

December 2022
Arbor Terrace Mount Laurel Evergreen



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Arts & Education
- Deep Connections
- Health & Wellness
- Purposeful Living
- Recreation & Leisure
- Spiritual Journey

Location Key:
EL-Evergreen Lounge
Evergreen Dining Room-ED
Traveling Door to Door

Programs are subject to change, changes are carefully considered

<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>9:45 TV Church Service and Hymns [Door] 10:30 + Cluster Program 11:30 Holy Communion from Our Lady of Good Counsel Catholic Church [EL] 1:15 Pair Up-Holiday Style [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Music & Movements [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>4</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Meditation Monday [EL] 10:30 + Cluster Program 11:00 Brain Games! [EL] 1:15 Horse Racing! 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Fun and Games! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>5</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Tai Chi Tuesday [EL] 10:30 + Cluster Program 11:00 Saint Nick's Day Trivia and Santa Songs! [EL] 1:15 Holiday Card Crafting! [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Moving Target! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>6</div>	<div>9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 + Cluster Program 10:30 Yoga with Sharon! [Door] 11:15 Today in History - Pearl Harbor [EL] 1:15 Think Outside the Box! [EG] 2:00 + Cluster Program 2:00 Music Therapy with Emily! [EL] 3:15 Coffee Klatch! [EG] 4:00 Nature Meditation Moments [EL] 6:00 Sing Along Christmas Carols! [EL]</div> <div>7</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 Chair Dancing! [EL] 10:30 + Cluster Program 11:00 Rosa Parks Day Trivia and Discussion [EL] 1:15 Afternoon Bingo! [EG] 2:00 + Cluster Program 2:30 Relax and Recharge Refreshment Social [EG] 3:15 Shoot for the Hoops! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Thursday Night at the Movies! [EL]</div> <div>1</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 + Cluster Program 10:30 Decorate Christmas Ornaments with Kathy! [EG] 11:00 Music & More! [EL] 1:15 Color Me Happy! [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Dancing to the Oldies! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Tree Decorating [EGCC]</div> <div>2</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Saturday Sweat Sesh! [Door] 10:30 + Cluster Program 11:00 Sing a long! [EL] 1:15 Color a Carol [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Horse Racing Game [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>3</div>
<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>9:45 TV Church Service and Hymns [Door] 10:30 + Cluster Program 11:30 Holy Communion from Our Lady of Good Counsel Catholic Church [EL] 1:15 Pair Up-Holiday Style [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Music & Movements [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>11</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Meditation Monday [EL] 10:30 + Cluster Program 11:00 Brain Games! [EL] 1:15 Family Feud Game! [EL] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Fun and Games! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>12</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Tai Chi Tuesday [EL] 10:30 + Cluster Program 11:00 Trivia Tuesdays! [EL] 1:30 Photo's with Santa & Mrs. Claus [EG] 2:00 + Cluster Program 2:30 Hot Cocoa Your Way Snack Social! [EG] 3:15 Christmas Ornament Craft! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>13</div>	<div>Winter Wonderland Wednesday! 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Motown Senior Seated Exercises! [Door] 10:30 + Cluster Program 11:15 Daily Chronicle [EL] 1:15 Save the Snow Person Game! [EL] 2:00 + Cluster Program 2:00 Music Therapy with Emily! [EL] 3:15 Coffee Klatch! [EG] 4:00 Nature Meditation Moments [EL] 5p-8p Holiday Horse & Carriage Rides Resident/Family Event [Patio]</div> <div>14</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 Chair Dancing! [EL] 10:30 + Cluster Program 11:00 Crosswords and Puzzles! [EL] 1:15 Afternoon Bingo! [EG] 2:00 + Cluster Program 2:30 Relax and Recharge Refreshment Social [EG] 3:15 Shoot for the Hoops! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Thursday Night at the Movies! [EL]</div> <div>15</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 + Cluster Program 10:30 Friday Fitness Fun [EL] 11:00 Music & More! [EL] 1:15 Craftin with Karen! [EG] 2:00 + Cluster Program 2:30 Pet Therapy with Chase! [EL] 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Slotzball [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>9</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Saturday Sweat Sesh! [Door] 10:30 + Cluster Program 11:00 Sing a long! [EL] 1:15 Color & Cut Gift Tags! [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Uno Card Game! [EG] 3:30 Even or Odd Peppermints! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>10</div>
