

Life Enrichment – Sterling Heights

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Rosa Parks Day 10:00 Morning Gratitude 10:30 Chair Yoga 11:00 Tai Chi 11:30 Bio: Rosa Parks 1:00 Snowflake Making	2 Elderific Salon 10:00 Salon Sign-Up 10:30 Morning Stretches 10:45 Book Club /Bowling 11:30 Calendar Review 1:00 Snowflake Making	3 Polar Express Day 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Polar Express Movie 11:30 Calendar Review 1:00 Movie/ Euchre	4 Chinese Restaurant Outing 10:00 Music & Mingle 10:30 Movement to Music 10:45 Family Feud 11:30 Party with Henry 1:00 Dynamic Duo /Bingo	5 Walt Disney's Birthday 10:00 This Day in History 10:30 Movement to Disney Music 10:45 Bingo 11:30 Bio: Walt Disney 1:00 Disney Movie Trivia
8 AVON 10:00 Coffee & Conversation 10:30 Morning Stretches 10:45 Seafoam Art w/ Kim 11:30 855 Education 1:00 Paper Plate Snowman	9 Dollar Tree Outing 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Seafoam Art w/ Kim 11:30 Activity Planning 1:00 Paper Plate Snowman	10 10:00 Music & Mingle 10:30 Peaches & Greens 10:45 Family Feud 11:30 Activity Planning 1:00 Holiday Card Making	11 Kindness Day 10:00 This Day in History 10:30 Cornhole 10:45 Kindness Education 11:30 Give a Compliment 1:00 Holiday Card Making	12 Elderific Salon 10:00 Salon Sign-Up 10:30 Chair Yoga 10:45 Pokeno 11:30 Bio: Dick Van Dyke 1:00 The Dick Van Dyke Show
15 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Hanukkah Social 11:30 Learn about Hanukkah 1:00 Reindeer Cocoa Craft	16 10:00 Music of Beethoven 10:30 Movement to Music 11:00 Tai Chi 11:30 Bio: Beethoven 1:00 Reindeer Cocoa Craft	17 Dollar Tree Outing 10:00 This Day in History 10:30 Walk 'n' Roll 10:45 Holiday Coloring 11:30 Day Center Etiquette 1:00 Dynamic Duo/Euchre	18 AVON 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Ugly Sweater Contest 11:30 855 Education 1:00 Craft Cart	19 Pop-Up Shop 10:00 Coffee & Conversation 10:30 Morning Stretches 10:45 Xmas Carol Singalong 11:30 Ugly Sweater Contest 1:00 Craft Cart
22 10:00 Music & Mingle 10:30 Movement to Music 10:45 Bingo 11:30 Name That Xmas Tune 1:00 Cardio Drumming	23 10:00 This Day in History 10:30 Balloon Toss 11:00 Theo Spight 11:30 Holiday Raffle 1:00 Holiday Party	24 Christmas Eve 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Holiday Party 11:30 Holiday Raffle 1:00 Paul Ritchie /Bingo	Closed for Christmas	
29 Pajama Day 10:00 This Day in History 10:30 Basketball 10:45 Independent Leisure 11:30 January Outing Signup 1:00 Ornament Making	30 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 PACE Boutique 11:30 January Outing Signup 1:00 Ornament Making	31 New Year's Eve 10:00 Coffee & Conversation 10:30 Morning Stretches 10:45 NYE Celebration 11:30 New Years Resolutions 1:00 Amando/Euchre		
			Book Club: Tuesday, December 2nd Bible Study on Thursdays	

Life Enrichment Therapists

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