







# December 2022

## Arbor Terrace Mount Laurel Assisted Living

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Arts & Education  Deep Connections  Health & Wellness  Purposeful Living  Recreation & Leisure  Spiritual Journey	<b>Location Key:</b> <b>2nd Floor-The Pub-Pub</b> <b>1st Floor-Bistro-BI</b> <b>1st Floor-Restaurant-Dine</b> <b>3rd Floor-Library/Tech Room-LIB</b> <b>3rd Floor-Friendship</b>	<b>*Programs are subject to change, changes are carefully considered.</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>1</b> 10:15  <b>Senior Fit &amp; Fun with Forever Fit [TH]</b> 11:00  <b>Pearl Harbor Trivia! [TH]</b> 2:15  <b>Table Games! [TH]</b> 3:15  <b>Stocking Stuffer Stumper! [TH]</b> 7:00  <b>Thursday Night at the Movies "" [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>2</b> 10:15  <b>Yoga with Sharon! [TH]</b> 11:00  <b>Motivation Talk [TH]</b> 2:00  <b>Afternoon Bingo with Taylor from Complete Care! [FH]</b> 3:00  <b>Flavor's of the Season Coffee Social! [FH]</b> 7:00  <b>Feel Good Friday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>3</b> <b>10:15</b>  <b>Saturday Morning Fitness [TH]</b> 10:45  <b>Prayer Group with Evelyn! [TH]</b> 2:00  <b>Horse Racing with Lee! [FH]</b> 3:00  <b>TED TALK! [TH]</b> 7:00  <b>Men's Club Movie Night! [Pub]</b>
9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>4</b> 10:00  <b>Sunday Morning Spiritual Services: The Haven Christian Church [TH]</b> 10:45  <b>Pray and Sing Along: Christian Praise and Worship [TH]</b> ~ 11:1  <b>Holy Communion from Our Lady of Good Counsel Catholic Church [TH]</b> 1:00  <b>Sunday Afternoon Football-CBS [Pub]</b> 2:15  <b>Making a Pine Cone Gnome! [ART]</b> 3:30  <b>Cover The Numbers Dice Game [FH]</b> 7:00  <b>Suspenseful Sunday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>5</b> <b>10:00</b>  <b>Virtual Cycling [TH]</b> <b>DECEMBER IQ! [TH]</b> 11:00  <b>Jazz Music! [TH]</b> 2:15  <b>Birthday Social! [FH]</b> 3:00  <b>Cyber Seniors with MaryAnn! [FH]</b>  <b>Monday Night at the Movies! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>6</b> <b>10:30</b>  <b>Exercise with Fox Rehabilitation [TH]</b> 1:30  <b>Sitting to the Oldies Music and Lyrics [TH]</b> 2:30  <b>Holiday Entertainment with Minnie Calan! [FH]</b> 3:45  <b>Left, Right, Center [FH]</b> 6:30  <b>Trivia Challenge! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>7</b> <b>10:10</b>  <b>Moving &amp; Grooving Chair Aerobics! [TH]</b> 11:00  <b>Baking Club with Christine! [FH]</b> 2:00  <b>Resident Council! [PD]</b> 3:00  <b>Activity Planning Committee [PD]</b> 7:00  <b>Wild Card Wednesday Evening Movie! "Attack On Pearl Harbor" on Netflix [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>8</b> 10:15  <b>Sit and Be Fit! [TH]</b> 11:00  <b>Morning Mind Benders! [TH]</b> 2:15  <b>Brownie Day! [FH]</b> 3:15  <b>All Boxed In! [FH]</b> 7:00  <b>Thursday Night at the Movies "" [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>9</b> 10:15  <b>Resistance Band Exercise! [TH]</b> 11:00  <b>Motivation Talk [TH]</b> 2:00  <b>Afternoon Craft with Taylor from Complete Care! [FH]</b> 3:00  <b>Pet Therapy with Chase!</b> 3:15  <b>Treasure Hunter Presentation with Bill Busarello! [FH]</b> 7:00  <b>Feel Good Friday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>10</b> <b>10:15</b>  <b>Saturday Morning Fitness [TH]</b> 10:45  <b>Prayer Group with Evelyn! [TH]</b> 2:00  <b>Horse Racing with Lee! [FH]</b> 3:00  <b>TED TALK! [TH]</b> 7:00  <b>Men's Club Movie Night! [Pub]</b>
