



December 2025



TLC ADULT DAY CARE AND RECREATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 Breakfast, Coffee & Social 9:00 WELCOME DECEMBER 10:00 Stretching Chair Exercise 11:00 Christmas Art Decoration 1:00 Bingo \$\$\$ 2:00 Shuffleboard 3:00 Snack/Carnival Games 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Noodle Yoga! 11:00 Balloon Toss 1:00 Bingo \$\$\$ 2:00 Holiday Jumbo Jenga 3:00 Snack/Holiday Card Games 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Zumba Exercise 11:00 Armchair Travel to Finland 1:00 Bingo \$\$\$ 2:00 Balloon Volleyball 3:00 Snack/Box it Game 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Relaxing Yoga 11:00 Winter Word Games 1:00 Bingo \$\$\$ 2:00 Ladder Toss 3:00 Snack/Family Feud Fun 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Stretching Bands Exercise 11:00 Pling Pong Challenge 1:00 Bingo \$\$\$ 2:00 Corn Hole Competition 3:00 Snack/Painting with a Twist 4:00 HOLIDAY Movie	
	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Relaxing Yoga 11:00 Stick Racquet Ball 1:00 Bingo \$\$\$ 2:00 Musical Chair Competition 3:00 Snack/Holiday Trivia 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Stretching Bands Exercise 11:00 Painting Therapy 1:00 Bingo \$\$\$ 2:00 Balloon Bash 3:00 Ice Cream Social 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Noodle Yoga! 11:00 Snowman Bowling 1:00 Bingo \$\$\$ 2:00 Mini Golf 3:00 Snack/TLC Spa Afternoon 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Stretching Chair Exercise 11:00 Guess the Song 1:00 Bingo \$\$\$ 2:00 Skill Ball Fun 3:00 Snack/Game Show Fun 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Zumba Exercise 11:00 Christmas Pajama Day 1:00 Bingo \$\$\$ 2:00 Live Music with NOLAN 3:00 Cocoa & Cookies Afternoon 4:00 HOLIDAY Movie	
	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Band Stretching Exercise 11:00 Holiday Hang Man 1:00 Bingo \$\$\$ 2:00 Soccer Competition 3:00 Snack/Coloring Art 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Zumba Exercise 11:00 Volleyball Fun 1:00 Bingo \$\$\$ 2:00 Live Music with VALERY 3:00 Snack/Ocean B Game 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Relaxing Yoga 11:00 Ugly Sweater Day 1:00 Bingo \$\$\$ 2:00 Carol Musical Chairs 3:00 Snack/Holiday Trivia 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Stretching Chair Exercise 11:00 Shoot Some Hoops 1:00 Bingo \$\$\$ 2:00 Christmas Painting 3:00 Snack/Christmas Jeopardy 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Noodle Yoga! 11:00 Christmas Card Day (Craft) 1:00 Bingo \$\$\$ 2:00 Soccer Noodle Competition 3:00 Snack/Christmas Karaoke 4:00 HOLIDAY Movie	
	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Stretching Chair Exercise 11:00 My Favorite Holiday Memory 1:00 Bingo \$\$\$ 2:00 Target Golf 3:00 Hot Cocoa & Cookies 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Zumba Exercise 11:00 Candy Cane Game 1:00 Bingo \$\$\$ 2:00 Snowman Bowling 3:00 Snack/Holiday Trivia 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Noodle Yoga! 11:00 CHRISTMAS CELEBRATION 1:00 Bingo \$\$\$ 2:00 Carol Day + Sangria Mocktail 3:00 CLOSING EARLY (Gift Exchange Day)	CLOSED 	CLOSED 	
	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Balloon stretching exercise 11:00 The Price is Right 1:00 Bingo \$\$\$ 2:00 Bowling Competition 3:00 Snack/Christmas Story 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Noodle Yoga! 11:00 Vision Board Magazine 1:00 Bingo \$\$\$ 2:00 Balloon Toss 3:00 Snack/Dominoes 4:00 Relaxation/Music Therapy	8:00 Breakfast, Coffee & Social 9:00 Daily Chronicle 10:00 Stretching Chair Exercise 11:00 New Years Celebration 1:00 Bingo \$\$\$ 2:00 Volleyball 3:00 CLOSING EARLY			