

NORTHLAND ADULT DAY CENTER
DECEMBER 2025---- *ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Current Affairs Exercise	Current Affairs Exercise	Current Affairs Nelson-Atkins	Current Affairs Chair Yoga	Current Affairs Acrylic Pour Project
Decorate Christmas Tree	Word Category	Art Class Field Trip	JENGA Game	Board Games
Board Games	Concentration Game	Crossword Puzzles		BINGO
Music Therapy	Be A Blessing Day	Nat'l Cookie Day 	Therapeutic Coloring	Exercise
8	9	10	11	12
Current Affairs Union Station	Current Affairs Chair Zumba	Current Affairs Motown Sittercises	Current Affairs 70's Sittercise	Current Affairs Exercise
Holiday Reflections	Picture Bingo		Walmart Thursday	Word Category
All Center Field Trip		Bean Bag Toss		Name That Tune
	Arts & Crafts	Therapeutic Coloring	Parachute Game	
15	16	17	18	19
Current Affairs Stretching Exercises	Current Affairs Chair Yoga	Current Affairs Exercise	Current Affairs 80's Sittercise	Current Affairs Holiday Party
Bible Study	Jenga Game	Concentration Game	Matinee Movie	Music Therapy
Monday Manicures	Arts & Crafts	Balloon Volleyball	Pokeno	Games 
	Birthday Celebration		Exercise	
22	23	24	25	26
Current Affairs Disco Sittercise	Current Affairs Chair Zumba			
Bean Bag Toss	Board Games			
	Crossword Puzzles			
Puzzle Pizzaz	Birthday Celebration			
29	30	31		



*It is at the discretion of Northland ADC management to make changes to the activity calendar without prior notice.