 12p - Lunch, music, & a holiday Scattergory 1-2p - End of Day: Exercise - Balance, Strength, & Fitness w/ Kayla from <i>Metro PT</i>	Holiday Cards 2 10a - Sip & Share: Season's Greetings - Tracing the innovative history of the Christmas card and how it became a holiday staple 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: <i>Holiday</i> crossword 12p - Lunch, music, & a finish-the-phrase game 1-2p - End of Day: Holiday Hoopla! - Card creations, hot cocoa, and a game of kickball	Sears Roebuck / Sip & Socialize 3 10a - Milestones & Memories: Mail-Order Christmas - Conversations around how Sears Roebuck shaped the "holiday wish list" 11a - Felten Fun: Christmas stocking decorating 11:15a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a toy hangman 1-2p - End of Day: Sip & Socialize Soiree - Holiday mocktails, trivia, games, and crafts with Pam and Judith from Sunrise & CareFirst	Carols / Music 4 10a - Singing & Storytelling: Silent Night ... The captivating stories behind the cherished holiday tunes that inspire us all. 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15-2p - Lunch, music, & a music match game Christmas Carol-Oke Party Eggnog, festive treats, and live music with our very own Christmas Crooner, Joey Nickels,	Angels / Music Therapy 5 10a - Sip & Share: Hark the Herald... - Shining a light on the symbolism behind these heavenly icons 10:30a - Music Therapy - A morning of rhythm and expression facilitated by Zach from NEG 11:30a - Brain Game: <i>Celestial</i> word search 12p - Lunch, music, & a game of Name Three 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Trip - Tilles Center 8 10a - A.M. Brain Game: <i>Holiday</i> word-find 11a - 2p Trip Tilles Center "Music, Moments, & Memories" Experience the joy of the holiday season with a chamber music concert performed by the Dolphin Quartet. A boxed lunch will be provided after this performance.	Gingerbread Houses 9 10a - Coffee & Short Stories: Confectionery Cottages - Uncovering the story behind these whimsical, edible "holiday homes" 11a - Exercise: Zumba w/ Carol 11:45a - Brain Game: <i>Baking I Spy</i> 12p - Lunch, music, & a house Scattergory 1-2p - End of Day: Christmas Bake-Off! Gingerbread houses, hot cider, and a game of balloon volleyball	Christmas Icons / Craft w/ Anna 10 10a - Conversations & Connections: Silver Bells & Evergreens - Exploring the ancient history and symbolism surrounding these Yuletide trimmings and hues 11a - Cerebral Challenge: <i>Ornaments</i> picture-find 11:15a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & color Round-Robin 1-2p - End of Day: Deck the Halls Bash! - Sweet treats, and a festive craft w/ Anna from the Arbors	Traditions / Making Memories 11 10a - Recall & Reminiscence: 'Tis the Season! Share and hear the incredible tales & traditions that capture the true spirit of the season 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:30p - Lunch, music, & a group wordsearch 1-2p - End of Day: "Making Holiday Memories at the Movies:" Film reminiscence w/ Marcy Rhodes	Candy Canes / Recall & Rem Group 12 10a - Conversation & Connection: Shepard's Hook - The surprising story and spiritual meaning of the humble candy cane 11a - "Recall & Reminiscence" Program - Guided by LIU Post professors & student interns 12p- Lunch, music, & a Candy hangman 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Hanukkah / Trip - NCMA 15 10a - Coffee & Conversation: Festival of Lights - Discussing the vibrant customs and rich history that make this festival a time of joy and renewal! 11a - Cognitive Challenge: <i>Hanukkah I-Spy</i> 11:30a - Lunch, followed by a TRIP The Nassau County Museum of Art Touring the new "Real, Surreal, and Photoreal" exhibition	Ornaments / Festive P.J's 16 10a - Show & Tell: Educational Ornaments - Exploring the enchanting journey of these beloved holiday decorations that spark joy and nostalgia! 