





December 2020

Memory Care Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Promise Pointe at Tampa Oaks 12110 Morris Bridge Rd. Temple Terrace, FL 33637 Assisted Living Facility License #AL13142</p>  <p>PROMISE POINTE At Tampa Oaks</p>		<p>9:30-10:00 Coffee & Chat 10:00-11:00 Daily Chronicles 1-2 Finish The Phrase 2:30- 3 Snack Break 6:00-7 Meditation</p>	<p>9:30-10:15 Coffee & News 10:30- 11:30 Noodle Ball! 1-2 Pampered Nails 2:30- 4:00 Movie & Snack! 6:00-7 Relax & Breathe</p>	<p>9:30-10:15 Coffee & News 10:30-11:30 Noodle Ball 1-2 Tic Tac Toe 2:30-3 Snack Break 3-5 Video Chat With Family 6:00-7 Movie</p>	<p>National Cookie Day! 9:30-10:15 Hydration & Chat 10:30-11:30 Move & Grove! 1-3 Creative Art 3:00-4:00 Cookies & Milk! 6-8 Meditation</p>	<p>9:30-10:15 Coffee & News 10:30-11:30 Travel Trivia 1-2:00 Crafty Coloring 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breath</p>
<p>9:45 Non-Denomination Church Service via TV 1:30-2 Puzzling Around 2-2:30 Snack Break 3-5 Afternoon Movie 6:30-7 Soft Listening</p>	<p>9:30-10:15 Hydration & Chat 10:30-11:30 Colorful Dance! 1-2 Sing-a-Long 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breathe</p>	<p>9:30-10:00 Coffee & Chat 10:00-11:00 Daily Chronicles 1-2 The Price Is Right! 2:30- 3 Snack Break 6:00-7 Sleigh Ride Around Town!</p>	<p>9:30-10:15 Coffee & News 10:30- 11:30 Noodle Ball! 1-2 Pampered Nails 2:30- 4:00 Movie & Snack! 6:00-7 Relax & Breathe</p>	<p>Hanukkah! 9:30-10:15 Coffee & News 10:30-11:30 Noodle Ball 1-2 Trivia 2:30-3 Snack Break 3-5 Video Chat With Family 6:00-7 Movie</p> 	<p>9:30-10:15 Hydration & Chat 10:30-11:30 Move & Grove! 1-2:30 Creative Art 2:30-4:00 Movie & Snack 6-8 Meditation</p>	<p>Happy Birthday John B.! 9:30-10:15 Coffee & News 10:30-11:30 Travel Trivia 1-2:00 Crafty Coloring 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breath</p>
<p>National Hot Cocoa Day! 9:45 Non-Denomination Church Service via TV 1:30-2 Puzzling Around 2-2:30 Snack Break 3-5 Afternoon Movie 6:30-7 Soft Listening</p>	<p>9:30-10:15 Hydration & Chat 10:30-11:30 Colorful Dance! 1-2 Sing-a-Long 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breathe</p>	<p>9:30-10:00 Coffee & Chat 10:00-11:00 Daily Chronicles 1-2 The Price Is Right! 2:30- 3 Snack Break 6:00-7 Sleigh Ride Around Town!</p>	<p>Wear your holiday PJ's all day! 9:30-10:15 Coffee & News 10:30- 11:30 Noodle Ball! 1-2 Pampered Nails 2:30- 4:00 Movie & Snack! 6:00-7 Relax & Breathe</p>	<p>9:30-10:15 Coffee & News 10:30-11:30 Noodle Ball 1-2 Basketball 2:30-3 Snack Break 3-5 Video Chat With Family 6:00-7 Movie</p>	<p>9:30-10:15 Hydration & Chat 10:30-11:30 Move & Grove! 1-2:30 Creative Art 2:30-4:00 Movie & Snack 6-8 Meditation</p>	<p>9:30-10:15 Coffee & News 10:30-11:30 Travel Trivia 1-2:00 Crafty Coloring 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breath</p>

<p>20</p> <p>9:45 Non-Denomination Church Service via TV 1:30-2 Puzzling Around 2-2:30 Snack Break 3-5 Afternoon Movie 6:30-7 Soft Listening</p>	<p>21</p> <p>Happy Birthday Sheila! First Day Of Winter! 9:30-10:15 Hydration & Chat 10:30-11:30 Colorful Dance! 1-2 Letters to Santa 2:30-3 Healthy Snack 3-4 Christmas Carols</p> 	<p>22</p> <p>9:30-10:00 Coffee & Chat 11-2 Holly Jolly Holiday Party! 2:30- 4:00 Movie & Snack! 6:00-7 Meditation</p>	<p>23</p> <p>Happy 100th Birthday Lillian! 9:30-10:15 Coffee & News 10:30- 11:30 Noodle Ball! 1-2 Pampered Nails 2:30- 4:00 Movie & Snack! 6:00-7 Relax & Breathe</p>	<p>24</p> <p>9:30-10:15 Coffee & News 10:30-11:30 Noodle Ball 1-2 Trivia 2:30-3 Snack Break 3-5 Video Chat With Family 6:00-7 Movie</p>	<p>25</p> <p>Merry Christmas! 9:30-10:15 Hot Apple Cider 10:30-11:30 Jingle Bell Rocking Workout! 1-2:30 Jolly Stories & Hot Cocoa 2:00-4:00 Holiday Movies & Reindeer Snacks</p> 	<p>26</p> <p>Happy Kwanzaa! 9:30-10:15 Coffee & News 10:30-11:30 Travel Trivia 1-2:00 Crafty Coloring 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breath</p> 
<p>27</p> <p>Happy Birthday Margaret! 9:45 Non-Denomination Church Service via TV 1:30-2 Puzzling Around 2-2:30 Snack Break 3-5 Afternoon Movie 6:30-7 Soft Listening</p>	<p>28</p> <p>9:30-10:15 Hydration & Chat 10:30-11:30 Colorful Dance! 1-2 Sing-a-Long 2:30-3 Healthy Snack 3-5 Video Chat With Family 6:30-7 Relax & Breathe</p>	<p>29</p> <p>9:30-10:00 Coffee & Chat 10:00-11:00 Daily Chronicles 1-2 The Price Is Right! 2:30- 3 Snack Break 6:00-7 Meditation</p>	<p>30</p> <p>Happy Birthday Bob! 9:30-10:15 Coffee & News 10:30- 11:30 Noodle Ball! 1:30-2 Puzzling Around 2:30- 4:00 Movie & Snack! 6:00-7 Relax & Breathe</p>	<p>31</p> <p>New Year's Eve! 9:30-10:15 Coffee & News 10:30-11:30 Noodle Ball 1-2 New Year's resolutions 2:30-3 New Year's Toast! 3-5 Video Chat With Family 6:00-7 Movie</p>	<p>Please Note: The Activity Calendar is subject to change to meet the needs of our residents!</p>	

December