Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 Morning Mediation on TV in DR [MC]	8:30 Morning Mediation on TV in DR [MC]	8:30 Morning Mediation on TV in DR [MC]	Dress Up Day Holiday 4 Theme! 8:30 Morning	8:30 Morning Mediation on TV in DR [MC]	Stop by the front desk to grab a candy cane! 8:30 Morning	8:30 Morning Mediation on TV in DR [MC]
9:00 Hallmark Movie on TV in GR [MC]	9:00 Residents Lead Rosary [CH]	9:00 Rosary [CH] 9:30 Catholic Mass [CH]	Mediation on TV in DR [MC] 9:00 Residents Lead	9:30 Weight Exercise [WR] 10:15 Quarter Bingo [GR]	Mediation on TV in DR [MC] 9:00 Residents Lead	9:00 Hallmark Movie on TV in GR [MC]
10:00 Vocational Stations/Tidy Up Chores [MC]	10:15 Prize Bingo [GR] 11:00 Music Sing Along &	10:00 Coffee Fellowship [GR] 10:30 Weight Exercise	Rosary [CH] 10:15 Exercise [GR]	11:00 Music Sing Along & Chair Dancing in DR	Rosary [CH] 10:30 Exercise [WR]	9:15 Exercise [WR] 10:00 Quarter Bingo [GR]
11:00 Journal & Coloring Club with Staff [MC]	Chair Dancing in DR [MC] 12:00 Oshibori [MC]	[WR] 11:00 Music Sing Along &	11:00 Music Sing Along & Chair Dancing in DR [MC]	[MC] 12:00 Oshibori [MC]	11:00 Music Sing Along & Chair Dancing in DR [MC]	11:00 Journal & Coloring Club with Staff [M
12:00 Oshibori [MC] 1:30 Sue Kliber Holiday Show! [DR]	1:30 Decorate Trees at Highland! [GR]	Chair Dancing in DR [MC] 12:00 Oshibori [MC]	12:00 Oshibori [MC] 1:00 Coloring Club with	1:00 Robin Thull Music [MC] 2:30 Outing to Fishing	12:00 Oshibori [MC] 1:30 As Good as It Gets	12:00 Oshibori [MC] 12:45 Movie Time with I 2hr (Pretty Woma
2:30 Catholic Mass on TV In Your Apartments (CH	2:00 Looking at Baking & Cooking Recipes with nursing staff [MC]	1:00 Relaxation Time [MC] 2:00 Foam Hockey [GR]	Nursing Staff [MC] 2:00 Decorate Trees at Highland! [GR]	Museum [LB] 3:30 Pastor Mark Johnson Faith Lutheran Chapel	Jubilee with Treats & Coffee [DR] 3:15 Happy Hour	[MC] 3:30 Music Sing Along DR [MC]
180) 3:30 Music Sing Along in DR [MC]	3:30 Exercise [WR] 4:00 Hallmark Movies [MC]	3:00 Decorate Trees at Highland! [GR] 4:00 Hallmark Movies	3:15 Treat Bingo [GR] 4:00 Hallmark Movies [MC]	Service [CH] 4:00 Hallmark Movies [MC]	(3:15-4:15) [GR] 4:00 Hallmark Movies [MC]	4:30 Stretch with Nursing Staff [MC 5:00 Oshibori [MC]
1:30 Stretch with Nursing Staff [MC]	5:00 Oshibori [MC] 6:00 Trivia in GR with	[MC] 5:00 Oshibori [MC]	5:00 Oshibori [MC] 6:00 Trivia in GR with	5:00 Oshibori [MC] 6:00 Trivia in GR with	5:00 Oshibori [MC] 6:00 Book Club with Lil	6:00 Trivia in GR with Nursing Staff [MC
5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with	Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	[MC] 7:00 Evening Snack with Staff in DR [MC]	7:00 Evening Snack wit Staff in DR [MC]
Staff in DR [MC]	8:30 Morning Q	8:30 Morning 10	Dress Up Day 11	8:30 Morning 12	8:30 Morning 13	8:30 Morning 1
Mediation on TV in DR [MC] 9:00 Hallmark	Mediation on TV in DR [MC] 9:00 Residents Lead	Mediation on TV in DR [MC] 9:00 Rosary [CH]	Holiday Theme! 8:30 Morning Mediation	Mediation on TV in DR [MC] 9:30 Weight	Mediation on TV in DR [MC]	Mediation on TV in DR [MC] 9:00 Hallmark