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: <i>Homes</i> crossword 12:30p - Lunch, music, & a Christmas hangman 1:30-2p - End of Day: Ugly Sweater Social - Sweater ornament fashioning, eggnog, and a game of holiday hot potato	Holiday Boutique/ ADP Christmas Party 17 10a - Tea & Trivia: 10:30a - GCADP Annual Holiday Boutique: Shopping fun at the free ADP "Pop Up" Market (<i>no money required</i>) 11:15a - Exercise: Tai Chi w/ Maria 12:15-2p - Festive Lunch followed by our GCADP Jingle Bell Swing Holiday Party: Music, delectable desserts, & refreshing drinks! Get ready for an electrifying afternoon filled with toe-tapping tunes from the incredible Gail Storm	Poinsettias / Horticulture Therapy/ Caregiver 18 10a - Coffee & Short Stories: Euphorbia Plucherrima - Diving into the origins and symbolic meaning behind this holiday staple 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:30p - Lunch, music, & a floral hangman 1-2p - End of Day: Festive Ho! Ho! Ho-rticulture Social - Cozy gathering featuring hot cider, mouthwatering sweet treats, and seasonal arrangements facilitated by Lauren Ferris	St Nick/ Recall & Rem Group 19 10a - Readings & Recitals 'Twas the Night Before... - Reflecting on our Christmases past and present and the magical story of Coca-Cola and 'old Saint Nick' 11a - "Recall & Reminiscence" Program - Guided by LIU Post professors & student interns 12p- Lunch, music, & a color round robin 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
CLOSED for the HOLIDAYS 22 <i>"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."</i> <i>John Boswell</i>	CLOSED for the Holidays 23 	CLOSED for the HOLIDAYS 24 <i>"May your walls know joy, may every room hold laughter, and every window open to great possibility."</i> <i>Mary Anne Radmacher</i>	CLOSED 25 CLOSED for the Holidays 	CLOSED for the HOLIDAYS 26 <i>"December is the time for remembering the past and reaching toward the future."</i> <i>Ralph Waldo Emerson</i>
Winter 29 10a - Conversations & Connections: Walking in a Winter... Delving into the feelings and emotions that are evoked by the sights, sounds, tastes, & smells of the winter season 11a - Brain Teaser - "Snowflake Identity" I Spy 12p - Lunch, music, & a Winter Poem 1-2p - End of Day: "Welcome to Winter" Party: Build a Snowman challenge, hot cider, and a festive ring toss for prizes	Kwanzaa 30 10a - Reflecting & Remembering: First Fruits - Exploring the seven principles and symbols that celebrate the culture, heritage, and communal values defined during Kwanzaa 11a - Exercise: Zumba w/ Carol 11:45a - Brain Game: <i>Kwanzaa</i> word search 12p - Lunch, music, & a Fruit Hangman 1-2p - End of Day: Unity in the Community Social - Mat weaving, fruit punch, & kickball	Resolutions 31 10a - Milestones & Memories: Days Gone By... -Exploring the fascinating origins of this timeless melody 11a - Culinary Creations: Chocolate star making 11:15a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a game of Name-That-Tune 1:15-2p - End of Day: Confetti Countdown - Noise makers, resolution pins w/ A.J., desserts, mocktails, and a balloon pop countdown with prizes	December Special Events & Trips: 3rd - Sip & Socialize: Crafts, Trivia, & Games with Pam and Judith from Sunrise & CareFirst 4th - Christmas Carol-Oke: Music w/ Joey Nickels 5th - Music Therapy: With Zach from NEG 8th - TRIP: Chamber Music at the Tilles Center 11th - Making Memories at the Movies: Film Reminiscence with Marcy Rhodes 12th & 19th - "Recall and Reminiscence": Guided by LIU Post professors and their students	December Special Events & Trips: 15th - TRIP: Nassau County Museum of Art 17th - Jingle Bell Swing! ADP holiday party w/ live music performed by Gail Storm 18th - Holiday Horticulture Therapy! Facilitated by Laure Ferris 18th @ 10:15 am - Caregiver Support Group! Facilitated by FCA (<i>Please contact Amanda to inquire, as dates are subject to change</i>)