

Douro Lodge Activities December 2021

· MONDAY ·	· TUESDAY ·	· WEDNESDAY ·	· THURSDAY ·	· FRIDAY ·	· SATURDAY ·	· SUNDAY ·
		Exercise to Music 1 Ball Games Manicures Singalong	Christmas Craft 2 Individual Activities	Stretches/Exercise 3 Manicures Bingo	Ball Games 4 Trivia	Songs of Praise 5 Games/puzzles
Exercise To Music 6 Balloon Tennis Gardening	Bingo 7 Individual Activities Arts and Craft	Exercise Darts 8 Manicures Ten Pin Bowling	Painting 9 Cupcake decorating Individual Activities	Exercise 10 Bingo	Ball Games 11 Individual Activities	Songs of Praise 12
Exercise Darts 13 Movie Afternoon	Bingo 14 Individual Activities Arts and Craft	12:00pm 15 Christmas Party	Painting 16 Ladies Afternoon	Stretches/Exercise 17 Manicures Bingo	Ball Games 18 Trivia	Songs of Praise 19 Games/puzzles
Exercises 20 Beanbag Twister Gardening Christmas Lights Outing	Bingo 21 Individual Activities Arts and Craft Christmas Lights Outing	Exercise to Music 22 Manicures Ten Pin Bowling Christmas Lights Outing	Craft 23 Mens' Afternoon Christmas Lights Outing	24 Stretches/Exercise Bingo	CHRISTMAS DAY 25 Ball Games Individual Activities	BOXING DAY 26 Songs of Praise
Exercise to Music 27 Movie Afternoon	Bingo 28 Individual Activities Arts and Craft	Exercise to Music 29 Manicures Singalong	New Year Craft 30 Ball Games	NEW YEARS EVE 31 Stretches/Exercise Bingo		

