



~~~ PLEASE SCROLL DOWN TO SEE ~~~

# **December 2017 ACTIVITIES**

# BELLA SENIOR CARE RESIDENCE-DECEMBER 2017

| SUNDAY                                                                                                                                                                                                                                                                                                                                                           | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                   | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p style="font-size: 2em; text-align: center; color: red;">MERRY CHRISTMAS</p> <p style="text-align: center;">WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!</p>                                                                                                         | <p style="text-align: center; color: red; font-weight: bold;"><u>Outings</u></p> <p style="text-align: center;">Walmart-<br/>December 14th</p> <p style="text-align: center;">Far East Chinese<br/>December 28th</p> <p style="text-align: center; color: red;">Call Recreation Ext. 728 To Sign Up For Outings!</p>                     | <p style="text-align: center; color: green;"><u>RESIDENT &amp; FAMILY CHRISTMAS DINNERS</u></p> <p style="text-align: center; color: red;">December 5<sup>th</sup> First Floor<br/>4:45- Willoughby<br/>6:15- Vineyards</p> <p style="text-align: center; color: red;">December 6<sup>th</sup> Second Floor<br/>4:45- Lundy's Lane<br/>6:15- Legends</p> <p style="text-align: center; color: red;">December 7<sup>th</sup> Third Floor<br/>5:00 Falls</p>  |  <p style="text-align: center; color: green; font-weight: bold;">HAPPY HOLIDAYS!</p>                                                                                                                                                                                                                                                                                                                                         | <p style="text-align: center; color: green;"><u>Mark it on your Calendar!</u></p> <p style="text-align: center; color: red; font-weight: bold;">December 13<sup>th</sup> Ugly Christmas Sweater Day</p>  <p style="text-align: center; color: red; font-weight: bold;">December 21<sup>st</sup> PJ Day</p>  | <p>1<br/>10:00- Freeze Dance with Daycare (CR) (F)<br/>11:00- Stamford United Church Service (CR)<br/>2:00- Roman Catholic COMMUNION (CR)<br/>3:00- Christmas Ornament Craft (W)<br/>3:45- Mistletoe &amp; Margaritas (FL)</p>  <p>6:15- Christmas Dance Party (W)</p>                                                                                                | <p>2<br/>8:30- Breakfast Club (W)<br/>11:00- Christmas Around The World (CR)</p>  <p style="text-align: center; color: red; font-weight: bold;">2:00- BINGO (CR)</p> <p>3:00 - 'Snowball' Toss (W)<br/>3:30- Busy Hands (LL)<br/>3:30- Caring for our Feathered Friends (HR)(L)<br/>6:00- Christmas Stories (W)</p>                                               |
| <p>3<br/>9:30- Guess that Christmas Carol (V)<br/>11:15- HYMN SING (CR)<br/>1:30- Hot Chocolate Social (FL)</p>  <p>1:30 Fun Facts about Christmas (W)</p>  <p>3:00- I spy adventure (W)</p> | <p>4 P<br/>10:00- Crafts with Daycare (RR) (LL)<br/>11:00- Holiday Bingo (V)<br/>2:00- ANNE ON PIANO (CR)</p> <p>3:00- Christmas Tree Painting (W)</p>  <p style="text-align: center; color: red; font-weight: bold;">4:00- Xmas Door Decorating (F)</p> <p>3:45- Word Games (L)<br/>6:15- Sort and fold (W)<br/>6:30- Euchre (RR)</p> | <p>5<br/>10:00- Reading with Daycare (F)<br/>11:00- Gingerbread Body Butter (W)<br/>1:00- Towel Folding (RR)<br/>1:30- Christmas Poems (LL)<br/>1:45- A Christmas Movie Matinee (CR)</p> <p>2:45 Rudolf's Nose Tennis (L)</p>  <p style="text-align: center; color: red; font-weight: bold;">FIRST FLOOR RESIDENT &amp; FAMILY CHRISTMAS DINNER<br/>4:45- WILLOUGHBY<br/>6:15- VINEYARDS</p>                                                              | <p>6<br/>10:00- Daycare Caroling (LL/L)<br/>1:30- Blow a fuse (V)</p>  <p style="text-align: center; color: red; font-weight: bold;">2:00- BINGO (CR)</p> <p>3:00- Christmas Stories (F)<br/>3:30- Winter Hangman (L)<br/>3:45- Christmas Colouring (W)</p> <p style="text-align: center; color: red; font-weight: bold;">SECOND FLOOR RESIDENT &amp; FAMILY CHRISTMAS DINNER<br/>4:45- LUNDY'S LANE<br/>6:15- LEGENDS</p> | <p>7<br/>1:30- Manicures (F)<br/>1:45- Pin the Heart on the Grinch (V)</p>  <p>2:00- Crosswords (L)<br/>3:00- Holiday Poems (W)<br/>3:00- Therapy Dog Visits<br/>3:15- Grinch Kabob Social (V)</p> <p style="text-align: center; color: red; font-weight: bold;">THIRD FLOOR RESIDENT &amp; FAMILY CHRISTMAS DINNER<br/>5:00- FALLS</p>                                                      | <p>8<br/>10:00- Bowling with Daycare (CR)(V)<br/>11:00- PRESBYTERIAN CHURCH SERVICE (CR)<br/>2:00- Christmas Scavenger Hunt (CR)</p>  <p style="text-align: center; color: red; font-weight: bold;">3:00- Xmas Door Decorating (W)<br/>3:30- Xmas Door Decorating (V)</p> <p>4:00 Snowflakes (LL)<br/>6:15- Leisure Stroll (W)<br/>6:15- Winter Games Night (L)</p> | <p>9<br/>8:30- Breakfast Club (V)<br/>11:00- Peppermint Hand Massages (LL)</p>  <p style="text-align: center; color: red; font-weight: bold;">11:00- Xmas Door Decorating (L)<br/>2:00- BINGO (CR)</p> <p>3:00 Holiday Balloon Toss (W)<br/>3:30- Caring for Our Feathered Friends (HR)(F)<br/>3:30- Friendly Visits (V)<br/>6:15 Christmas Movie Night (W)</p> |

**CODES: HOME AREAS AND THEIR LOCATIONS**

(W) Willoughby Hall 1<sup>st</sup> Floor  
(V) The Vineyard 1<sup>st</sup> Floor  
(L) The Legends 2<sup>nd</sup> Floor

(LL) Lundy's Lane 2<sup>nd</sup> Floor  
(O) The Orchards 3<sup>rd</sup> Floor  
(F) The Falls 3<sup>rd</sup> Floor

(CH) Chapel 3<sup>rd</sup> Floor  
(CR) Celebration Room 3<sup>rd</sup> Floor  
(RR) Rec Room 3<sup>rd</sup> Floor

(OC) Outdoor Courtyard 1<sup>st</sup> Floor  
(FL) Front Lobby 1<sup>st</sup> Floor  
(HH) Horticulture Room 3<sup>rd</sup> Floor

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| <p>10<br/><b>8:30- MENS BREAKFAST CLUB (FL)</b></p> <p>11:15- HYMN SING (CR)<br/><b>1:30- Holiday Sangria Social (FL)</b></p> <p>3:00- Sing Along (W)<br/>3:15-A Christmas Carol (V)<br/>3:15- Yahtzee (F)<br/>6:15- Sensory Blocks (W)</p>                                                                                                                                                                   | <p>11<br/>10:00- Crafts with Daycare (RR) (F)<br/>11:00-Holiday Pictionary (V)<br/><b>1:45- Xmas Door Decorating (LL)</b></p> <p><b>1:30- Euchre (RR)</b><br/>3:00- Busy Hands (W)<br/>4:00-Sit and Be Fit! (F)<br/>4:00 – Snowflake Making (L)<br/>6:15- Fold and Sort (W)<br/>6:30- Games Night (LL)</p> | <p>12<br/>9:45- X-mas Crafts (W)<br/>10:00- Reading with Daycare(V)<br/>11:00- Happy Birthday Frank Sinatra (L)<br/>11:00- Santa's Quote (LL)<br/>1:15- Towel Folding (F)<br/><b>2:00- BIRTHDAY PARTY with DOUG ROY (CR)</b></p> <p>2:30- Snowball Toss (LL)<br/>3:30- Milk and Cookies (V)<br/>4:00 - Pictionary (L)<br/><b>7:00- Singing Saints Barber Shop (CR)</b></p> | <p>13 <b>Ugly Christmas SweaterDay!</b></p> <p>10:00- Daycare Caroling (V/W)<br/>1:30 – Daily Doses (L)<br/><b>2:00- BINGO (CR)</b><br/>3:00- Snowball Fight (LL)<br/>3:00- Holiday Matching Game (W)<br/>3:30- Jingle Bell Toss (V)<br/>3:45-Holiday Spelling Bee (F)<br/><b>6:15- Sing Along (W)</b><br/><b>6:30- PUB NIGHT WITH DAN AND MARK(CR)</b></p>  | <p>14<br/><b>10:00- WALMART AND LUNCH OUTING</b></p> <p><b>2:00 – A Christmas Movie Matinee (CR)</b><br/>3:00- Pop-Up Cards (W)<br/><b>3:00- Therapy Dog Visits</b><br/>3:15- Deck The Halls Sing Along(V)<br/>3:30- Snoezelen (F)<br/><b>6:30- Handbell's Children's Choir (FL)</b></p>  | <p>15<br/>10:00- Basketball with Daycare (CR) (L)<br/><b>11:00- RC MASS (CR)</b><br/><b>2:00- Travelogue to The North Pole (CR)</b></p> <p>3:00-Christmas Social (W)<br/>3:45- Busy Hands (LL)<br/>6:15- Christmas Colouring (W)</p>                                                                                                            | <p>16<br/>8:30- Breakfast Club (LL)<br/>11:00- Discussion Grp (L)<br/>11:00 – Christmas Cards(F)<br/><b>2:00- BINGO (CR)</b><br/>3:15 Winter Wonderland Walk (W)<br/>3:30- Caring for our Feathered Friends (HR)(V)<br/>3:30- Hallway Strolls (F)<br/>6:15- Sing with Me(W)</p>      |