Movie on TV in GR [MC] 10:00 Vocational	Rosary [CH] 10:15 Exercise [WR]	9:30 Catholic Mass [CH] 10:00 Coffee Fellowship	on TV in DR [MC] 9:00 Residents Lead	Exercise [WR] 10:15 Quarter Bingo [GR]	9:00 Residents Lead Rosary [CH]	Movie on TV in GR [MC] 9:15 Exercise [WR]
Stations/Tidy Up Chores [MC]	11:00 Music Sing Along & Chair Dancing in DR [MC]	[GR] 10:30 Weight Exercise [WR]	Rosary [CH] 9:30 Exercise [WR]	11:00 Music Sing Along & Chair Dancing in DR [MC]	10:15 Exercise [WR] 11:00 Outing to Great River Arts for Adult	10:00 Prize Bingo [GR] 11:00 Journal & Coloring
1:00 Journal & Coloring Club with Staff [MC] 2:00 Oshibori [MC]	12:00 Oshibori [MC] 1:00 Bowling [MC]	11:00 Music Sing Along & Chair Dancing in DR [MC]	10:15 Treat Bingo [GR] 11:00 Music Sing Along & Chair Dancing in	12:00 Oshibori [MC] 1:00 Relaxation Time [MC]	Journaling Club [LB] 11:00 Music Sing Along &	Club with Staff [N 12:00 Oshibori [MC]
2:30 Catholic Mass on TV In Your Apartments (CH	2:00 Nail Care [GR] 3:00 Prize Bingo [GR]	12:00 Oshibori [MC] 1:00 Relaxation Time	DR [MC] 12:00 Oshibori [MC]	2:00 Book Club with Lil [MC]	Chair Dancing in DR [MC] 12:00 Oshibori [MC]	1:00 Shut The Box [MC 3:30 Music Sing Along DR [MC]
180) 3:30 Music Sing Along in	4:00 Hallmark Movies [MC] 5:00 Oshibori [MC]	[MC] 2:00 Foam Hockey [GR]	1:00 Coloring Club with Nursing Staff [MC] 2:00 Relaxation Time	3:30 Chapel Service [CH] 4:00 Hallmark Movies	1:30 Happy Hour (1:30-2:30pm) [GR]	4:00 Hallmark Movies [MC]
DR [MC] 4:30 Stretch with Nursing Staff [MC]	6:00 Alan Godage Music [MC]	3:00 American Says Game [CS] 4:00 Hallmark Movies	[MC] 3:15 Golf [GR]	[MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with	3:00 Relaxation Time [MC] 4:00 Hallmark Movies	4:30 Stretch with Nursing Staff [MC 5:00 Oshibori [MC]
5:00 Oshibori [MC] 6:00 Trivia in GR with	7:00 Evening Snack with Staff in DR [MC]	[MC] 5:00 Oshibori [MC]	4:00 Hallmark Movies [MC]	Nursing Staff [MC] 7:00 Evening Snack with	[MC] 5:00 Oshibori [MC]	6:00 Trivia in GR with Nursing Staff [MC
Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]		5:55 Movie time with Lil: 2hr (Wonder) [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	Staff in DR [MC]	6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	7:00 Evening Snack wi Staff in DR [MC]
Morning Mediation on TV in DR [MC]	8:30 Morning 16 Mediation on TV in DR [MC]	8:30 Morning 17 Mediation on TV in DR [MC]	Dress Up Day: Holiday Theme! 8:30 Morning	8:30 Morning 19 Mediation on TV in DR	8:30 Morning Mediation on TV in DR [MC]	8:30 Morning 2 Mediation on TV in DR [MC]
0:00 Hallmark Movie on TV in GR [MC]	9:00 Residents Lead Rosary [CH]	9:00 Rosary [CH] 9:30 Catholic Mass [CH]	Mediation on TV in DR [MC]	[MC] 9:30 Weight Exercise	9:00 Residents Lead Rosary [CH]	9:00 Hallmark Movie on TV in GR [MC]
