

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Bible Study w/ Eugene Now only on the 1 st & 3 rd Thursdays. *ALL Daily Chronicles will be held in the Living Room unless otherwise specified.	9:15- SD: Daily Chronicles Living Room 1 1:15- Scenic Bus Ride 3:00- SD: Bored Board Activities Center 6:00- Cocoa & Cookies / Tree Lighting with Special Guests from Roanoke College Choir Living Room	9:15- Daily Chronicles Living Room 2 10:30- Music: WEUMC Gospel Sing Living Room 1:30- BINGO Activities Center 3:00- Seated Chair Workout Activities Center 4:00- Charles Dickens Reading and Hot Cocoa Media Center	9:15- Daily Chronicles Living Room 3 10:30- Creative Expressions- Finger Print Christmas Trees w/ Colette Activities Center 1:30- Christmas Carols By The Piano w/ Edris Perdue AC 2:30- Weekly Church Service w/ Chaplain Gary Living Room 6:30- Evening BINGO w/ Vicki Activities Center	9:15- SD: Daily Chronicles Living Room 4 11:15- Fitness & Therapy w/ Krista Activities Center 1:30- Bible Study w/ Eugene AC 2:30- Robin Eller Mary Kay Consultant "Stop and Shop" for All Activities Center 4:00- New Resident Welcome Mixer & Happy Hour PDR	9:15- SD: Daily Chronicles Living Room 5 10:00- Resident Involvement Committee Activities Center 11:00- Double Your Chances Activities Center 1:30- Movie & Popcorn- Resident Choice Media Center 4:00- Annual FST Open House <ul style="list-style-type: none"> Happy Hour Piano Music w/ Cara H. 	9:15- SD: Daily Chronicles Living Room 6 11:00- Seated Chair Workout Activities Center 1:30- BINGO Activities Center 3:00- December Random Trivia Living Room
9:15- SD: Daily Chronicles Living Room 7 10:00- Pearl Harbor: The Day of Infamy Documentary Media Center 11:15- FST Church Service w/ Andrew Activities Center 3:00- Music w/ Paul Kidd Living Room 4:00- REST & RELAX	9:15- SD: Daily Chronicles Living Room 8 10:30- Creative Expressions w/ Ted from (Affinity Care) Activities Center 1:30- Carolers of Christmas Past at FRL (Program at 2:00PM) 1:30- SD: Christmas Coloring Sheets Activities Center 3:00- SD: Bored Board	9:15- Daily Chronicles Living Room 9 10:30- Holiday Music w/ Robbie Vance Living Room 1:30- BINGO Activities Center 3:15- Rhythm & Flow w/ Krista AC 4:00- Charles Dickens Reading and Hot Cocoa Media Center	9:15- SD: Daily Chronicles Living Room 10 10:30- SD: Bored Board Activities Center 10:45- Fashions for Evergreen & Lunch at Hotel Roanoke Offsite 2:00- Weekly Church Service w/ Chaplain Gary Living Room 3:00-Creative Expressions- Holiday Reindeer Chow Down Café	9:15- Daily Chronicles Living Room 11 11:15- Fitness & Therapy w/ Krista Activities Center 1:30- Polish & Pamper Activities Center 3:00- FST RESIDENT COUNCIL Activities Center	9:15- Daily Chronicles Living Room 12 10:00- Reindeer Reconnaissance: Lifelong Learning Activities Center 11:00- Allegro Music Therapy Living Room 1:30- Santa Pants Game Living Room 3:00- Let's Build Gingerbread Houses! Activities Center	9:15- SD: Daily Chronicles Living Room 13 11:00- Seated Chair Workout Activities Center 1:30- BINGO Activities Center 3:00- Technology Help Activities Center
