December 2017

Skilled Nursing Activities

The Highlands at Wyomissing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Sing-Along With the IN2L E/I/S 11:00 Exercise E/I/P 2:30 Let's Get Crafty- Christmas Tree E/I/S 6:00 Evening Stretch E/I/P 6:45 Game Night: Snakes & Ladders E/I/S	**2** 10:30 Finish That Phase E/I/S 11:00 Exercise E/I/P **12:30 Family Holiday Luncheon (By Reservation Only) ~Cultural Center~** **E/S** 2:30 Puzzles, Pages and Paints E/I/S 3:30 Wet Your Whistle E/S 6:00 Evening Stretch E/I/P 6:45 Rock-N-Roll Kickball E/I/P
3 10:30 Reminiscing About This Day In History E/I/S 11:00 Exercise E/I/P 2:00 Skilled Nursing Bridge Group ~Family Parlor E/I/S 2:30 Hymn Sing-Along E/I/S **2:45 Worship Service E/I/SP** 3:30 Coffee And Conversation E/S 6:00 Evening Stretch E/I/P 6:45 Sunday Evening Crafters E/I/S	**4** 10:00 Fun on the IN2L E/I/S 11:00 Exercise E/I/P 2:30 Ice Cream Social: Sundaes on a Monday E/S 6:00 Monday Night Movie: "The Santa Clause" E/I/S	**5** 10:00 Staying in the Lines E/I/S 11:00 Exercise E/I/P 2:30 How Many Words E/I/S 3:30 Balloon Badminton E/P/S 6:00 Evening Stretch E/I/P 6:45 Bocce Ball E/P/S	**6** 10:00 Ball Toss E/P/S 11:00 Exercise E/I/P 2:30 Holiday Craft E/I/S 3:30 December Trivia E/I/S **6:00 Christmas Carolers: Penske Corporation E/I/P** 6:45 Categories Puzzle E/I/S	**7** 10:00 Pray the Rosary on IN2L E/SP **10:30 Therapy Dogs, Inc. E/I/S** 11:00 Exercise E/I/P **2:30 Holiday Gardens with Benjamin Sofer ~Berkshire Room~** **E/I/S** 3:00 Bible Study with Alvernia Student Eric Moran E/I/SP 3:30 Volunteer Project E/I/S 6:00 Bingo Night! E/I/S	**8** **10:00 Skilled Nursing Resident Council E/I/S** 11:00 Exercise E/I/P **2:00 Holiday Trip to Our Towne Mercantile (By Invitation) E/S** 2:30 Let's Get Crafty- Wreath E/I/S 6:00 Evening Stretch E/I/P 6:45 Game Night- Toss up (Dice) E/I/S	**9** 10:00 Nature Video E/I/S 11:00 Exercise E/I/P **2:30 Wyomissing Band Holiday Concert ~Cultural Center~** **E/I/S** 6:00 Evening Stretch E/I/P 6:45 Rock-N-Roll Kickball E/I/S
10 10:00 Around the World on the IN2L E/I/S 11:00 Exercise E/I/P 2:00 Skilled Nursing Bridge Group ~Family Parlor E/I/S 2:30 Hymn Sing-Along E/I/S **2:45 Worship Service E/I/SP** 3:30 Coffee And Conversation E/S 6:00 Evening Stretch E/I/P **6:30 Christmas Carolers: VOiCE-up Berks Youth E/S**	**11** 10:00 Fun on the IN2L E/I/S 11:00 Exercise E/I/P **2:00 Highlandaires Preview Concert E/I/S** 3:30 Balloon Badminton E/P/S 6:00 Monday Night Movie: "The 12 Dogs of Christmas" E/I/S	**12** 10:00 Christmas Sing-Along E/I/S 11:00 Exercise E/I/P 2:30 It's Pizza Time E/S 3:30 What Am I? E/I/S 6:00 Evening Stretch E/I/P 6:45 Bocce Ball E/P/S First Day of Hanukkah	**13** 10:00 Pick A Card Game E/I/S 11:00 Exercise E/I/P **2:00 Bellaires Preview Concert ~Cultural Center A~** **E/I/S** 3:00 Trivia E/I/S 3:30 Balloon Badminton EPS 6:00 Evening Stretch E/I/P 6:45 Crossword Puzzle EIS **7:15 Christmas Carolers: Latter Day Saints Youth Group E/I/S**	**14** 10:00 Pray the Rosary on IN2L E/SP **10:30 Therapy Dogs, Inc. E/I/S** 11:00 Exercise E/I/P 2:30 Mini-Manicures E/S 3:30 Volunteer Project E/I/S 6:00 Bingo Night! E/I/S	**15** 10:00 Sing-Along with the IN2L E/I/S 11:00 Exercise E/I/P **2:30 Christmas Memories with Jay Smar ~Cultural Center A~** **E/I/S** 6:00 Evening Stretch E/I/P 6:45 Game Night- UNO (cards) E/I/S	**16** 10:30 Finish That Phase E/I/S 11:00 Exercise E/I/P 2:30 Fun On The IN2L E/I/S 3:30 Wet Your Whistle E/S 6:00 Evening Stretch E/I/P 6:45 A Little of This… E/I/S