0:00 Vocational Stations/Tidy Up Chores [MC]	10:15 Exercise [WR] 11:00 Music Sing Along &	10:00 Coffee Fellowship [GR] 10:30 Weight Exercise	9:00 Residents Lead Rosary [CH]	[WR] 10:15 Quarter Bingo [GR]	10:30 Exercise [WR] 11:00 Music Sing Along &	9:15 Exercise [WR] 10:00 Quarter Bingo [GF
1:00 Journal & Coloring Club with Staff [MC]	Chair Dancing in DR [MC] 12:00 Oshibori [MC]	[WR] 11:00 Music Sing Along & Chair Dancing in DR	10:15 Exercise [GR] 11:00 Music Sing Along & Chair Dancing in	11:00 Music Sing Along & Chair Dancing in DR [MC]	Chair Dancing in DR [MC] 12:00 Oshibori [MC]	11:00 Journal & Colorin Club with Staff [N 12:00 Oshibori [MC]
2:00 Oshibori [MC] 2:30 Catholic Mass on TV In Your	1:00 Bowling [MC] 2:00 Arm & Hand	[MC] 12:00 Oshibori [MC]	DR [MC] 12:00 Oshibori [MC]	12:00 Oshibori [MC] 1:00 Ping Pong Shoot in the Bucket [GR]	1:00 Vote For Door Decoration! [GR]	12:45 Movie Time with 1hr & 37min (Elf)
Apartments (CH 180)	Massages [GR] 3:00 Prize Bingo [GR]	1:00 Relaxation Time [MC]	1:00 Coloring Club with Nursing Staff [MC] 1:30 Jim Olson Music	2:00 Highland Open House: Pictures	2:00 Happy Hour (2-3) [GR] 3:00 Mystery Auction	[MC] 3:30 Music Sing Along DR [MC]
H:30 Music Sing Along in DR [MC] H:00 Hallmark Movies	4:00 Hallmark Movies [MC] 5:00 Oshibori [MC]	2:00 Linked Senior with Nursing Staff [MC] 3:00 Nail Care [MC]	[MC] 3:15 Treat Bingo [GR]	with Santa, Cocoa, & Cookies! [GR] 4:00 Hallmark Movies	with Prizes [GR] 4:00 Pizza Party & Pop!	4:00 Hallmark Movies [MC]
[MC] I:30 Stretch with Nursing Staff [MC]	6:00 Trivia in GR with Nursing Staff [MC]	4:00 Hallmark Movies [MC]	4:00 Hallmark Movies [MC] 5:00 Oshibori [MC]	[MC] 5:00 Oshibori [MC]	[GR] 4:00 Hallmark Movies [MC]	4:30 Stretch with Nursing Staff [MC]
i:00 Oshibori [MC]	7:00 Evening Snack with Staff in DR [MC]	5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC]	6:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC]	6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with	5:00 Oshibori [MC] 6:00 Trivia in GR with	6:00 Osnibori [MC] 6:00 Trivia in GR with Nursing Staff [MC]
Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]		7:00 Evening Snack with Staff in DR [MC]	6:30 Faith Lutheran Church Caroling [GR]	Staff in DR [MC]	Nursing Staff [MC] 6:00 Book Club with Lil [MC]	7:00 Evening Snack wi Staff in DR [MC]
Stati III DK [NIC]			7:00 Evening Snack with Staff in DR [MC]		7:00 Evening Snack with Staff in DR [MC]	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Morning Mediation on TV in DR [MC] 9:00 Hallmark Movie on TV in GR [MC] 10:00 Vocational Stations/Tidy Up Chores [MC] 11:00 Journal & Coloring Club with Staff [MC] 12:00 Oshibori [MC] 2:30 Catholic Mass on TV In Your Apartments (CH 180) 3:30 Music Sing Along in DR [MC] 4:00 Hallmark Movies [MC] 4:00 Stretch with Nursing Staff [MC] 5:00 Oshibori [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	Residents Resi	Christmas Eve 24 8:30 Morning Mediation on TV in DR [MC] 9:00 Rosary [CH] 9:30 Catholic Mass [CH] 10:00 Coffee Fellowship [GR] 10:30 Weight Exercise [WR] 11:00 Music