

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
101 Walnut Circle Grafton, WI 53024 (262) 240-0872	<b>Eat a Red Apple Day</b> 1 10:00 🍌 Non Denominational Church 10:30 🍌 Donut Social and Infusion Bar 11:00 🍌 Catholic Rosary 11:30 🍌 Gospel music 1950's 1:30 🍌 <b>Girl Scouts: Christmas Caroling</b> 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🍌 Meditation Circle	10:00 Exercise: Silver Sneaker for seniors 2 10:20 Infusion Bar 10:45 Daily Chronicle and Discussion 11:00 Word Clue 11:30 Music in Motion: Christmas Music 2:00 Monday Movie Madness: Christmas with The Kranks [T] 4:00 🍌 Living Melodies 6:30 🍌 Mindfulness Meditation	10:00 Exercise: Silver Sneaker for seniors 3 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Name that Noise 11:30 Music in Motion: Christmas Music 2:00 Throwback Movie: Pretty Woman 6:30 🍌 Evening Meditation: Ocean	<b>National Cookie Day</b> 4 10:00 Morning Meditation 10:20 Infusion Bar: Christmas Cookies 10:45 🍌 Daily Chronicle and Discussion 11:00 🍌 Poetry Project: New Years 11:30 Music in Motion: 1960's Christmas Music 2:00 Church Service 3:00 Kings Corner: Residents 6:30 I Love Lucy TV Show	10:00 Bible Study w/ Pastor Scott 5 11:00 Making Christmas Chain Decor w/ Heather 11:30 Music in Motion: Temptation Christmas Album 2:30 Prize Bingo 4:00 🍌 Foot Tennis (net and balloon) 6:30 🍌 Bedtime Bingo	10:00 Kickball 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Christmas Charades w/ Heather 11:30 Music in Motion: Elvis Christmas Album 2:30 🍌 Christmas Concert Rehearsal 3:30 🍌 Chicken Soup for the Soul 6:30 🍌 Mindfulness Meditation	10:00 🍌 In2L Sit and be fit 7 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Family Feud 11:30 Music in Motion 2:00 🍌 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 🍌 Evening Meditation: Sunsets		
	Clubs scheduled weekly	10:00 🍌 Non Denominational Church 8 10:30 🍌 Donut Social and Infusion Bar 11:00 🍌 Catholic Rosary 11:30 🍌 Gospel music 1950's 2:00 🍌 World of Color 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🍌 Meditation by the Ocean	10:00 Morning Kickball 9 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Name That Noise 11:30 Music in Motion: Christmas Jazz 2:00 Monday Movie Madness: Prancer [T] 3:30 🍌 Catholic Rosary 6:30 🍌 Mindfulness Meditation	10:00 Exercise: Silver Sneaker for seniors 10 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Christmas Pictionary with Heather 11:30 Music in Motion: Christmas Music 2:00 Throwback Movie: Gone with the Wind 6:30 🍌 Meditation Circle	10:00 Infusion Bar 11 10:20 Morning Meditation 10:45 🍌 Daily Chronicle and Discussion 11:00 🍌 Poetry Project: Family 11:30 Music in Motion: Soft Christmas Music 2:00 Church Service 3:00 Kings Corner: Residents 4:00 Pampered Paws 6:30 Meditation Circle	10:00 Exercise: Silver Sneaker for seniors 12 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Winter Wonderland Watercolor Painting w/ Heather 11:30 Music in Motion: Motown Christmas Music 2:30 Prize Bingo 4:00 🍌 Foot Tennis (net and balloon) 6:30 🍌 Bedtime Bingo	<b>National Cocoa Day</b> 13 10:00 🍌 <b>Christmas Concert: Blu Grotto and Assisted Living</b> 11:30 Music in Motion: Christmas Jazz 2:30 🍌 <b>Christmas Concert: Assistant Living and Independent [CR]</b> 4:00 🍌 Chicken Soup for the Soul/ w Hot Cocoa 6:30 🍌 Meditation and Relaxation	10:00 🍌 In2L Sit and be fit 14 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Family Feud 11:30 Music in Motion: Sing-A-long Christmas Songs 2:00 🍌 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 🍌 Evening Meditation: Sunsets	