FST Holiday Spirit Week Begins Candy Cane Lane Day 9:15- SD: Daily Chronicles Living Room 11:15- FST Church Service w/ Andrew Activities Center 2:00- EZ Detective Puzzles Activities Center 4:00- REST & RELAX Hanukkah Begins	Holiday Head-to-Toes Day Ugly Sweater Day 9:15- Daily Chronicles Living Room 14 10:30- Health Talk w/ Enhabit Café 1:15- Scenic Bus Ride 3:00- Pure Pigment Coloring Activities Center	Let it Snow Day 9:15- Daily Chronicles Living Room 15 11:00- Who Am I? Living Room 1:30- BINGO Activities Center 2:30- Jim Robinson & Hammer Dulcimer Living Room 3:30- Bus Ride to Elks Home Christmas Lights & Dinner at Liberty Station Offsite	Sounds of the Season Day 9:15- Daily Chronicles Living Room 16 10:30- January Monthly Calendar Overview Café 1:30- Walking Club Living Room 2:00- Weekly Church Service w/ Chaplain Gary Living Room 3:15- MUSIC: Vested in Christ LR 6:30- Evening BINGO w/ Vicki Activities Center	Santa & Friends Day 9:15- Daily Chronicles Living Room 17 10:00- Cardio Drumming with Kimberly (Gentiva) Multipurpose Room 11:15- Fitness & Therapy w/ Krista Activities Center 1:30- Bible Study w/ Eugene 2:30- Music w/ Marc Baskind LR 4:00- Grinchmas Happy Hour PDR	Tinsel & Twinkle Day FST Door Decorating Contest 9:15- Daily Chronicles Living Room 18 10:30- Cave Spring Middle School Christmas Performance Living Room 11:00- December Birthday Social & January Bday Card Signing Café 1:30- Neuro Ninja Café 2:30- Snowball Fight! Staff vs. Residents! Living Room	Christmas Movie & Treats Day Pajama Day 9:15- SD: Daily Chronicles Living Room 19 11:00- Seated Chair Workout Activities Center 1:30- BINGO Activities Center 3:00- Movie & Popcorn- [Miracle on 34 th Street- 1947] Media Center
9:15- SD: Daily Chronicles Living Room 20 11:15- FST Church Service w/ Andrew Activities Center 2:00- Word Mining Activities Center 4:00- REST & RELAX Winter Begins	9:15- Daily Chronicles Living Room 21 10:00- Christmas Cards w/ Lisa Activities Center 1:30- EZ Read and Write- The Test Drive Café 3:00- SD: Bored Board Activities Center	9:15- Daily Chronicles Living Room 22 10:00- Music w/ Keith Campbell Living Room 1:30- BINGO Activities Center 3:15- Rhythm & Flow w/ Krista AC 4:00- Charles Dickens Reading and Hot Cocoa Media Center	9:15- Daily Chronicles Living Room 23 10:00- Cranium Crunches AC 2:00- Christmas Eve Service & Candle Lighting Living Room 3:00- Creative Expressions- Love Never Melts Activities Center 6:30- Evening BINGO w/ Vicki Activities Center	9:15- Daily Chronicles Living Room 24 11:15- Fitness & Therapy w/ Krista Activities Center 4:00- Polish & Pamper Activities Center	9:15- Daily Chronicles Living Room 25 10:30- Creative Expressions: Winter Wonderland Cones Activities Center 1:30- Neuro Ninja Café 3:00- Movie & Popcorn- [Jingle Jangle- A Christmas Journey- 2020] Media Center Boxing Day (Canada) Kwanzaa Begins	9:15- SD: Daily Chronicles Living Room 26 11:00- Seated Chair Workout Activities Center 1:30- BINGO Activities Center 3:00- Sudoku Café
9:15- SD: Daily Chronicles Living Room 27 11:15- FST Church Service w/ Andrew Activities Center 2:00- Wii Games- Speed Slicing Media Center 4:00- REST & RELAX	9:15- Daily Chronicles Living Room 28 11:00- Noodle Ball Activities Center 1:15- Outing: Dollar Tree- Oak Grove Plaza 3:00- SD: Bored Board Activities Center	9:15- Daily Chronicles Living Room 29 10:00- Game Room Collective Activities Center 1:30- BINGO Activities Center 3:00- Seated Chair Workout Activities Center 4:00- Charles Dickens Reading and Hot Cocoa Media Center	9:15- SD: Daily Chronicles Activities Center 30 10:45- New Years at Noon Celebration Living Room 2:00- Weekly Church Service w/ Chaplain Gary Living Room 5:00- NYE Celebration Dinner DR 6:30- Evening BINGO w/ Vicki Activities Center New Year's Eve	<div>December 2025</div> <div>Assisted & Independent Living Calendar of Events</div>		