

Chedoke Falls Program

Facilitators:

Afredita and Catherine:



Full-Time

Ana: Part-Time

Ohaisha: Casual

Chedoke Falls
December 2025
Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>8:15 Friendly Visits (2nd) 7 8:30 Tidy Up (AL) 9:45 Busy Hands (LOUN) 9:45 Hymn Sing (LOUN) 10:30 Spiritual Eldercare (2nd) 11:30 Meal Prep (AL) 1:30 Baking Rice Krispies & Cookies (BAR) 4:30 Meal Prep (RR) 6:15 Drum Circle (AL)</div>	<div>8:00 Calendar Posting (AF) 1 9:30 Exercise under 65 (MDR) 10:00 Active Games - Centrecise (LOUN) 10:45 Busy Hands Club (AL) 11:30 Meal Prep (AL) 2:00 Christmas Party (1&2) (MDR) 4:30 Meal Prep (RR) 6:15 Friendly Visits (2nd) 6:45 Craft Night (4th)</div>	<div>8:15 Friendly Visits (2nd) 2 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (AL) 12:45 Pet Therapy with Brisket (RR) 2:00 Bingo (DR) 3:30 Beauty Club (AL) 4:30 Meal Prep (RR) 6:30 Birthday Party J.H (AL)</div>	<div>8:15 Friendly Visits (2nd) 3 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Ball/Balloon Toss (AL) 10:30 Coffee Talk (AL) 11:30 Meal Prep (AL) 1:00 Friendly Visits (RR) 2:00 Karaoke (AL) 3:30 Word Games (AL) 4:30 Meal Prep (RR) 6:15 Friendly Visits (2nd) 6:30 Colouring Group (AL)</div>	<div>8:00 Birthday Breakfast (BAR) 4 9:30 Exercise under 65 (MDR) 9:45 Active Games/Exercise (2nd) 10:30 Dundurn Choir Practice (ARDR) 12:00 Dundurn Angels (AF) 1:30 Pet Therapy with Teddy (RR) 3:00 Trivia (LOUN) 4:30 Meal Prep (RR) 6:30 Bingo (MDR)</div>	<div>8:15 Friendly Visits (2nd) 5 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Creating Santas Village (MDR) 11:30 Meal Prep (AL) 1:15 Pet Therapy w Brisket (2nd) 2:00 Laughter Yoga with Kathryn (AL) 3:30 Sing-a-long (AL) 4:30 Meal Prep (RR) 6:00 Friendly Visits (RR) 6:30 Paint Night (AL)</div>	<div>8:00 Breadmaking (ARDR) 6 8:45 Tidy Up (AL) 9:30 Christmas Worship Songs (2nd) 10:30 Reminisce Group=Christmas (LOUN) 11:30 Meal Prep (AL) 1:00 Friendly Visits (RR) 2:00 Bingo (MDR) 4:30 Meal Prep (RR) 6:15 Dance Through Joy (AL)</div>
<div>8:15 Friendly Visits (2nd) 7 8:30 Tidy Up (AL) 9:45 Busy Hands (LOUN) 9:45 Hymn Sing (LOUN) 10:30 Spiritual Eldercare (2nd) 11:30 Meal Prep (AL) 1:30 Baking Rice Krispies & Cookies (BAR) 4:30 Meal Prep (RR) 6:15 Drum Circle (AL)</div>	<div>8:15 Friendly Visits (2nd) 8 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Active Games - Centrecise (LOUN) 10:30 Christmas Carols (AL) 11:30 Meal Prep (AL) 1:00 Outing to Walmart (out) 1:15 Music Therapy with Jon (AL) 2:15 Creating Santas Village (MDR) 6:15 Trivia (LOUN)</div>	<div>8:15 Friendly Visits (2nd) 9 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (AL) 12:45 Pet Therapy with Brisket (RR) 2:00 Bingo (DR) 3:45 Beauty Club (AL) 4:30 Meal Prep (RR) 6:30 Christmas Photoshoot (AL) 7:30 Tidy-Up (ff)</div>	<div>8:15 Friendly