<b>DAILY RHYTHM</b>	10:00 🍌 Non Denominational Church 15 10:30 🍌 Donut Social and Infusion Bar 11:00 🍌 Catholic Rosary 11:30 🍌 Gospel music 1950's 2:00 🍌 Christmas Card Making W/ Heather 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🍌 Meditation and Relaxation	10:00 Morning Exercise 16 10:25 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Pictionary 11:30 Music in Motion: Christmas Country Music 2:00 Monday Movie Madness: Ice Age Mammoth Christmas [T] 4:00 Living Melodies 6:30 🍌 Mindfulness Meditation	10:00 Resident Council Meeting 17 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Christmas Themed, "Name That Tune" w/Heather 11:30 Music in Motion: Mariah Carey Christmas Album 2:00 Throwback Movie: Thoroughly Modern Millie 6:30 🍌 Meditation by the Ocean	10:00 Exercise: Line Dancing 18 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 🍌 Poetry Project 11:30 Read Aloud: Chicken Soup For the Soul 2:00 Church Service 3:00 Kings Corner: Residents 4:00 Pampered Paws 6:30 Meditation Circle	10:00 Bible Study w/ Pastor Scott 19 11:00 Snowflake Making w/Heather 11:30 Music in Motion: Sing-A-Long Christmas Music 2:30 Christmas Bingo 5:00 Blu Grotto Supper Club 6:30 🍌 Meditation by the Ocean	10:00 Exercise: Line Dancing 20 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Making Foam Santa's w/ Heather 11:30 Music in Motion: Christmas Music 2:00 Birthday Party [CR] 6:30 Meditation and Relaxation	10:00 🍌 In2L Sit and be fit 21 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Family Feud 11:30 Music in Motion 2:00 🍌 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 🍌 Evening Meditation: Sunsets		
8:00 Breakfast	10:00 🍌 Non Denominational Church 22 10:30 🍌 Donut Social and Infusion Bar 11:00 🍌 Catholic Rosary 11:30 🍌 Gospel music 1950's 2:00 🍌 World of Color 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🍌 Meditation by the Ocean	10:00 Exercise: Silver Sneaker for seniors 23 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Christmas Trivia 11:30 Music in Motion: Celine Dion Christmas Album 2:00 Monday Movie Madness: A Christmas Wonderland [T] 3:30 🍌 Catholic Rosary 6:30 🍌 Mindfulness Meditation	<b>Christmas Eve</b> 24 10:00 Christmas Trivia 10:20 Infusion Bar: Hot Chocolate 10:45 🍌 Daily Chronicle and Discussion 11:00 Name That Christmas Song 11:30 Music in Motion: Christmas Music 12:00 Lunch: Flipside Cafe 6:30 🍌 Meditation by the Ocean	<b>Christmas Day</b> 25 10:00 🍌 <b>Merry Christmas To All Blu Grotto Residents</b> 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:30 Music in Motion: Christmas Music 2:00 Church Service 3:00 Kings Corner: Residents 4:00 Pampered Paws 6:30 Meditation Circle	10:00 Exercise: Silver Sneaker for seniors 26 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Christmas Rock Painting w/Heather 11:30 Music in Motion: Christmas Music 2:30 Christmas Bingo 6:30 🍌 Bedtime Bingo	10:00 Senior Stretch 27 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Crosswords and puzzles 11:30 Music in Motion: Christmas Music 2:30 🍌 Arts and Craft 6:30 🍌 Mindfulness Meditation	10:00 🍌 In2L Sit and be fit 28 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Read Aloud: Chicken Soup For the Soul 11:30 The Funniest Holiday Commercials w/Heather 2:00 🍌 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 🍌 Evening Meditation: Sunsets		
10:00 Mindful Matters/Exercise	10:00 🍌 Non Denominational Church 29 10:30 🍌 Donut Social and Infusion Bar 11:00 🍌 Catholic Rosary 11:30 🍌 Gospel music 1950's 2:00 Prize Holiday Trivia w/ Heather 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🍌 Mindfulness Meditation	10:00 Exercise: Line Dancing 30 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 Welcoming A New Year 11:30 Music in Motion: Elvis Presley 2:00 Monday Movie Madness: The Holiday [T] 3:30 🍌 Catholic Rosary 6:30 🍌 Mindfulness Meditation	<b>New Year's Eve</b> 31 10:00 Exercise: Silver Sneaker for seniors 10:20 Infusion Bar 10:45 🍌 Daily Chronicle and Discussion 11:00 New Years Trivia 11:30 Music in Motion: 1970's music 2:30 🍌 <b>New Years Party</b> 6:30 🍌 Evening Meditation	<ul style="list-style-type: none"> <li>🍌 Alzheimer Poetry Project</li> <li>🍌 Field to Fare</li> <li>🍌 Memories in the Making</li> <li>🍌 Mindful Matters</li> <li>🍌 Spiritual</li> </ul>					
10:30 Field to Fare/Refreshments									
11:00 Creative Arts/Partner Programs									
12:00 Lunch									
2:00 Games/Mindful Matters/Refreshments									
3:00 Cultural Arts/Wellness									
4:00 Community/Music/Spiritual									
5:00 Dinner									
6:00 Evening program/Resident's Choice									

\* Calendar is subject to change

