


December 2011		Flower: Gladiolus	Birthstone:Sardonyx	Color:Orange & Red	Adult Day Healthcare Program
Monday			Thursday	Friday	
	Council On Aging Of Nassau's		Egg Nog Day 1	Wreath Day 2	
	Adult Day Healthcare Program Nassau County Council On Aging 1367 S 18th Street Fernandina Beach, Florida 32034 904-261-0701 ext: 113 Debra Dombkowski	Center Will Be Closed On Monday January 2nd 2012 in Observance Of The New Year Holiday. Calendar Subject To Change	Coffee & Social time Living Room / Garden Time Bingo Chair exercises- strengthening Lunch & Rest Spelling Bee/Short Stories Reminiscing / Discussion Time	Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- Dance Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	
Christmas Cookies 5	Frank Sinatra 6	Candy Cane 7	Rudolph 8	Christmas Card Day 9	
Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercise- Balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercises- stretching Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden time Chair Exercise- balance Craft Time Lunch & Rest Table Games Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Bingo Chair exercises- strengthening Lunch & Rest Family Feud Game Reminiscing / Discussion Time	Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- Dance Lunch & Rest Poetry/ Short Stories Reminiscing / Discussion Time	
Holiday Celebration 12	Gingerbread 13	Christmas Tree 14	Holiday Ritz Tour 15	Natl. Maple Syrup Day 16	
Santa & Children Visit Living Room / Garden Time Holiday Celebration for All- Chair Exercises- balance Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Art Project Chair Exercise- stretching Lunch & Rest Nail Salon/ Cut Coupons Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden time Chair Exercise- balance Craft Time Lunch & Rest Talble Games Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Outing ~ Ritz Carlton Holiday Tour Lunch & Rest No ADHC if not attending trip Reminiscing / Discussion Time	Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- strenghtening Lunch & Rest Spelling Bee/ Short Stories Reminiscing / Discussion Time	
Fruitcake 19	Callahan Holiday Party 20	Piano/Singing Concert 21	ADHC Holiday Party 22	Holiday Closed 23	
Coffee & Social Time Living Room / Garden Time Chair Exercises- balance Craft Time Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	Trip To Callahan Allied Veterans Holiday Party NO ADHC SERVICES @ COA TODAY~	Coffee & Social Time Living Room / Garden time Ms Shay's Piano Concert Chair Exercises- Dance Lunch & Rest Holiday Poetry Together Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Holiday Bingo Chair Exercise-Stretching Lunch & Rest Holiday Party Games Reminiscing / Discussion Time		
Holiday Closed 26	Winter Fairy Fun Day 27	Rita Hayworth 28	Bowling Ball (1862) 29	New Years Traditions 30	
	Coffee & Social Time Living Room / Garden time Bluegrass Band Art Project Lunch & Rest Nail Salon/ Cut Coupons Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Craft Time Chair Exercises- stretching Lunch & Rest Table Games Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time End of the Year BINGO Chair Exercises- Dance Lunch & Rest Holiday Poetry Reminiscing / Discussion Time	Coffee & Social Time Living Room/Garden Time New Years Celebration Craft Time Lunch & Rest Black Board Art Together Reminiscing/Discussion Time	