

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 11-12 Hymns Sing Along -AR 1-2 Rest & Relaxation -AR 2-3 Chair Volleyball -AR 3:30-4:30 Color My World -AR 6-7 Sunday Wrap Up -AR	2 9-10 Primp & Pamper -AR 10-10:30 1 st Baptist -AR 10:30-11 Stretch & Flex -AR 11-12 Christmas Decorating -AR 1-2 Rest & Relaxation -AR 2-3 Sundae's on Monday's -AR 3-4 Christmas Hangman -AR 6-7 Hand Massages -AR	3 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10-10:30 Jazzercise -AR 11-12 Scenic Ride -O 1-2 Rest & Relaxation -AR 2-3 Christmas Cookies -AR 3:30-4:30 Pretty Nails -AR 6-7 Puzzle Pals -AR	4 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Morning Stretch -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Cocoa Social -AR 3-4 Furry Friends -AR 6-7 Wed. Night Devotional -AR	5 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Range & Motion -AR 11-12 Bingo -AR 1-2 Rest & Relaxation -AR 2-3 Music Therapy -AR 3-4 Pretty Nails -AR 4-4:30 Trivia -AR 6-7 Soothing Melodies -AR	6 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30 -11 Friday Fitness -AR 11-12 Candy Cane Game -AR 1-2 Rest & Relaxation -AR 2-3 Friday Fun Festivities -AR 3-4 Charades -AR 6-7 Movie & Popcorn -AR	7 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11:30 Walking Group -AR 1-2 Rest & Relaxation -AR 2-3 Noodle Ball -AR 3:30-4:30 Pretty Nails -AR 6-8 Matinee -AR
8 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 11-12 Hymns Sing Along -AR 11-12 Miracles in Motion -AR 1-2 Salvation Army Visit -AR 2-3 Chair Volleyball -AR 3:30-4:30 Color My World -AR 6-7 Sunday Wrap Up -AR	9 10a-2p Haircut & Shave -SL 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Stretch & Flex -AR 11-12 Baked Goods -AR 1-2 Rest & Relaxation -AR 2-3 Sundae's on Monday's -AR 3-4 Christmas Categories -AR 6-7 Hand Massages -AR	10 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10-10:30 Jazzercise -AR 11-12 Out to Lunch -O 1-2 Rest & Relaxation -AR 2-3 Gingerbread House -AR 3:30-4:30 Pretty Nails -AR 6-7 Puzzle Pals -AR	11 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Morning Stretch -AR 11-12 Free Paint -AR 1-1:45 Rest & Relaxation -AR 1:45-2:15 Southern Gents - AR 3-4 Furry Friends -AR 6-7 Wed. Night Devotional -AR	12 Happy Birthday Charles! 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Range & Motion -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Chair Basketball -AR 3-4 Pretty Nails -AR 4-4:30 Trivia -AR 6-7:30 Drive Thru Nativity -O	13 Happy Birthday Darletha! 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30 -11 Friday Fitness -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Friday Fun Festivities -AR 3-4 Charades -AR 6-7 Movie & Popcorn -AR	14 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11:30 Walking Group -AR 1-2 Rest & Relaxation -AR 2-3 Noodle Ball -AR 3:30-4:30 Pretty Nails -AR 6-8 Matinee -AR