| <p>17<br/><b>9:30-Christmas Carol Bingo (RR)</b></p> <p>11:15- HYMN SING (CR)<br/><b>1:30- Waffle Dippers (FL)</b></p> <p>3:00- I spy Adventure (W)<br/>3:00- Friendly Visits(LL)<br/>3:00- Word Games(V)<br/>6:15- Wreath Making (W)</p>                                                                                   | <p>18<br/>10:00- Crafts with Daycare (RR)(F)<br/>11:15- Painting (V)<br/>1:15- The Nutcracker (V)<br/><b>2:00- ANNE ON PIANO(CR)</b></p> <p>3:00- Snow Flakes (W)<br/>3:30- Holiday Jeopardy (V)<br/>3:30-Crosswords (LL/L)<br/><b>6:15 Movie &amp; Hot Chocolate- The Christmas Carol(CR)</b></p>         | <p>19<br/><b>10:00- Anglican Church Service (CH)</b></p> <p>11:00- Friendly Visits (LL)<br/>1:15- Towel Folding (F)<br/>1:45- Snowball Toss (V)<br/><b>2:00- Library Guest Speaker (RR)</b></p> <p><b>2:00- RESIDENT COUNCIL (CR)</b><br/>3:00- Christmas Sing Along(W)<br/>6:15- Hot chocolate and Stories (L)</p>                                                        | <p>20<br/>10:00- Daycare Caroling (L/LL )<br/><b>2:00- BINGO (CR)</b><br/>3:45- Manicures (W)<br/>3:45-Gift Wrapping/Card Making (V)</p>  <p>4:00- Trivia (F)<br/><b>6:30- PUB NIGHT WITH CHICO(CR)</b></p>                                                                                                                                                 | <p>21 <b>** Pajama Day**</b></p> <p>9:45-Creamy Tortellini Prep(F)<br/>11:00- Christmas Caroling (FL)<br/><b>12:00- Tortellini Soup Lunch Club (RR)</b><br/><b>3:00- LADIES SPA DAY (CR)</b></p> <p>3:00- X-mas Tree Craft(W)<br/>6:15- Doll Therapy (W)<br/>6:30- Arm Chair Yoga (CR)</p>                                                                                   | <p>22<br/>10:00- Christmas Craft with Daycare(CR)(L)<br/>11:00- Ring Toss (V)<br/><b>2:00 Christmas Matinee (CR)</b></p> <p><b>2:00- Euchre (RR)</b><br/>3:00- Christmas Craft (W)<br/>6:15-Christmas Dance party (W)<br/>6:30- Christmas Carols (LL)</p>  | <p>23<br/><b>8:30- Breakfast Club (L)</b><br/><b>11:00- Christmas By The Fire (FL)</b></p> <p><b>2:00- BINGO (CR)</b></p> <p>3:00- Christmas Carol Sing Along (W)<br/>3:30- Neighbourhood Time (F)<br/>3:30- Caring For Our Feathered Friends (V)<br/>6:15-Christmas Stories (W)</p> |
| <p>24 <b>Christmas Eve</b></p> <p><b>8:45- Christmas Eve Breakfast (FL)</b><br/><b>11:15 Christmas Eve Hymn Sing/Service</b><br/>1:30- Holiday Movie (W)<br/><b>1:45- Christmas Movie and Treats (CR)</b><br/>3:30- Colouring (W)</p> <p>31 <b>New Years Eve</b><br/>8:30- New Years day Breakfast (CR)<br/>11:00 Hymn Sing (CR)<br/><b>1:45- New Years Predictions Party (FL)</b><br/>3:30- Colouring(W)</p> | <p>25 <b>Christmas Day</b></p> <p><b>MERRY CHRISTMAS!!</b></p>  <p><b>Visits from our Christmas Elves</b></p>                                                                                                           | <p>26 <b>Boxing Day</b></p> <p>10:00- Armchair Yoga(W)<br/>10:00- X-mas Scramble (L)<br/>11:00- Crosswords (V)<br/>11:00- Ladder Ball(F)<br/>1:15- Towel Folding (RR)<br/><b>2:00- Holiday Photoshoot (CR)</b></p> <p>2:30-ChristmasTrivia(LL)<br/>3:45- Finish that Nursery Rhyme (V)<br/>4:00- Neighborhood Time (LL)<br/>6:15- Games Night (L)</p>                      | <p>27<br/>10:00- Daycare Caroling (V/W )<br/>1:30- Brain Teasers (F)<br/><b>2:00- BINGO (CR)</b><br/>3:00- Hot Chocolate (L)<br/>3:00 Snoezelen Room (W)<br/>4:00- UNO (V)<br/>4:00 – IPAD Games (LL)<br/>6:15 Balloon Tennis (W)<br/><b>6:30- PUB NIGHT WITH DIANE AND CHRIS(CR)</b></p>                                                                  | <p>28<br/>10:00- Daycare (DC)(LL)<br/><b>11:30- Far East Chinese Lunch Outing</b></p> <p>1:30 Reading Circle(L)<br/>2:45 Balloon Tennis(F)<br/>3:00- Hand Massages(V)<br/>3:00- Snack and Chat (L)<br/><b>3:00- Therapy Dog Visits</b><br/>4:00 Glamour Circle (F)<br/>6:30 'Toys Price is Right' Game (LL)</p>                                                              | <p>29<br/>10:00- Sing along with Daycare(CR)(F)<br/>11:00- Spelling Bee (L)<br/><b>2:00- QUARTER BINGO (CR)</b></p>  <p>3:45-Fireworks Art (W)<br/>3:45- Friendly Visits(V)<br/>6:15-Read to Me (W)</p>                                                    | <p>30<br/>8:30- Breakfast Club (W)<br/>11:00-Crosswords (L)<br/>11:00- Friendly Visits(F)<br/><b>2:00- BINGO (CR)</b></p> <p>3:15- Balloon Toss(W)<br/>3:30- Caring for our Feathered Friends (HR)(LL)<br/>3:30- Hand Massages (V)<br/>6:15- Read To Me(W)</p>                       |



## December Special Events:

- December 1<sup>st</sup> Mistletoe & Margaritas (FL)**  
**December 3<sup>rd</sup> Hot Chocolate Social (FL)**  
**December 4<sup>th</sup> Anne on Piano (CR)**  
**December 5<sup>th</sup> Christmas Movie Matinee (CR)**  
**December 8<sup>th</sup> Christmas Scavenger Hunt (CR)**  
**December 10<sup>th</sup> Holiday Sangria Social (FL)**  
**December 12<sup>th</sup> Birthday Party (CR)**  
**December 13<sup>th</sup> Pub Night with Dan & Mark**  
**December 14<sup>th</sup> Children's Handbells Choir (FL)**  
**December 15<sup>th</sup> Travelogue to the North Pole (CR)**  
**December 17<sup>th</sup> Christmas Carol Bingo (RR)**  
**December 20<sup>th</sup> Pub Night with Chico**  
**December 21<sup>st</sup> Pajama Day**  
**December 27<sup>th</sup> Pub Night with Diane & Chris**

# SPIRITUAL PROGRAMS

## December

**\*A reminder that Hymn Sing is offered every Sunday at 11:15AM in the Celebration Room\***

**Friday December 1<sup>st</sup> Stamford United Service  
Roman Catholic Communion**

**Friday December 1<sup>st</sup> Presbyterian Service**

**Friday December 1<sup>st</sup> Roman Catholic Mass**

**Tuesday December 19<sup>th</sup> Anglican Church Service**





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[www.bellaseniorcare.com](http://www.bellaseniorcare.com)

### RESTORATIVE SERVICES/PROGRAMS

We believe that each resident at Bella Senior Care Residence has the right to be involved in his or her care, make decisions, and to have the services available to him or her to maintain the highest level of mental, physical, and psychosocial function he or she desires. This involves the recognition of each individual's uniqueness, and his or her capabilities and possibilities, despite some impairment or disability.

Restorative Nursing includes the prevention of complications, teaching lost skills or teaching a new way of doing useful skills, preventing decline, teaching the use of assistive devices and maintaining existing functional ability.

Restorative Procedures involve the skills needed for daily living called Activities of Daily Living (ADLs). ADLs include communication, eating, grooming, dressing, bathing, walking, transferring and toileting. Our goal is to enable each resident to become as independent as possible.

This is a basic change in our philosophy of providing Restorative Services to our residents. Restorative Programs are now provided to each resident based upon their specific needs and desires. Residents are assessed by our Restorative Care Team and individualized programs are put in place to assist the resident to reach their highest level of functioning. The Restorative Programs are offered to residents on a daily basis based on their assessed needs.

Our Restorative Team includes:

- Restorative Nurse
- 2 full time Restorative Aides
- 2 part time Restorative Aides

If you have questions about restorative services being offered please speak with the Team Leader or the Restorative Care Staff.

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