

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2021

INSPIRE HEALTH & REHAB  
2131 O ST. NW WDC 20037

<p>11AM Spiritual Support(AF) <b>5</b> 1pm 1-1 Visits(AF)</p>	<p>10:30 Deck the Halls Christmas Tree Decorating(MD) <b>6</b></p> 	<p>11:00 Bus Trip Outing(Shopping) <b>7</b></p> 	<p>10:30 Coffee Social(MD) <b>8</b> 2:30 Women's &amp; Men's Group(MD)</p>	<p>10:30 Coffee Social(MD) <b>9</b> 2:30 Sip 'N' Paint(MD)</p>	<p>10:30 Coffee Social(MD) <b>3</b> 2:30 Name that Tune Trivia(MD)</p> 	<p>11AM 1-1 Visits(AF) <b>4</b> 1pm 1-1 Visits(AF)</p>
<p>11AM Spiritual Support(AF) <b>12</b> 1pm 1-1 Visits(AF)</p>	<p>10:30 Sunrise Exercise Group(MD) <b>13</b> 2:30 Arts'N' Craft(MD)</p>	<p>11:00 Bus Trip Outing(Shopping) <b>14</b></p> 	<p>10:30 Coffee Social(MD) <b>15</b> <b>2:30 Resident Council Meeting(MD)</b></p>	<p>10:30 Coffee Social(MD) <b>16</b> 2:30 Back Down Memory Lane(MD)</p>	<p>10:30 Holiday Movie(MD) <b>17</b> 2:30 1-1 Visits(AF)</p> 	<p>11AM 1-1 Visits(AF) <b>18</b> 1pm 1-1 Visits(AF)</p>
<p>11AM Spiritual Support(AF) <b>19</b> <b>3pm Party &amp; Bingo w/Catholic Mass(MD)</b></p> 	<p>10:30 Coffee Social(MD) <b>20</b> 2:30 Music Tunes(MD)</p> 	<p>10:30 Coffee &amp; Hot CoCo Social(MD) <b>21</b> 2:30 Movie &amp; Snack(MD)</p> <p>Winter Begins</p>	<p>10:30 Music Appreciation(MD) <b>22</b> 2:30 Fun 'N' Games(MD)</p>	<p>10:30 Coffee Social(MD) <b>23</b> 2:30 Holiday Baking(MD)</p>	<p>10:30 Christmas Caroling/Gift Giving(AF) <b>24</b></p>  <p>Twas the Night before Christmas ...</p>	<p>11AM 1-1 Visits(AF) <b>25</b> 1pm 1-1 Visits(AF)</p>  <p>Christmas</p>
<p>11am Spiritual Support(AF) <b>26</b> 1pm 1-1 Visits(AF)</p> <p>Kwanzaa Begins</p>	<p>10:30 Coffee Social(MD) <b>27</b> 2:30 Sing Along(MD)</p>	<p>10:30 Coffee Social(MD) <b>28</b> 2:30 You Be the Judge Social Group(MD)</p>	<p>10:30 Coffee Social(MD) <b>29</b> 2:30 Fun 'N' Games(MD)</p>	<p>10:30 Coffee Social(MD) <b>30</b> 2:30 Nail Care(MD)</p>	<p>10:30 Music Tunes(MD) <b>31</b> 2:30 Rockin New Year Eve Celebration w/Bill(MD)</p> <p>New Year's Eve</p>	<p><b>Location Codes:</b> MD-Main Dining Room RL-Residents Lounge AF-All Floors</p>

ALL ACTIVITIES ARE SUBJECT TO CHANGE!