



December 2023

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To contact Activities: 519-271-4090 ext. 2227 activity@sprucelodge.on.ca * Programs may change* 	Contact Activities if interested in Outings or the Woman's & Men's Sign-Up Meals 				10:30 Word Games 1 11:30 Tone Chime's 2:00 Balloon Volleyball 3:00 Café Social	10:30 Fun & Fitness 2 2:00 Bingo 3:00 Café Social
10:00 Sunday Devotion Group 3 2:00 Music with Mike Ryan	10:30 News and Events 4 2:00 Sing-a-Long with Karen 2:00 Manicure Cart 6:30 2 Gals & a Guitar	10:30 Fun & Fitness 5 11:00 Men's Music 2:00 Bingo 3:00 Café Social 5:30 Woman's Sign-Up Meal	9:30 Indoor Gardening 6 10:30 Adv. Exercise 11:15 Women's Music 2:00 Music with Keys&Strings	11:00 Church Service 7 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle	10:30 Christmas Craft 8 11:30 Tone Chime's 2:00 Christmas Music Bingo 3:00 Café Social	10:30 Fun & Fitness 9 2:00 Bingo 3:00 Café Social
10:00 Christmas Crafts 10 2:00 History Of Christmas 3:00 Cafe Social	10:30 DROM 11 10:30 Christmas Card Writing 2:00 Sing-a-Long with Karen	10:30 Fun & Fitness 12 11:00 Men's Music 2:00 Bingo 6:15 Christmas Light Tour	9:40 Mall Outing 13 10:30 RC Mass 11:15 Church Service 2:00 Carpet Bowling 3:00 Christmas Caroling Café	10:30 Scrapbooking 14 2:00 Bingo 3:00 Café Social 5:30 Men's sign-up meal	PJ Day 15 10:30 Adv. Exercise 11:30 Tone Chime's 2:00 Music: Then and Now Duo 3:00 Café Social	10:30 Trivia Fun 16 2:00 Bingo 3:30 Caroling Café Social
10:00 Sunday Devotion Group 17 2:00 Christmas Baking 3:00 Cafe Social	10:30 Drum Circle 18 10:30 News&Events 2:00 Manicure Cart 2:00 Music with Karen and Ruth	10:30 Fun & Fitness 19 11:00 Men's Music 2:00 Bingo 6:30 Women's Christmas Tea	Hockey Jersey Day 20 9:30 Plant Care 10:30 Adv. Exercise 2:00 Hockey Game 3:00 Café Social	11:00 Church Service 21 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle	XMAS Sweater Day 22 10:30 S.L Christmas Concert 2:00 Music:Gerry Cutting	10:30 Fun & Fitness 23 2:00 Christmas Prize Bingo 3:00 Café Social
10:30 Christmas Eve Social With Singing Santa 11:00 Egnog & Hot Chocolate Café	Christmas Day 25 	Boxing Day 26 	10:30 Ad. Exercise 27 10:30 Manicures 2:00 Word Games 3:00 Café Social 6:30 News &Events	10:30 Fun & Fitness 28 2:00 Bingo 3:00 Café Social 6:30 Just for Fun Band	Wear Plaid Day 29 10:30 Soup Making 2:00 Movie Afternoon 3:00 Café Social	10:30 Fun & Fitness 30 2:00 Bingo 3:00 Café Social
10:30 Word Games 31 2:00 New Years Party with Conn Smyth						