


DECEMBER 2020

2nd FloorfloLBHH Programs & Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:00 Wake Up to Music B 1:30 Trivia B 1:30 Google Club FL</p>	<p>2</p> <p>10:00 Cup of Conversation B 1:30 Creative Exploration B</p>	<p>3</p> <p>8:15 Israeli Breakfast B 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B</p>	<p>4</p> <p>10:00 Challah & Poetry B 10:00 Montessori Mixer FL 1:30 Fiber Arts B 3:00 Men's Club B</p> <p>Light candles at 3:57 PM</p>	<p>5</p> <p>Shabbat Shalom This Week's parsha is Vayishlach</p> <p>Shabbat ends at 4:59 PM</p>
<p>6</p> <p>9:00 Coffee & Conversation B 9:30 - 11:15 Trivia B</p>	<p>9</p> <p>10:00 Coffee & Trivia B 1:30 The Purlers B 2:30 Trivia B</p>	<p>10</p> <p>10:00 Wake Up to Music B 1:30 Trivia B 1:30 Google Club FL</p>	<p>11</p> <p>10:00 Cup of Conversation B 1:30 Creative Exploration B</p>	<p>Chanukah begins tonight Light 1 candle at 4:53 PM</p> <p>10</p> <p>1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B</p>	<p>CHANUKAH Light 2 candles before the Shabbat candles</p> <p>12</p> <p>10:00 Challah & Poetry B 10:00 Montessori Mixer FL 1:30 Fiber Arts B 3:00 Men's Club B</p> <p>Light candles at 3:56 PM</p>	<p>CHANUKAH Light 3 candles at 4:58 PM</p> <p>12</p> <p>Shabbat Shalom This Week's Parsha is Vayeishev Blessing of New Month</p> <p>Shabbat ends at 4:58PM</p>
<p>CHANUKAH Light 4 candles at 4:53 PM</p> <p>13</p> <p>9:00 Coffee & Conversation B 9:30 - 11:15 Trivia B</p>	<p>CHANUKAH Light 5 candles at 4:53 PM</p> <p>14</p> <p>10:00 Coffee & Trivia B 1:30 Jewish Baking B 2:30 Trivia B</p>	<p>CHANUKAH Light 6 candles at 4:53 PM</p> <p>15</p> <p>10:00 Wake Up to Music B 1:30 Trivia B 1:30 Google Club FL</p>	<p>CHANUKAH Light 7 candles at 4:53 PM</p> <p>16</p> <p>10:00 Cup of Conversation B 1:30 Creative Exploration B</p>	<p>CHANUKAH Last day of the holiday Light 8 candles at 4:53 PM</p> <p>17</p> <p>8:15 Israeli Breakfast B 10:00 Story Telling B 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B</p>	<p>18</p> <p>10:00 Challah & Poetry B 10:00 Montessori Mixer FL 1:30 Fiber Arts B 3:00 Men's Club B</p> <p>Light candles at 3:57 PM</p>	<p>19</p> <p>Shabbat Shalom This week's Parsha is Mikeitz</p> <p>Light candles 5:00PM</p>
<p>20</p> <p>9:00 Coffee & Conversation B 9:30 - 11:15 Trivia B</p>	<p>21</p> <p>10:00 Coffee & Trivia B 1:30 The Purlers B 2:30 Trivia B</p>	<p>22</p> <p>10:00 Wake Up to Music B 1:30 Trivia B 1:30 Google Club FL</p>	<p>23</p> <p>10:00 Cup of Conversation B 1:30 Creative Exploration B</p>	<p>24</p> <p>10:00 Story Telling B 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B</p>	<p>25</p> <p><i>Christmas Day Statutory Holiday</i></p> <p>Light candles at 4:01 PM</p>	<p>26</p> <p>Shabbat Shalom This week's Parsha is Vayigash <i>Boxing Day</i></p> <p>Shabbat ends at 5:01 PM</p>
<p>27</p> <p>9:00 Coffee & Conversation B 9:30 - 11:15 Trivia B</p>	<p>28</p> <p><i>Boxing Day Statutory Holiday is Observed today</i></p>	<p>29</p> <p>1:30 Trivia B 1:30 Google Club FL</p>	<p>30</p> <p>10:00 Cup of Conversation B</p>	<p>31</p> <p>8:15 Israeli Breakfast B 10:00 Story Telling B 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>PLEASE NOTE: Please refer to the daily schedules as programs are subject to change To support physical distancing in programs during COVID-19, group size and participant numbers will be limited. *Room size will determine the number of allowable participants and signage will be posted to indicate</p> </div>	

DECEMBER 2020

Rehab Programs at the LBHH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL</p>	<p>2</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>3</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL</p>	<p>4</p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B</p>	<p>5</p>
6	<p>7</p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining (B) 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining</p>	<p>8</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl</p>	<p>9</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>10</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program</p>	<p>11</p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p>12</p>
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27	<p>28</p> <p>Rehab is Closed today Boxing Day Statutory holiday observed</p>	<p>29</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining B</p>	<p>30</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>31</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program</p>	