<div>Hanukkah Begins! 9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>9:45 TV Church Service and Hymns [Door] 10:30 + Cluster Program 11:30 Holy Communion from Our Lady of Good Counsel Catholic Church [EL] 1:30 Christmas Kazoo Choir! 2:00 + Cluster Program 2:30 It's Mint to Be Refreshment Social! [EG] 3:15 Music & Movements [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>18</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Meditation Monday [EL] 10:30 + Cluster Program 11:00 Brain Games! [EL] 1:15 Holiday Cookie Baking! 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Fun and Games! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>19</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Tai Chi Tuesday [EL] 10:30 + Cluster Program 11:00 Trivia Tuesdays! [EL] 1:15 Would You Rather? [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Moving Target! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>20</div>	<div>9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Motown Senior Seated Exercises! [Door] 10:30 + Cluster Program 11:15 Winter Trivia and Reminisce! [EL] 1:15 Think Outside the Box! [EG] 2:00 + Cluster Program 2:00 Music Therapy with Emily! [EL] 3:15 Winter Solstice Snack Social [EG] 4:00 Nature Meditation Moments [EL] 6:00 Sing Along Christmas Carols! [EL]</div> <div>21</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 Chair Dancing! [EL] 10:30 + Cluster Program 11:00 Crosswords and Puzzles! [EL] 12:00 Hanukkah Luncheon [EG] 1:15 Afternoon Bingo! [EG] 2:00 + Cluster Program 2:30 Relax and Recharge Refreshment Social [EG] 3:15 Shoot for the Hoops! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Thursday Night at the Movies! [EL]</div> <div>22</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 + Cluster Program 10:30 Friday Fitness Fun [EL] 11:00 Music & More! [EL] 1:15 Craftin with Karen! [EG] 2:00 + Cluster Program 2:30 Pet Therapy with Chase! [EL] 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Slotzball [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>23</div>	<div>Christmas Eve 9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Saturday Sweat Sesh! [Door] 10:30 + Cluster Program 11:00 Sing a long! [EL] 1:15 Art Therapy-Snowflakes on Canvas [EG] 2:00 + Cluster Program 2:30 Afternoon Before Christmas Social! [EG] 3:30 Even or Odd Peppermints! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>24</div>
<div>Christmas Day 9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>9:45 TV Church Service and Hymns [Door] 10:30 + Cluster Program 11:30 Holy Communion from Our Lady of Good Counsel Catholic Church [EL] 1:15 Holiday Reminisce! [EL] 2:00 + Cluster Program 2:30 A Very Merry Christmas Social! [EG] 3:15 The Twelve Days of Christmas Bingo! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>25</div>	<div>Hanukkah Ends 9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Meditation Monday [EL] 10:30 + Cluster Program 11:00 Brain Games! [EL] 1:15 Family Feud Game! [EL] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Fun and Games! [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>26</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Tai Chi Tuesday [EL] 10:30 + Cluster Program 11:00 Trivia Tuesdays! [EL] 1:15 Frosted Memories [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Moving Target! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>27</div>	<div>9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Motown Senior Seated Exercises! [Door] 10:30 + Cluster Program 11:15 Daily Chronicle [EL] 1:15 My 2 Cents Game! [EL] 2:00 + Cluster Program 2:00 Music Therapy with Emily! [EL] 3:15 Coffee Klatch! [EG] 4:00 Nature Meditation Moments [EL]</div> <div>28</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 Chair Dancing! [EL] 10:30 + Cluster Program 11:00 Crosswords and Puzzles! [EL] 1:15 Afternoon Bingo! [EG] 2:00 + Cluster Program 2:30 Relax and Recharge Refreshment Social [EG] 3:15 Shoot for the Hoops! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Thursday Night at the Movies! [EL]</div> <div>29</div>	<div>9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:30 + Cluster Program 10:30 Friday Fitness Fun [EL] 11:00 Music & More! [EL] 1:15 Color Me Happy! [EG] 2:00 + Cluster Program 2:30 Relax & Recharge Refreshment Social [EG] 3:15 Dancing to the Oldies! [EL] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>30</div>	<div>New Year's Eve 9:30 + Fresh Faces [EG] 9:30-5 + Helping Hands [EG] 9:30ai - Meaningful Moment Room Visits [Door]</div> <div>10:15 Saturday Sweat Sesh! [Door] 10:30 + Cluster Program 11:00 Singing through the Decades! [EL] 1:15 Table Top Games [EG] 2:00 + Cluster Program 2:30 New Years Eve Social! [EG] 3:15 Horse Racing Game [EG] 4:00 Nature Meditation Moments [EL] 6:30 Evening Movie! [EG]</div> <div>31</div>