

Webster Falls 3rd Floor

December 2025 Dundurn Place Care Centre



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Program Facilitators

Satnam
Bardha



8:00 Calendar Posting (AF) **1**
9:30 Exercise under 65 (MDR)
10:00 Fun & Fitness Centrecise (LOUN)
10:30 Story Exchanges (AL)
11:30 Meal Prep (AL)
1:15 Music Therapy with Jon (AL)
2:30 Badminton (AL)
4:00 Tidy Up (a)
6:30 Blackjack (AL)

9:30 Exercise under 65 (MDR) **2**
10:00 Bible Study with Hobbe (LOUN)
11:15 Pet Visits w Brisket (AL)
2:00 Bingo (DR)
4:00 Birthday Party set up (a)
6:30 Birthday Party J.H (AL)



9:30 Exercise under 65 (MDR) **3**
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Shuffleboard (a)
11:30 Meal Prep (AL)
2:00 Christmas Party (3&4) (MDR)
6:15 Christmas Movie Night (AL)



8:00 Birthday Breakfast (BAR) **4**
9:30 Exercise under 65 (MDR)
10:30 Dundurn Choir Practice (ARDR)
12:00 Dundurn Angels (AF)
1:30 Pet Therapy with Teddy (a)
3:30 Christmas Karaoke (AL)
6:30 Bingo (MDR)

9:30 Exercise under 65 (MDR) **5**
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Smoothie Making (AL)
11:30 Meal Prep (AL)
1:30 Christmas Carols (AL)
2:45 Pet Therapy with Teddy (a)



9:45 Chair Dancing (AL) **6**
10:30 Christmas Karaoke (AL)
11:30 Meal Prep (AL)
2:00 Bingo (MDR)



9:45 Hymn Sing (AL) **7**
9:45 Hymn Sing (LOUN)
10:30 Christmas Spiritual Service (LOUN)
11:30 Meal Prep (AL)
1:30 Baking Rice Krispies & Cookies (BAR)



9:30 Exercise under 65 (MDR) **8**
10:00 Fun & Fitness Centrecise (LOUN)
10:30 Shuffleboard (AL)
11:30 Meal Prep (AL)
1:00 Outing to Walmart (out)
6:30 Christmas Puzzle Craft (GARD)

9:30 Exercise under 65 (MDR) **9**
10:00 Bible Study with Hobbe (LOUN)
11:30 Meal Prep (AL)
2:00 Bingo (DR)



9:30 Exercise under 65 (MDR) **10**
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Pet Therapy w Brisket (a)
11:30 Meal Prep (AL)
1:00 Tidy Up (a)
2:00 Christmas Crafts w Bardha&Satnam (AL)
4:00 Christmas Cheery Chats (AL)
6:30 Gingerbread Cookies (MDR)



Blue & White (Snow Theme) **11**
9:30 Exercise under 65 (MDR)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Smoothie Making (LOUN)
11:30 Meal Prep (AL)
12:00 Dundurn Angels (AF)
1:30 Pet Therapy with Teddy (a)
3:30 Webster's Book Club: Christmas Story (GARD)
6:30 Bingo (MDR)

Candy Cane Theme **12**
9:30 Exercise under 65 (MDR)
9:45 Exercise/Centrecise (LOUN)
10:30 Christmas Crafts with Bardha (GARD)
11:30 Meal Prep (AL)
2:00 Resident Program Planning (AL)
4:00 Hot Chocolate Cart (a)

Xmas Headband/Hat Day **13**
9:45 Exercise/Centrecise (LOUN)
10:30 Christmas Carols (AL)
11:30 Meal Prep (AL)
2:00 Bingo (MDR)



Make an Ornament day **14**
10:00 Making Ornaments (MDR)
11:30 Meal Prep (AL)
1:30 Zumba with Rainier (MDR)
3:00 X-mas Trivia (AL)



Red & Green Day **15**
9:30 Exercise under 65 (MDR)
10:00 Fun & Fitness Centrecise (LOUN)
10:30 Shuffleboard (AL)
11:30 Meal Prep (AL)
1:30 Christmas Karaoke (AL)
2:30 Pet Therapy w Teddy (a)