Visits (2nd) 10 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Ball/Balloon Toss (AL) 10:30 Coffee Talk (AL) 11:30 Meal Prep (AL) 1:00 Pet Visits with Teddy (RR) 2:00 Karaoke (AL) 3:30 Active Games (AL) 4:30 Meal Prep (RR) 6:30 Gingerbread Cookies (MDR)</div>	<div><i>Blue & White (Snow Theme)</i> 11 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Praise &Worship Choir (AL) 12:00 Dundurn Angels (AF) 2:00 Calendar Program Planning (AL) 3:30 Drum Circle (AL) 4:30 Meal Prep (RR) 6:30 Bingo (MDR)</div>	<div><i>Candy Cane Theme</i> 12 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Active Games (AL) 10:30 Fruit/Veggies/Smoothie Prep (AL) 11:30 Meal Prep (AL) 1:15 Pet Therapy w Brisket (2nd) 2:30 Hot Chocolate Cart/Candy Canes (2nd) 4:00 Sing-a-long (AL) 4:30 Meal Prep (RR) 6:15 Word Games (AL)</div>	<div><i>Xmas Headband/Hat Day</i> 13 8:15 Friendly Visits (2nd) 8:30 Breadmaking (AL) 10:30 Aroma Reminiscing (AL) 11:30 Meal Prep (AL) 1:00 Friendly Visits (RR) 2:00 Bingo (MDR) 3:30 Short Stories (LOUN) 4:30 Meal Prep (RR)</div> 
<div><i>Make an Ornament day</i> 14 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 10:00 Making Ornaments (MDR) 11:30 Meal Prep (AL) 1:30 Zumba with Rainier (MDR) 4:30 Meal Prep (RR) 6:15 Discussion Group (2nd)</div>	<div><i>Red & Green Day</i> 15 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Active Games - Centrecise (LOUN) 10:30 Fruit/Veggies/Smoothie Prep (AL) 11:30 Meal Prep (AL) 1:15 Music Therapy with Jon (AL) 2:30 Cozy Conversations (AL)</div>	<div><i>Reindeer Day</i> 16 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (AL) 1:00 Outing to Eastgate Mall (out) 2:00 Bingo (DR) 3:45 Beauty Club (AL) 6:15 Christmas Movie (LOUN)</div>	<div><i>Ugly Sweater Day</i> 17 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Dundurn Choir Rehearsal (AL) 11:30 Meal Prep (AL) 2:00 Dundurn Choir Christmas Show (MDR) 5:00 Take-Out Night (AL) 6:30 Badminton (AL) 7:30 Tidy-Up (ff)</div>	<div><i>Festive Day</i> 18 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:30 Pet Visits with Brisket (2nd) 10:45 Christmas Music (AL) 12:00 Dundurn Angels (AF) 2:30 Bingo (MDR) 4:30 Meal Prep (RR) 6:00 Gifts for Seniors (4th)</div>	<div><i>Santa's Village- Festive Day</i> 19 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 10:00 Horticultural Therapy (DR) 11:00 Exercise under 65 (MDR) 11:15 Pet Therapy w Brisket (2nd) 2:00 Santa's Village (MDR) 4:00 Sing-a-long (AL) 4:30 Meal Prep (RR) 6:00 Tidy up (RR) 6:30 Axe Throwing (AL)</div>	<div><i>Christmas Shirt Day</i> 20 8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Christmas worship songs (2nd) 10:30 History of Christmas (LOUN) 11:30 Meal Prep (AL) 1:00 Friendly Visits (RR) 2:00 Bingo (MDR) 4:30 Meal Prep (RR) 6:00 Mini Golf (AL) 7:00 Friendly Visits (RR)</div>