15 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 11-12 Hymns Sing Along -AR 1-2 Rest & Relaxation -AR 2-3 Chair Volleyball -AR 3:30-4:30 Color My World -AR 6-7 Sunday Wrap Up -AR	16 9-10 Primp & Pamper -AR 10-10:30 1 st Baptist -AR 10:30-11 Stretch & Flex -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Sundae's on Monday's -AR 3-4 A-Z Trivia -AR 6-7 Hand Massages -AR	17 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10-10:30 Jazzercise -AR 11-12 Scenic Ride -O 1-2 Rest & Relaxation -AR 2-3 Chair Volleyball -AR 3:30-4:30 Pretty Nails -AR 6-7 Puzzle Pals -AR	18 1:30 pm Holiday Party -DR 9-10 Primp & Pamper - AR 10-10:30 Snack & Chronicles-AR 10:30-11 Morning Stretch -AR 11-12 Craft 'n' Creations -AR 1:30-2:30 Holiday Party! 3-4 Pet Therapy-AR 6-7 Christmas Lights Tour -O	19 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Range & Motion -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Music Therapy -AR 3-4 Pretty Nails -AR 4-4:30 Trivia -AR 6-7 Soothing Melodies -AR	20 9-10 Primp & Pamper -AR 10-11 Painting w/Amber -AR 10-11 Simon Spaulding -AR 1-2 Rest & Relaxation -AR 2-3 Friday Fun Festivities -AR 3-4 Christmas Carols -AR 6-7 Movie & Popcorn -AR	21 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11:30 Walking Group -AR 1-2 Rest & Relaxation -AR 2-3 Noodle Ball -AR 3:30-4:30 Pretty Nails -AR 6-8 Matinee -AR Winter Begins
22 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 11-12 Hymns Sing Along -AR 1-2 Rest & Relaxation -AR 2-3 Chair Volleyball -AR 3:30-4:30 Color My World -AR 6-7 Sunday Wrap Up -AR	23 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Stretch & Flex -AR 11-12 Junk Drawer Detective -AR 1-2 Rest & Relaxation -AR 2-3 Sundae's on Monday's -AR 3-4 Tic Tac Toe -AR 6-7 Hand Massages -AR First Day of Hanukkah	24 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10-10:30 Jazzercise -AR 11-12 Out to Lunch -O 1-2 Rest & Relaxation -AR 2-3 Baked Goods -AR 3:30-4:30 Pretty Nails -AR 6-7 Puzzle Pals -AR	25 Merry Christmas! 8-10 Macy's Day Parade (TV) -AR 9-9:30 Primp & Pamper -AR 11-12 Christmas Reminiscing -AR 1-2 Rest & Relaxation -AR 2-3 Cocoa Social -AR 3-4 Color My World -AR 6-7 Wed. Night Devotional -AR Christmas	26 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Range & Motion -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Bingo -AR 3-4 Pretty Nails -AR 4-4:30 Trivia -AR 6-7 Soothing Melodies -AR Kwanzaa Begins	27 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30 -11 Friday Fitness -AR 11-12 Baked Goods -AR 1-2 Rest & Relaxation -AR 2-3 Friday Fun Festivities -AR 3-4 Charades -AR 6-7 Movie & Popcorn -AR	28 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11:30 Walking Group -AR 1-2 Rest & Relaxation -AR 2-3 Noodle Ball -AR 3:30-4:30 Pretty Nails -AR 6-8 Matinee -AR
29 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 11-12 Hymns Sing Along -AR 1-2 Rest & Relaxation -AR 2-3 Chair Volleyball -AR 3:30-4:30 Color My World -AR 6-7 Sunday Wrap Up -AR	30 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10:30-11 Stretch & Flex -AR 11-12 Craft 'n' Creations -AR 1-2 Rest & Relaxation -AR 2-3 Sundae's on Monday's -AR 3-4 Dominoes -AR 6-7 Hand Massages -AR	31 9-10 Primp & Pamper -AR 10-10:30 Snack & Chronicles -AR 10-10:30 Jazzercise -AR 11-12 Scenic Ride -O 1-2 Rest & Relaxation -AR 2-3 Craft 'n' Creations -AR 3:30-4:30 Pretty Nails -AR 6-7 Puzzle Pals -AR New Year's Eve	 December 2019 Village Program			 COURTYARDS AT BERNE VILLAGE A GRACE MGMT COMMUNITY 2701 Amhurst Blvd. New Bern, NC 28562 (252) 633-1779 www.courtyardsbernevillage.com

Location: AR- Activity Room; MB- Main Building; CY- Courtyard; SL- Salon; DR- Dining Room; O-Outing Life Skill Creative Social Cognitive Supportive Spiritual Exercise
 Activities Subject to Change