Reindeer Day **16**
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)
4:00 Busy Hands (a)

Ugly Sweater Day **17**
9:30 Exercise under 65 (MDR)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Sound Bowls with Masha (LOUN)
11:30 Meal Prep (AL)
2:00 Dundurn Choir Christmas Show (MDR)
5:00 Take-Out Night (AL)
6:30 Christmas Storytelling (GARD)

Festive Day **18**
9:30 Exercise under 65 (MDR)
9:45 Fun & Fitness Centrecise (LOUN)
11:30 Meal Prep (AL)
12:00 Dundurn Angels (AF)
2:30 Bingo (MDR)
6:00 Gifts for Seniors (4th)



Santa's Village- Festive Day **19**
10:00 Horticultural Therapy (DR)
11:00 Exercise under 65 (MDR)
11:30 Meal Prep (AL)
2:00 Santa's Village (MDR)

Christmas Shirt Day **20**
9:45 Chair Dancing (AL)
10:30 Christmas Trivia (AL)
11:30 Meal Prep (AL)
2:00 Bingo (MDR)



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December 2025
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Saturday

Santa's Hat day

21

9:00 Christmas Carols (1st)
10:00 Church Service - Immanuel Christian Reformed (MDR)
11:30 Meal Prep (AL)
1:30 Dundurn Theatre: Christmas Movie (LOUN)
3:15 Tidy up (AL)

Christmas Karaoke

22

9:30 Exercise under 65 (MDR)
10:00 Fun & Fitness Centrecise (LOUN)
10:30 Shuffleboard (AL)
11:30 Meal Prep (AL)
2:30 Xmas Karaoke-Leadership (MDR)
5:45 Outing- Christmas Lights (out)

Grinch Day

23

9:30 Exercise under 65 (MDR)
10:00 Bible Study with Hobbe (LOUN)
11:30 Meal Prep (AL)
2:00 Bingo (DR)



X-mas PJ Day

24

Christmas Eve
9:30 Exercise under 65 (MDR)
10:00 Christmas Carols (LOUN)
10:45 Pet Therapy w Brisket (a)
11:30 Meal Prep (AL)
2:00 Christmas Smores& Music (1st)



Christmas Day

25

9:30 Christmas Gift Giving (a)
2:00 Christmas Bingo (MDR)

Boxing Day

26

9:30 Exercise under 65 (MDR)
9:45 Exercise/Centrecise (LOUN)
10:30 Smoothtonic (AL)
11:30 Meal Prep (AL)
2:00 Hangman (AL)
3:00 Drum Circle (GARD)
4:00 Calendar Prep (AL)

10:00 Fun & Fitness Centrecise (LOUN)

27

10:30 Christmas Carols (AL)
11:30 Meal Prep (AL)
2:00 Bingo (MDR)



9:45 Chair Yoga (AL)

28

10:30 Spiritual Service (LOUN)
11:30 Meal Prep (AL)
1:30 Beauty Club (a)
2:30 Active Games (LOUN)



9:30 Exercise under 65 (MDR)

29

10:00 Fun & Fitness Centrecise (LOUN)
10:30 Shuffleboard (AL)
11:30 Meal Prep (AL)
2:00 Karaoke (AL)
3:30 Word Games (AL)
4:30 Tidy Up (a)
6:30 Blackjack (AL)

9:30 Exercise under 65 (MDR)

30

10:00 Bible Study with Hobbe (LOUN)
11:30 Meal Prep (AL)
2:00 Bingo (DR)
4:00 Walk & Talk (a)



New Years Eve

31

9:30 Exercise under 65 (MDR)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 New Years Craft (AL)
11:30 Meal Prep (AL)
2:00 Birthday Party with Paula (MDR)
4:00 New Year's Resolutions (AL)



Programs take place in the following areas:

AL - Activity Lounge/ Lounge

MDR - Main Dining Room

BAR - Basement Activity Room



Programs & times are subject to change