Sing Along & Chair Dancing in DR [MC] 12:00 Oshibori [MC] 1:00 Foam Hockey [GR] 2:00 Nail Care [GR] 3:00 Holiday Recipe Reminiscing [GR] 4:00 Hallmark Movies [MC] 5:00 Oshibori [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	Great Room Reserved 12-3pm Dress Up Day: Holiday Theme! Christmas Day 8:30 Morning Mediation on TV in DR [MC] 9:15 Holiday Reminiscing [CS] 10:00 Holiday Treat Bingo [GR] 11:00 Music Sing Along & Chair Dancing in DR [MC] 12:00 Oshibori [MC] 1:00 Holiday Movie: 1hr & 38min (Christmas with The Kranks!) [MC] 3:00 Relaxation Time [MC] 4:00 Hallmark Movies [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	8:30 Morning Mediation on TV in DR [MC] 9:30 Weight Exercise [WR] 10:00 Gary Gylsen Music [MC] 11:00 Music Sing Along & Chair Dancing in DR [MC] 12:00 Oshibori [MC] 1:00 Relaxation Time [MC] 2:15 Quarter Bingo [GR] 3:30 Bible Study with Lil [CH] 4:00 Hallmark Movies [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	8:30 Morning Mediation on TV in DR [MC] 9:00 Residents Lead Rosary [CH] 10:30 Exercise [WR] 11:00 Music Sing Along & Chair Dancing in DR [MC] 12:00 Oshibori [MC] 1:00 Music, Dancing, & Karaoke [GR] 2:00 Happy Hour (2-3) [GR] 4:00 Hallmark Movies [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	8:30 Morning Mediation on TV in DR [MC] 9:00 Hallmark Movie on TV in GR [MC] 9:30 Prize Bingo [GR] 11:00 Journal & Coloring Club with Staff [MC] 12:00 Oshibori [MC] 1:00 Shut The Box [MC] 3:30 Music Sing Along in DR [MC] 4:00 Hallmark Movies [MC] 4:30 Stretch with Nursing Staff [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]
8:30 Morning Mediation on TV in DR [MC] 9:00 Hallmark Movie on TV in GR [MC] 10:00 Vocational Stations/Tidy Up Chores [MC] 11:00 Journal & Coloring Club with Staff [MC] 12:00 Oshibori [MC] 2:30 Catholic Mass on TV in Your Apartments (CH 180) 3:30 Music Sing Along in DR [MC] 4:00 Hallmark Movies [MC] 4:30 Stretch with Nursing Staff [MC] 5:00 Oshibori [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	8:30 Morning Mediation on TV in DR [MC] 9:00 Residents Lead Rosary [CH] 10:15 Exercise [WR] 11:00 Music Sing Along & Chair Dancing in DR [MC] 12:00 Oshibori [MC] 13:00 Prize Bingo [GR] 4:00 Hallmark Movies [MC] 5:00 Oshibori [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	New Year's Eve 31 8:30 Morning Mediation on TV in DR [MC] 9:00 Rosary [CH] 9:30 Catholic Mass [CH] 10:00 Coffee Fellowship [GR] 10:30 Weight Exercise [WR] 11:00 Music Sing Along & Chair Dancing in DR [MC] 12:00 Oshibori [MC] 1:00 Birthday celebration with cake & coffee! [GR] 2:00 Foam Hockey [GR] 3:00 Nail Care [GR] 4:00 Hallmark Movies [MC] 5:00 Oshibori [MC] 5:00 Oshibori [MC] 5:55 Movie time with Lii: 1hr & 36min (Miracle on 34th Street) [MC] 6:00 Trivia in GR with Nursing Staff [MC] 7:00 Evening Snack with Staff in DR [MC]	Highland SENIOR LIVING A Linguist Community	CH Chapel CS Coffee Shop DR Dinning Room GR Great Room LB Lobby MC Memory Care WR Wellness Room	Happy Birthday to 12/31 Daniel Chock	