

# A MOMENT IN TIME: LET'S LEARN, LAUGH, PLAY AND PRAY!<sup>TM</sup>

## ACTIVITY CALENDAR FOR DECEMBER

WEEK	THEME OF THE WEEK	SUGGESTED ACTIVITIES
1	 <p><b>Hanukkah</b> Late Nov to Late Dec</p> <p><b>Advent</b></p>	<ul style="list-style-type: none"> <li>• <b>History of Hanukkah</b></li> <li>• <b>10 Question Hanukkah Quiz</b></li> <li>• Happy Hanukkah Word Search • Make Hanukkah Craft</li> <li>• <b>Sing together "The Dreidel Song"</b></li> <li>• <b>8 Hanukkah Discussion Questions</b></li> <li>• <b>What is Advent</b> • Start your Advent Calendar</li> <li>• Discussion Questions: How can prepare spiritually for Christmas this year? What can you "give up" or better yet "do" for Advent?</li> </ul>
2	 <p><b>Getting Ready for Christmas</b></p>	<ul style="list-style-type: none"> <li>• <b>Listen to our own Just Breathe - Holiday</b>...best loved Christmas music to listen to while you bake and decorate</li> <li>• <b>Make Paper Ring Garland</b></li> <li>• <b>Bake/Decorate Holiday Cookies</b></li> <li>• Santa Claus is Coming to Town Word Search • Sing-Along with Santa</li> <li>• Watch a traditional Christmas movie: <i>It's a Wonderful Life</i>; <i>White Christmas</i>; <i>Miracle on 34th Street</i>; <i>A Christmas Carol</i>, <i>March of the Wooden Soldiers</i>; <i>Scrooged</i>, <i>Rudolph</i>; <i>Grinch</i>; <i>Elf</i>, etc</li> </ul>
3	 <p><b>Winter Dec 21</b></p> <p><b>Christmas Dec 25</b></p>	<ul style="list-style-type: none"> <li>• <b>Visit our own Just Breathe - Seasonal - Calm Piano Music with Beautiful Winter Photos</b></li> <li>• Evergreen Painting - get an evergreen sprig from outside, dip in green paint and drag across a white piece of paper; accent with red for berries.</li> <li>• Winter Word Search</li> <li>• <b>Visit our own Let It Snow</b> and enjoy the next snowfall</li> <li>• <b>How to Make Paper Snowflakes</b></li> <li>• <b>Read and Watch Snowflake Anatomy</b></li> <li>• Discussion Questions: As a child, what did you do in the winter: sled? ski? ice skate? make snow angels? What do you like about winter: drinking hot cocoa? eating beef stew or hot soup? sitting fireside? a hot toddy? ("That's a drink, that's too bad!" Groucho Marx)</li> <li>• Happy Birthday Jesus Word Search • Make Christmas Craft • Sing Christmas Hymns</li> <li>• <b>Read short Christmas stories</b></li> <li>• Discussion Questions: What family traditions do you have for Christmas? Can you recall a special present you received as a child? Tell me about your decorations: real or artificial tree? tree topper - angel or star? any special ornaments? tree themes? What is your favorite part of Christmas: caroling? decorations? baking cookies? giving or receiving gifts? family time? the Christmas story?</li> </ul>
4	 <p><b>New Year's Eve Dec 31</b></p>	<ul style="list-style-type: none"> <li>• New Year's Eve Word Search</li> <li>• Discussion Questions: How did you celebrate New Year's Eve: Times Square? large parties? at home? How do you feel about New Year's Resolutions? What do you think are the top 10 resolutions? Do you usually uphold your resolutions? Do you have any this year?</li> </ul>

# HELPFUL HINTS FOR THE CAREGIVER

Get the most out of each week's activities with helpful hints and tips below.

## TIP 1

The clickable dark bullets are links for learning, story time, music, recipes, crafts, and activities. If you aren't clicking these links, you are missing out!

- 1) Go to our website at [www.alwaysanangelhomecare.com](http://www.alwaysanangelhomecare.com)
- 2) Click **A MOMENT IN TIME** and scroll down to Activity Calendars to select the current month.
- 3) From there, click the links under each week's activities.
- 4) Learn, read, sing, cook, make, do!



It's easier for your client to see the clickable links on an iPad rather than a cell phone. If your client doesn't have an iPad, talk with the office or family directly about getting one. A desktop or laptop computer works well too.

## TIP 2



## TIP 3

Visit the clickable links yourself first. Determine what is appropriate for your client.

## TIP 4

**FOR THE VISUALLY IMPAIRED** – difficulty seeing

If your client can't see the reading material, read it to them.

**Word Searches:** Forget about the word search and lead a discussion about the words in the box:

- What does that word mean? Can you define it?
- Is it a noun, verb, adjective or adverb?
- How does that word relate to the topic?
- What other thoughts come to mind when you hear that word?

**Crossword Puzzles, Birthdays Trivia, and Other Word Games:** You ask the questions and write in your client's answers.

**FOR THE HEARING IMPAIRED**  
– difficulty hearing

Many of the clickable links can be read. Encourage your client to read the material. Other links are very visual with few words. If needed, pause the video to allow your client to finish reading the text.

## TIP 5

## TIP 6

**Check out the other 24 activities online:**

Mind, Body, Soul, 100 Questions, All About Me, Art 101, Bible Stories, Coloring, Count Your Blessings, For Men Only, Games Galore, Household Chores, It's Your Party, Just Breathe, Knit Happens, Let It Snow, Memory Lane – 1950s, Car Games, Reading, Sensory Therapy, Sing-Alongs, The Great Outdoors, Virtual Visits, Wanna Be A Wise Guy