17 10:00 Christmas Caroling with the Girl Scouts E/I/S 11:00 Exercise E/I/P 2:00 Skilled Nursing Bridge Group ~Family Parlor E/I/S 2:30 Hymn Sing-Along E/I/S **2:45 Worship Service E/I/SP** 3:30 A-Z Trivia E/I/S **6:00 Wernersville Community Carolers E/S** 6:45 And A Little of That E/I/S	**18** 10:00 Fun on the IN2L E/I/S 11:00 Exercise E/I/P 2:30 Ice Cream Social: Ice Cream Soda Floats E/S 6:00 Monday Night Movie: "Miracle on 34th Street" E/I/S **7:00 Christmas Carolers: The Wyomissing High School Choir E/I/S**	**19** 10:00 Sensory Time Hand Care E/I/S 11:00 Exercise E/I/P **1:30 Cumru Elementary Concert Cultural Center E/S** 2:30 Afternoon Bingo E/I/S 3:30 Random Trivia E/P/S 6:00 Evening Stretch E/I/P 6:45 Bocce Ball E/I/S	**20** 10:00 Listening to a Short Story E/I/S 11:00 Exercise E/I/P **3:00 Catholic Mass E/I/SP** **6:00 Holiday Lights Tour (By Invitation) E/S** 6:00 Evening Stretch E/I/P 6:45 Categories Puzzle E/I/S	**21** 10:00 Pray the Rosary on IN2L E/SP **10:30 Therapy Dogs, Inc. E/I/S** 11:00 Exercise E/I/P 2:30 Mini-Manicures E/S 3:30 Christmas Trivia E/I/S 6:00 Bingo Night! E/I/S Winter Begins	**22** 10:00 Finish That phrase E/I/S 11:00 Exercise E/I/P **2:00 Skilled Nursing Holiday Party with music by Wahl Street E/S** 6:00 Evening Stretch E/I/P 6:45 Game Night- Pig Out (Dice) E/I/S	**23** 10:00 Nature Video E/I/S 11:00 Exercise E/I/P 2:30 Puzzles, Pages and Paints E/I/S 3:30 Wet Your Whistle E/S 6:00 Evening Stretch E/I/P 6:45 Rock-N-Roll Kickball E/P/S
24 10:00 Around the World on the IN2L E/I/S 11:00 Exercise E/I/P 2:00 Skilled Nursing Bridge Group ~Family Parlor E/I/S 2:30 Hymn Sing-Along E/I/S **2:45 Worship Service E/I/SP** 3:30 Coffee And Conversation E/S 6:00 Evening Stretch E/I/P 6:45 Sunday Evening Crafters E/I/S	**25** 10:00 Christmas Sing- Along E/I/S 11:00 Exercise E/I/P 2:30 All About Christmas E/I/S 3:30 Whet Your Whistle With Milk And Christmas Cookies E/S 6:00 Monday Night Movie: "Christmas in Connecticut" E/I/S Christmas Day	**26** 10:00 Staying in the Lines E/I/S 11:00 Exercise E/I/P 2:30 Bean Bag Frog Toss E/P/S 3:30 Finish The Phrase E/P/S 6:00 Evening Stretch E/I/P 6:45 Bocce Ball E/P/S Kwanzaa Begins	**27** 10:00 Ball Toss E/P/S 11:00 Exercise E/I/P 2:30 Treats and Trivia E/I/S 3:30 Balloon Badminton EPS 6:00 Evening Stretch E/I/P 6:45 Crossword Puzzle E/I/S	**28** 10:00 Pray the Rosary on IN2L E/P/S **10:30 Therapy Dogs, Inc. E/I/S** 11:00 Exercise E/I/P 2:30 Mini-Manicures E/S 3:30 Volunteer Project E/I/S 6:00 Bingo Night! E/I/S	**29** 10:00 Sing-Along with the IN2L E/I/S 11:00 Exercise E/I/P 2:30 Let's Get Crafty- Snowman E/I/S 3:30 IN2L-Family Feud E/I/S 6:00 Evening Stretch E/I/P 6:45 Game Night- Family Feud (IN2L) E/I/S	**30** 10:30 Finish That Phrase E/I/S 11:00 Exercise E/I/P 2:30 Fun On The IN2L E/I/S 3:30 Wet Your Whistle E/S 6:00 Evening Stretch E/I/P 6:45 End of The Year Word Game E/I/S
31 10:30 Reminiscing About This Day In History E/I/S 11:00 Exercise E/I/P 2:00 Skilled Nursing Bridge Group ~Family Parlor E/I/S 2:30 Hymn Sing-Along E/I/S **2:45 Worship Service E/I/SP** 3:30 New Year's Trivia E/I/S 6:00 Evening Stretch E/I/P 6:45 Animals, Animals E/I/S New Year's Eve						

For any program changes, please refer to the weekly Skilled Nursing Highlands Happenings or the Activities Sign located outside the Dining Room.

ENGAGE
WELLNESS-FOCUSED LIVING
The Highlands at Wyomissing