

Life Enrichment –Dearborn			December 2025		
Monday	Tuesday	Wednesday	Thursday	Friday	
1 Avon 10:00 Hip Hop 10:30 <i>Spiritual Wellness/</i> 11:30 Chair Stretches 1:15 Calendar Review/855 edu 2:15 December Trivia	2 Fairlane 10:00 Hip Hop 10:30 <i>Spiritual Wellness/ Jewelry Lady</i> 11:30 Chair Stretches 1:15 Calendar Review/855 edu 2:15 December Trivia	3 Fairlane 10:00 Soft Rock 10:30 <i>Spiritual Wellness/ C and G Novelties</i> 11:30 Chair Stretches 1:15 DIY Slime 2:15 Deck The Center	4 10:00 Soft Rock 10:30 <i>Spiritual Wellness/</i> 11:30 Chair Stretches 1:15 Cardio Drumming 2:15 Bingo	5 10:00 Jazzy Time 10:30 <i>Spiritual Wellness/ MaryKay Lady</i> 11:30 Chair Stretches 1:15 DIY Slime 2:15 Bingo	
8 10:00 Jazzy Time 10:30 <i>Spiritual Wellness/ Hot Cocoa Bar</i> 11:30 Leg Day 1:15 Calendar Planning 2:15 Bingo	9 10:00 Country Hour 10:30 <i>Spiritual Wellness/ Hot Cocoa Bar</i> 11:30 Leg Day 1:15 Calendar Planning 2:15 Bingo	10 Westborn 10:00 Country Hour 10:30 <i>Spiritual Wellness/ Current Events</i> 11:30 Leg Day 1:15 Bingo 2:15 Mini Basketball	11 Westborn 10:00 Dear Abby 10:30 <i>Spiritual Wellness/ Current Events</i> 11:30 Leg Day 1:15 Velcro Darts 2:15 Mini Basketball	12 10:00 Dear Abby 10:30 <i>Spiritual Wellness/ Leggings Lady</i> 11:30 Leg Day 1:15 Jenga 2:15 Ball Pong	
15 10:00 R and B Smooth 10:30 <i>Spiritual Wellness/ Hanukah Trivia</i> 11:30 Upper Body Stretch 1:15 Bingo 2:15 IN2L Games	16 Avon 10:00 Disco 10:30 <i>Spiritual Wellness/ IN2L Games</i> 11:30 Upper Body Stretch 1:15 Stack the Plates and Cups 2:15 Bingo	17 10:00 Jazz Time 10:30 <i>Spiritual Wellness/ C and G Novelties</i> 11:30 Upper Body Stretch 1:15 Stack the Plates and Cups 2:15 Jenga	18 10:00 70's Disco 10:30 <i>Spiritual Wellness/ Horoscopes</i> 11:30 Upper Body Stretch 1:15 Monthly Birthday Party(M) 2:15 Bowling	19 10:00 80's Disco 10:30 <i>Spiritual Wellness/ Ugly Sweater Contest</i> 11:30 Upper Body Stretch 1:15 Monthly Birthday Party (IBK) 2:15 Holiday Crafts	
22 10:00 Gospel Hour 10:30 <i>Spiritual Wellness/ Horoscopes</i> 11:30 Core Workout 1:15 Holiday Crafts 2:15 Balloon Burst	23 10:00 Gospel Hour 10:30 <i>Spiritual Wellness/ Santa</i> 11:30 Core Workout 1:15 Holiday Party(C) 2:15 Balloon Burst	24 Christmas Eve 10:00 Holiday Music 10:30 <i>Spiritual Wellness/ Christmas Movie</i> 11:30 Core Workout 1:15 Holiday Party(S) 2:15 Christmas Trivia	25 	26 10:00 Kwanza Trivia 10:30 <i>Spiritual Wellness/ Kwanza Begins</i> 11:30 Core Workout 1:15 Christmas Movie 2:15 Popcorn	
29 10:00 Party Music 10:30 <i>Spiritual Wellness/ Kwanza</i> 11:30 Yoga 1:15 Plinko 2:15 Bingo	30 10:00 Party Music 10:30 <i>Spiritual Wellness/ Kwanza</i> 11:30 Yoga 1:15 Jenga 2:15 Bingo	31 10:00 NYE Trivia 10:30 <i>Spiritual Wellness/ Kwanza</i> 11:30 Yoga 1:15 NYE Celebration (M) 2:15 Countdown 2026			
			Call Pace after Hours 855-445-4554		