9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>11</b> 10:00  <b>Sunday Morning Catholic Service [TH]</b> 10:45  <b>Pray and Sing Along: Christian Praise and Worship [TH]</b> ~ 11:1  <b>Holy Communion from Our Lady of Good Counsel Catholic Church [TH]</b> 2:00  <b>Crafts with Christine! [FH]</b> 3:30  <b>Cover The Numbers Dice Game [FH]</b> 7:00  <b>Suspenseful Sunday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>12</b> <b>10:00</b>  <b>Virtual Cycling [TH]</b> 11:00  <b>Brain Games! [TH]</b> 1:30  <b>Sitting and Groovin to the Oldies Music and Lyrics [TH]</b> 2:15 <b>Fun December Puzzles! [FH]</b> 3:00 <b>Cyber Seniors with MaryAnn! [FH]</b>  <b>Monday Night at the Movies! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>13</b> <b>10:30</b>  <b>Exercise with Fox Rehabilitation [TH]</b> 1:30  <b>Sitting to the Oldies Music and Lyrics [TH]</b> 2:00  <b>Hot Cocoa and Photos with Santa and Mrs. Claus! [FH]</b> 3:30  <b>Left, Right, Center [FH]</b> 6:30  <b>Trivia Challenge! [TH]</b>	<b>Winter Wonderland Wednesday!</b> 9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>14</b> <b>10:15</b>  <b>Hasfit Exercise! [TH]</b> 2:15  <b>Winter Wonderland Happy Hour with Wild Rose! [FH]</b> 5p-8p  <b>Holiday Horse &amp; Carriage Rides Resident/Family Event [Patio]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>15</b> 10:15  <b>Senior Fit &amp; Fun with Forever Fit [TH]</b> 10:45  <b>Morning Mind Benders! [TH]</b> 2:00 p  <b>AC Poker [FH]</b> 2:30  <b>Pokeno in the Pub! [Pub]</b> 7:00  <b>Thursday Night at the Movies "" [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>16</b> 10:15  <b>Hasfit Seated Exercise [TH]</b> 11:00  <b>Motivation Talk [TH]</b> 2:00  <b>Afternoon Bingo! [FH]</b> 3:00  <b>Flavor's of the Season Coffee Social! [FH]</b> 7:00  <b>Feel Good Friday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>17</b> <b>10:15</b>  <b>Saturday Morning Fitness [TH]</b> 11:00  <b>Holiday Tea &amp; Bible Study with Chaplain Barbara [PD]</b> 2:00  <b>Horse Racing with Lee! [FH]</b> 3:00  <b>TED TALK! [TH]</b> 7:00  <b>Men's Club Movie Night! [Pub]</b>
<b>Hanukkah Begins!</b> 9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>18</b> 10:00  <b>Sunday Morning Spiritual Services: The Haven Christian Church [TH]</b> 10:45  <b>Pray and Sing Along: Christian Praise and Worship [TH]</b> ~ 11:1  <b>Holy Communion from Our Lady of Good Counsel Catholic Church [TH]</b> 1:00  <b>Sunday Afternoon Football-CBS [Pub]</b> 2:00  <b>Mixed-Up Hanukkah! [TH]</b> 3:00  <b>Making Gingerbread Houses! [FH]</b> 7:00  <b>Suspenseful Sunday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>19</b> <b>10:00</b>  <b>Virtual Cycling [TH]</b> 11:00  <b>Brain Games! [TH]</b> 1:30  <b>Sit, Relax and Enjoy Some Wonderful Holiday Songs! [TH]</b> 2:00  <b>Movie Planning with Movie Guru, Phil! [TH]</b> 3:00  <b>Let's Make An Ugly Sweater! [FH]</b>  <b>Monday Night at the Movies! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>20</b> <b>10:30</b>  <b>Exercise with Fox Rehabilitation [TH]</b> 1:30  <b>Sitting to the Oldies Music and Lyrics [TH]</b> 2:00  <b>Ugly Sweater Happy Hour with Cathy D! [FH]</b> 3:30  <b>Left, Right, Center [FH]</b> 6:30  <b>Trivia Challenge! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>21</b> <b>10:15</b>  <b>Moving &amp; Grooving Chair Aerobics! [TH]</b> 11:00  <b>Baking Club with Christine! [FH]</b> 1:30 <b>Most Popular Songs of the Month 1950's [TH]</b> 2:15  <b>Chef Talk [Dine]</b> 3:30  <b>Creating Bubbly New Year's Fortunes [FH]</b> 7:00  <b>Wild Card Wednesday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>22</b> 10:15  <b>Senior Fit &amp; Fun with Forever Fit [TH]</b> 11:00  <b>Morning Mind Benders! [TH]</b> 12:00  <b>Hanukkah Luncheon [PD]</b> 2:15  <b>Holiday Art with Lisa! [ART]</b> 3:30  <b>Cover The Numbers Dice Game! [FH]</b> 7:00  <b>Thursday Night at the Movies "" [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>23</b> 10:15  <b>Resistance Band Exercise! [TH]</b> 11:00  <b>Motivation Talk [TH]</b> 2:00  <b>Afternoon Bingo! [FH]</b> 3:00  <b>Flavor's of the Season Coffee Social! [FH]</b> 3:00  <b>Pet Therapy with Chase!</b> 7:00  <b>Feel Good Friday Evening Movie! [TH]</b>	<b>Christmas Eve</b> 9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>24</b> <b>10:15</b>  <b>Saturday Morning Fitness [TH]</b> 10:45  <b>Prayer Group with Evelyn! [TH]</b> 2:15  <b>Stocking Stuffer Stumper! [FH]</b> 3:00  <b>Afternoon Before Christmas Social! [FH]</b> 7:00  <b>Men's Club Movie Night! [Pub]</b>
<b>Christmas Day</b> 9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>25</b> 10:00  <b>Sunday Morning Catholic Service [TH]</b> 10:45  <b>Pray and Sing Along: Christian Praise and Worship [TH]</b> ~ 11:1  <b>Holy Communion from Our Lady of Good Counsel Catholic Church [TH]</b> 2:00  <b>Surprise Snowballs! [FH]</b> 3:00  <b>Table Top Games with Your Friends! [FH]</b> 7:00  <b>Suspenseful Sunday Evening Movie! [TH]</b>	<b>Hanukkah Ends</b> 9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>26</b> <b>10:00</b>  <b>Virtual Cycling [TH]</b> 11:00  <b>Kwanza Roll the Beans Game! [TH]</b> 1:30  <b>Sitting and Groovin to the Oldies Music and Lyrics [TH]</b> 2:00  <b>Praise and Worship with Chaplin John [TH]</b> 3:30  <b>Tombola! [FH]</b>  <b>Monday Night at the Movies! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>27</b> <b>10:30</b>  <b>Exercise with Fox Rehabilitation [TH]</b> 1:30  <b>Sitting to the Oldies Music and Lyrics [TH]</b> 2:15  <b>Cocoa Loco Happy Hour! [FH]</b> 3:30  <b>Left, Right, Center [FH]</b> 6:30  <b>Trivia Challenge! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>28</b> <b>10:15</b>  <b>Moving &amp; Grooving Chair Aerobics! [TH]</b> 11:00  <b>Who, What or When [TH]</b> 12:00  <b>Men's Club Luncheon! [Pub]</b> 1:30 <b>Most Popular Songs of the Month 1950's [TH]</b> 2:15  <b>Flower Arranging! [ART]</b> 3:30 <b>National Card Playing Day!</b> 5:00  <b>Captains Dinner with Punam [PD]</b> 7:00  <b>Wild Card Wednesday Evening Movie! [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>29</b> 10:15  <b>Senior Fit &amp; Fun with Forever Fit [TH]</b> 11:00  <b>Morning Mind Benders! [TH]</b> 2:15  <b>New Years Pre-Eve Celebration with Tara! [TH]</b> 3:45  <b>TED TALK-New Year Resolutions [TH]</b> 7:00  <b>Thursday Night at the Movies "" [TH]</b>	9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>30</b> 10:15  <b>Hasfit Seated Exercise [TH]</b> 11:00  <b>Motivation Talk [TH]</b> 2:00  <b>Afternoon Bingo! [FH]</b> 3:00  <b>Flavor's of the Season Coffee Social! [FH]</b> 7:00  <b>Feel Good Friday Evening Movie! [TH]</b>	<b>New Year's Eve</b> 9:30ai  <b>Meaningful Moment Room Visits [Door]</b> <b>31</b> <b>10:15</b>  <b>Saturday Morning Fitness [TH]</b> 2:30  <b>New Years Eve Happy Hour! [FH]</b> 3:00  <b>New Years Eve Balloon Drop! [TH]</b> 7:00  <b>Men's Club Movie Night! [Pub]</b>