

Life Enrichment – Southfield Center

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Na'tl Rosa Parks Day 10:15 Music +Mingle 10:30 Calendar Review 11:00 Rosa Parks Video 11:45 Jingle Bell Workout 1:30 Deck the Center	2 10:15 Coffee+ Convo 10:30 Calendar Review 11:00 Holiday Traditions 11:45 Jingle Bell Workout 1:30 Deck the Center	3 Peppermint Bark D 10:15 Coffee+ Convo 10:30 Calendar Review 11:00 Taste P-Mint Bark 11:45 Jingle Bell Rock Out 1:30 Winter W. Craft	4 Red Lobster+Papzi 10:15 Music +Mingle 10:30 Songs By Request 11:00 Tree Decorating 11:45 Big Clap Exercise 1:30 Winter Wonderland Craft	5 Tai Chi W/Maryann 10:15 Music +Mingle 10:30 Songs By Request 11:00 Tree Decorating 11:45 Big Clap Exercise 1:30 Tai Chi
8 10:15 Coffee+ Convo 10:30 Songs By Request 11:00 Activity Planning 11:45 Holiday Papper race 1:30 Cookie decorating	9 Aaron 10:15 Coffee+ Convo 10:30 855-EDU 11:00 Hot Chocolate Bar 11:45 Big Clap Exercise 1:30 Ornament Crafts	10 Outback 10:15 Breakfast +Tones 10:30 855-EDU 11:00 Hot Chocolate Bar 11:45 Big Clap Exercise 1:30 Ornament Crafts	11 Jenny's Hair Salon 10:15 Breakfast +Tones 10:30 Participants Rights Edu 11:00 Activity Planning 11:45 Math Gym 1:30 Jumbo Balloon Exercise	12 Gingerbread + Avon 10:15 Breakfast +Tones 10:30 Participants Rights Edu 11:00 Taste of Gingerbread 11:45 Math Gym 1:30 Jumbo Balloon Exercise
15 Joy Of Chocolate 10:15 Music +Mingle 10:30 History of Hanukkah 11:00 Hanukkah Social 11:45 Deep Breath 1:30 Songs By Request	16 10:15 Coffee+ Convo 10:30 Movie 11:00 Tabletop Games 11:45 Math Gym 1:30 Jingle Bell Bingo	17 Jenny's HS+ Aaron 10:15 Breakfast +Tones 10:30 Songs By Request 11:00 Karaoke 11:45 Math Gym 1:30 Jingle Bell Bingo	18 Tai Chi W/Maryann 10:15 Breakfast +Tones 10:30 Songs By Request 11:00 Tabletop Games 11:45 Big Clap Exercise 1:30 Tai Chi	19 Deblon 10:15 Coffee+ Conversation 10:30 Morning Stretches 11:00 Ugly Sweater Contest 11:45 Big Clap Exercise 1:30 Deblon
22 Hands Of Grace 10:15 Coffee+ Convo 10:30 Carol Sing Along 11:00 PACE Angelic 11:45 Jingle Bell Workout 1:30 Seated Hustle	23 DJ Love + Santa 10:15 CozyConvo 10:30 Cookie Decorating 11:00 <i>Holiday Party</i> 11:45 Jingle Bell Workout 1:30 Dance N the Holiday	24 DJ Love + Santa 10:15 CozyConvo 10:30 Cookie Decorating 11:00 <i>Holiday Party</i> 11:45 Jingle Bell Workout 1:30 Dance N The Holida	25 <i>Closed</i> for <i>Christmas</i>	26 Cardio Drumming 10:15 Hot Drinks +Cozy Convo 10:30 Marian's African Appare 11:00 History Of Kwanzaa 11:45 Afro Beats Workout 1:00 Afro beat into the weekend
29 10:00 Music +Mingle 10:30 Song by Request 11:00 Talent Show 11:45 Talent Awards 1:30 Independent Leisure	30 10:00 Music +Mingle 10:30 Songs by Request 11:00 Talent Show 11:45 Talent Awards 1:30 Independent Leisure	31 NYE + Mike L 10:00 New Year News 10:30 NYE Worldwide 11:00 NYE Celebration 11:45 New Year Stretches 1:30 Countdown to 2026!	 <i>Happy Holidays</i>	

Life Enrichment Therapists
(Activities are subject to change)

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