

Life Enrichment – Westland

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Welcome to December! 10:15 Monthly Gazette 10:45 Pom Pom Exercise 11:00 Trivia 1:00 Spiritual Wellness 1:30 Calendar Rev./Req.	2 Divine Cre8tions \$ 10:15 Coffee & Converse 10:45 Seated Stretches 11:00 Craft 1:00 Spiritual Wellness 1:30 Calendar Rev./Req.	3 Joy of Chocolate \$ 10:15 TV & Tunes 10:45 Chair Exercise 11:00 Velvet Art Ornament 1:00 Bible Study 1:30 Deck the Center	4 Olgas Outing \$ 10:15 Sip & Socialize 10:45 Fitness Fun 11:00 Independent Leisure 1:00 Bible Study 1:30 Bingo	5 Paparazzi Jewelry \$ 10:15 Talk & Tunes 10:45 Move & Groove 11:00 Jewelry Making 1:00 Spiritual Wellness 1:30 IN2L
8 PACE WST 1 Year Birthday! 10:15 Morning Music 10:45 Move & Groove 11:00 Birthday Bingo 1:00 Spiritual Wellness 1:30 Al Livingston Music	9 Dollar Store Outing \$ 10:15 Talk & Tunes 10:45 Pom Pom Exercise 11:00 Holiday Card Making 1:00 Spiritual Wellness 1:30 Hot Chocolate Bar	10 Avon \$ 10:15 Coffee & Converse 10:45 Seated Stretches 11:00 Snowflake Craft 1:00 Bible Study 1:30 Bingo	11 Mary Kay \$ 10:15 TV & Tunes 10:45 Chair Exercise 11:00 Cards/Board Games 1:00 Bible Study 1:30 Tim Flint Music	12 Divine Cre8tions \$ 10:15 Sip & Socialize 10:45 Friday Fitness 11:00 Raffle/ You Pick Leisure 1:00 Spiritual Wellness 1:30 Bingo
15 Wear Blue & White 10:15 Sip & Socialize 10:45 Fitness Fun 11:00 Hanukkah Social 1:00 Spiritual Wellness 1:30 Hanukkah Bingo	16 Joy of Chocolate \$ 10:15 Morning Music 10:45 Move & Groove 11:00 Manicures 1:00 Spiritual Wellness 1:30 Bingo	17 10:15 Talk & Tunes 10:45 Pom Pom Exercise 11:00 Manicures 1:00 Bible Study 1:30 IN2L	18 Grinch Day/PJ Day! 10:15 Coffee & Converse 10:45 Seated Stretches 11:00 Grinch Craft 1:00 Bible Study 1:30 Grinch Movie	19 Ugly Sweater Day! Sweet Fruit \$ 10:15 TV & Tunes 10:45 Chair Exercise 11:00 Ugly Sweater Craft 1:00 Spiritual Wellness 1:30 Uno Hour
22 10:15 TV & Tunes 10:45 Chair Exercise 11:00 Cookie Decorating 1:00 Spiritual Wellness 1:30 Christmas Karaoke	23 Avon \$ 10:15 Sip & Socialize 10:45 Santa Stretches 11:00 Pictures w/ Santa 1:00 Spiritual Wellness 1:30 Holiday Party	24 Christmas Eve! 10:15 Christmas Music 10:45 Elf Exercise 11:00 Holiday Party 1:00 Bible Study 1:30 Bingo	25 	26 Wear Red, Black, Green 10:15 Coffee & Converse 10:45 Seated Stretches 11:00 Kwanzaa Begins 1:00 Spiritual Wellness 1:30 Bingo
29 10:15 Talk & Tunes 10:45 Seated Stretches 11:00 Craft 1:00 Spiritual Wellness 1:30 IN2L	30 10:15 TV & Tunes 10:45 Chair Exercise 11:00 You Pick Leisure 1:00 Spiritual Wellness 1:30 Nutrition Edu. w/ Emily	31 New Year's Eve! 10:00 Sip & Socialize 10:45 Sparkle & Sweat Exercise 11:00 NYE Celebration 1:00 Bible Study 1:30 Countdown to 2026!		

Life Enrichment Therapist: Julia Gaglio, CTRS (313) 500-2032
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activities are subject to change