


December 2017		Flower: Gladiolus	Birthstone: Sardonyx	Color: Orange & Red	Adult Day Healthcare Program
Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>SENIORS LIVING HAPPY, HEALTHY LIVES</p>	<b>Council On Aging Of Nassau's</b> Adult Day HealthCare Program Nassau County Council On Aging 1367 South 18th Street Fernandina Beach, Florida 32034 904-261-0701 Ext.113 Debra Dombkowski LPN Certified Dementia Practitioner	<b>The Nassau County COA</b> Caregiver Support Group Meets The 3rd Thursday Monthly Thursday Dec.21st 2017 2:30 PM -4:30 PM All Caregivers Welcome Call 261-0701 ext.113 for info. Holiday Celebration Together	<b>Special Caregiver Event</b> Nassau County Council on Aging Caregiver Authors Book Reception Everyone Welcome! FREE Event Tuesday Dec. 5th 5 pm- 7pm Authors speak about their writings Book Signing & Refreshments Come Join The Fun & Meet & Greet	<b>Reindeer</b> Coffee & Social Time Living Room/Garden Time Craft Activity Chair Exercise-Yoga Lunch & Rest Soft Touch Pet Therapy Reminiscing / Discussion Time	1
	<b>Gingerbread</b> Coffee & Social Time Living Room / Garden Time Sing-A-Long with Georgia & Brad Craft Activity Lunch & Rest Pet Therapy With Sara & Hudson Reminiscing / Discussion Time	<b>Poinsettia</b> Coffee & Social Time Living Room / Garden Time Blue Grass Band Chair Exercise- Stretching Lunch & Rest Shuffleboard & Checkers Reminiscing / Discussion Time	<b>Wreaths</b> Coffee & Social Time Living Room / Garden time Craft Activity Chair Exercise- Balance Lunch & Rest Chair Yoga With Victoria Reminiscing / Discussion Time	<b>Candy Cane</b> Coffee & Social time Living Room / Garden Time Bingo Chair exercises- Strength Lunch & Rest Cut & Sort Coupons For Military Reminiscing / Discussion Time	<b>Ornaments</b> Coffee & Social Time Living Room/Garden Time Craft Activity Chair Exercise- Yoga Lunch & Rest Family Feud Game Reminiscing / Discussion Time
<b>Christmas Trees</b> 11 Coffee & Social Time Living Room / Garden Time Sing- A- Long with Georgia & Brad Craft Activity Lunch & Rest Weaving & Yard Projects Reminiscing / Discussion Time	<b>Jingle Bells</b> 12 Coffee & Social Time Living Room / Garden Time Music Barb & Girls Chair Exercise- Stretching Lunch & Rest Cut & Sort Coupons For Military Reminiscing / Discussion Time	<b>Senior Holiday Party</b> 13 Coffee & Social Time Living Room / Garden time Holiday Celebration Together Holiday Celebration Together Lunch & Rest Chair Yoga With Victoria Reminiscing / Discussion Time	<b>Fruitcake</b> 14 Coffee & Social time Craft Time Together Bingo Chair Exercise-Strength Lunch & Rest Marble Game Reminiscing / Discussion Time	<b>Santa Paws</b> 15 Coffee & Social Time Living Room/Garden Time Craft Activity Chair Exercise- Yoga Lunch & Rest Soft Touch Pet Therapy & Santa Claus Reminiscing / Discussion Time	15
<b>Mistletoe</b> 18 Coffee & Social Time Living Room / Garden Time Craft Activity Sing-A-Long with Georgia & Brad Lunch & Rest Table Time Fun Reminiscing / Discussion Time	<b>Eggnog</b> 19 Coffee & Social Time Living Room / Garden Time Blue Grass Band Chair Exercise- Stretching Lunch & Rest Weaving & Yarn Projects Reminiscing / Discussion Time	<b>Ms. Shea Holiday Recital</b> 20 Coffee & Social Time Living Room / Garden time Music Recital Chair Exercise- Balance Lunch & Rest Chair Yoga With Victoria Reminiscing / Discussion Time	<b>Holiday Bingo</b> 22 Coffee & Social time Living Room / Garden Time Bingo Chair Exercise- Strength Lunch & Rest Family Feud Game Reminiscing / Discussion Time	<b>Christmas Cards</b> 23 Coffee & Social Time Living Room/Garden Time Craft Activity Chair Exercise: Yoga Lunch & Rest Marble Game Reminiscing / Discussion Time	23
<b>Christmas Day</b> 25 Center Closed For Holiday	<b>Center Closed</b> 26 Center Closed For Holiday	<b>Holiday Reminisce</b> 27 Coffee & Social Time Living Room / Garden time Craft Activity Chair Exercise- Balance Lunch & Rest Chair Yoga With Victoria Reminiscing / Discussion Time	<b>Cocoa</b> 28 Coffee & Social time Living Room / Garden Time Bingo Chair Exercise- Strength Lunch & Rest Trivia Reminiscing / Discussion Time	<b>Winter Wear</b> 29 Coffee & Social Time Living Room/Garden Time Art Activity Chair Exercise- Yoga Lunch & Rest Table Time Fun Reminiscing / Discussion Time	29

Schedule subject to change~~