Chedoke Falls Program

Facilitators:

Afredita and Catherine:

Full-Time

Ana: Part-Time

Ohaisha: Casual

Chedoke Falls
December 2025
Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Santa's Hat day21</div> <div>8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:00 Christmas Carols (1st) 10:00 Church Service -Immanuel Christian Reformed (MDR) 11:30 Meal Prep (AL) 1:30 Friendly Visits (RR) 2:00 Christmas Movie & Popcorn (2nd) 4:30 Meal Prep (RR) 6:15 Hangman (AL)</div>	<div>Christmas Karaoke22</div> <div>8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Active Games - Centrecise (LOUN) 10:30 Jeopardy-Christams (AL) 11:30 Meal Prep (AL) 1:15 Music Therapy with Jon (AL) 2:30 Xmas Karaoke- Leadership (MDR) 5:45 Outing- Christmas Lights (out)</div>	<div>Grinch Day23</div> <div>8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (AL) 2:00 Bingo (DR) 4:30 Meal Prep (RR) 6:30 Christmas Card Making</div>	<div>X-mas PJ Day Christmas Eve24</div> <div>8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Your Favorite Christmas Songs (AL) 10:30 Reminiscing about Christmas (2nd) 11:30 Meal Prep (AL) 2:00 Christmas Smores& Music (1st) 4:00 Christmas Sing-a-long (AL) 6:30 Christmas Craft (AL)</div>	<div>Christmas Day25</div> <div>12:00 Friendly Visits (RR) 2:00 Christmas Bingo (MDR) 4:00 Your Favourite Xmas Song (LOUN) 4:45 Meal Prep (AL) 6:15 X-Mas PJ Movie Night (LOUN)</div> <div></div>	<div>Boxing Day26</div> <div>8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Active Games (AL) 10:30 Fruit/Veggies/Smoothie Prep (AL) 11:30 Meal Prep (AL) 1:15 Friendly Visits (RR) 2:00 Breadmaking (ARDR) 3:30 Sing-a-long (AL) 4:30 Meal Prep (RR) 6:00 Friendly Visits (RR) 6:15 Uno (AL)</div>	<div>8:15 Friendly Visits (2nd)27</div> <div>8:30 Tidy Up (AL) 10:00 Movement to Music-centrecise (LOUN) 11:30 Meal Prep (AL) 2:00 Bingo (MDR) 4:30 Meal Prep (RR) 6:15 Beauty Club (AL) 7:00 Christmas Story Telling (AL)</div>
<div>8:15 Friendly Visits (2nd)28</div> <div>8:30 Tidy Up (AL) 9:45 Church Service (2nd) 10:30 Busy Hands (LOUN) 11:30 Meal Prep (AL) 1:30 Exercise/Centrecise (LOUN) 2:30 Bean Bag Toss (LOUN) 3:30 Hand Massage (2nd)</div> <div></div>	<div>8:15 Friendly Visits (2nd)29</div> <div>8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Active Games - Centrecise (LOUN) 10:30 New Year Trivia (AL) 11:30 Meal Prep (AL) 1:15 Music Therapy with Jon (AL) 2:00 Sing-a-long (AL) 4:30 Meal Prep (RR) 6:30 Badminton (AL) 7:30 Tidy-Up (ff)</div>	<div>8:15 Friendly Visits (2nd)30</div> <div>8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (AL) 2:00 Bingo (DR) 3:45 Beauty Club (AL) 4:30 Meal Prep (RR)</div> <div></div>	<div>New Years Eve31</div> <div>8:15 Friendly Visits (2nd) 8:30 Tidy Up (AL) 9:30 Exercise under 65 (MDR) 9:45 Ball/Balloon Toss (AL) 10:30 New Year's Resolution (AL) 11:30 Meal Prep (AL) 2:00 Birthday Party with Paula (MDR) 3:45 Friendly Visits (RR) 6:00 NYE Social (AL)</div>	<div>"Programs & times are subject to change"</div>	<div></div>	

- Calendar Legend
- RR - Resident Room
 - AL - At Lounge
 - LOUN - Lounge
 - COUR - Courtyard
 - MDR - Main Dining Room
 - DR - Dining Room
 - ARDR - Activity Room / Dining Room
 - out - Outside the building
 - 2nd - 2nd floor
 - Hall - In the Hallway
 - BAR - Basement Activity Room
 - AF - All Floors

