

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Serenity Sunday 1 9:30 Serenity Steps 10:00 Calm Pages Awaits 10:30 St. Lukes 11:00 Hymns 1:00 How It's Made 2:00 Piano With Gathan 3:00 beaded Ornaments 4:00 Puzzle Hour	Stocking 2 9:30 Stockings On The Move 10:00 read And Revel 10:30 Stocking Up On Fitness 11:00 Stocking Stuffers Trivia 1:00 Making Christmas Stocking 2:00 Bible Study- Complete H 3:00 Stocking Surprise Shuffle 4:00 Victorian Christmas Tradition 5:00 M: The Ultimate Christmas	Dancing With Snowflakes 3 9:30 Snowflake Stroll Awaits 10:00 Frosty Pages Turned 10:30 Snowflake Burpees 11:00 Snowflake Shenanigan 1:00 Doc: Chasing Snowflake 2:00 Making Snowflake's 3:00 Frosty Festive Tunes 4:00 Snowflake Crossword 5:00 M: One Magic Christmas	Ornament Day 4 9:30 Ornament Day walk 10:00 Joyful Ornament Stories 10:30 Shiny Squat Spectacular 11:00 Sparkling Social Trivia 1:00 How It's Made 2:00 Making Ornaments 3:00 Doc: History - Christmas 4:00 Festive Melodies 5:00 M: Christmas On The	Ugly Sweater Day 5 9:30 Strut Your Ugly Best 10:00 Funky Sweater Reads 10:30 Squats & Sweater Knots 11:00 Sweater Social Quiz 1:00 Making Ugly Sweaters 2:00 Bible Study- Jeremy S. 3:00 Wal-Mart Outing 4:00 How It's Made 5:00 M: 12 Pups Of Christmas	Holiday Christmas Music 6 9:30 Holiday Harmony Walk 10:00 Whimsical Chronicles 10:30 Ho-Ho Holiday Hustle 11:00 Jingle & Mingle 11:30 Jazz W/ Katie Brafford 2:30 A Christmas Story Musical 4:00 Holiday Game gathering 5:00 Joyful Holiday Tunes	Saturday Sparkles Await 7 9:30 Sparkling Morning Step 10:00 Shimmering Storytime 10:30 Glittery Yoga Session 11:00 Shimmer And Share 1:00 Dominoes With Friends 2:00 Book Of Choice 3:00 College Football Tailgate 5:00 Tabletop Games
Sunday Fun Day 8 9:30 Sunday Chronicle Fun 10:00 Hymns With Friends 10:30 St. Lukes Service 11:00 Fun Snacks 1:00 Radiance walking Club 2:00 Cornhole Challenge 3:00 Piece By Piece 4:00 Easy Music 5:00 Table Game Of Choice	Santa Workshop 9 9:30 Step Into Santa's Magic 10:00 Craft Stories Together 10:30 Sit-Up For Santa 11:00 Hymns W/ Bill Ligitt 1:00 Santa's Woodworking crafts 2:00 Bible Study- Complete H 3:00 Santa's Lucky Lines 4:00 Santa's Puzzle Hour 5:00 M: The Santa Clause	Polar Express Bus 10 9:30 Walk The Express 10:00 Polar Story Express 10:30 Choo-Choo Cardio 11:00 Trivia Train Time 1:15 OKC Art Council - 1:30 Michael Fite 2:00 Tunes On Tracks 3:00 M: The Polar Express 5:00 Polar Bus -Lights	Jolly Gnomes 11 9:30 Wonder with Gnomes 10:00 Jolly Gnomes Chronicle 10:30 Gnome Cardio Crunch 11:00 Gnome Joyful Gathering 1:30 Worship- Pastor Roger 2:00 Making Gnomes 3:00 Lucky Gnome Draw 4:00 Gnome Roll & Revel 5:00 M: Gnomeo & Juliet	Smore's Campfire Fellowship 12 9:30 Campfire Walk 10:00 Chronicles By The Fire 10:30 campfire Crunches 11:00 Camping Trivia Social 1:00 Fellowship W/ M.C 2:00 Camping Sing-A Long 3:00 Campfire Game Craze 4:00 Campfire Ambience 5:00 M: Campfire Christmas	Frosty 13 9:30 Frosty Stroll 10:00 Frosty Chronicles 10:30 Frosty Wonderland Yoga 11:00 Frosty Chatter With Friend 1:00 Frosty Crafting 2:00 Music with Frosty 3:00 Frosty Fun Fortune 4:00 Uno With Neighbors 5:00 M: frosty The Snowman	Elf day 14 9:30 Fa-La-La-La-Footpath 10:00 Enchanting Tales 10:30 Elf-Ercise 11:00 Elf Trivia social 1:00 Movie: Elf 3:00 College Football Tailgate 5:00 Music Of Choice
Gingerbread Day 15 Crazy Sock & Hair 9:30 Gingerbread Gait Glide 10:00 Hymns 10:30 St. Lukes Service 11:00 Gingerbread Trivia 1:00 Sunday Service 2:00 Uno Among Friends 3:00 Doc: Gingerbread 4:00 Gingerbread Puzzle	Delight With Mrs. Claus 16 Red & White 9:30 Delightful Holiday Walk 10:00 joyful Literary Escape 10:30 Crunches W/ Mrs.Claus 11:00 Mrs. Claus Connection 1:00 Making Snow Globes 2:00 Bible Study- Complete H 3:00 Mrs. Claus Table Games 5:00 Express Bus - Lights	Polar Bear Tea Party 17 PJ day 9:30 Polar Bear Steps 10:00 Polar Pages Of Knowledge 10:30 Polar Push- Ups 11:00 Artic Social Trivia 1:00 Doc: Polar Bears 2:00 Hidden Treasure- Bill T. 3:00 Tea W/ Bears - M.C 5:00 Polar Bear Video- Music	Auction- wrapping Day 18 Flannel 9:30 Auction, Stride, Succeed 10:00 Read, Learn, Grow 10:30 Stretch, Wrap, Strengthen 11:00 Gather, Chat, Wrap 1:00 Auction Time 2:00 Wrapping Gifts 3:00 Wrap, Mark, Win 5:00 Express Bus- Lights	Christmas Party 19 Dress To Impress 9:30 Festive Feet Forward 10:00 Stories Of The Season 10:30 Christmas Cardio 11:00 Cheers To Connections 1:00 Complete With T 2:00 Bible Study - Jeremy S. 3:00 Wine Bar Opens 4:00 Christmas Party	North Pole 20 Ugly Sweater 9:30 Stroll To North Pole 10:00 Chronicles Of The Artic 10:30 North Pole Lunges 11:00 North Pole Social 1:00 Travelouge North Pole 2:00 Polar Trivia 3:00 Polar Line Play 5:00 North Pole Music	First Day Of Winter 21 Winter Wonderland 9:30 Winter Stroll 10:00 Winter Chronicles 10:30 Winter Zumba 11:00 Winter Wonderland Social 1:00 Doc: Winter Wonderland 3:00 College Football Tailgate 5:00 M: It's A Wonderful Life <small>Winter Begins</small>
Holiday Movie Marathon 22 9:30 Holiday Stroll 10:00 Hymns 10:30 Church- St. Lukes 11:00 Snacks With Friends 1:00 Making Popcorn 2:00 Musical Moments 3:00 Crossword Puzzle 4:00 Reading For the Soul 5:00 Reading Corner	Sleigh- Bell Day 23 9:30 Sleigh Ride Stride 10:00 Tales Of The Sleigh 10:30 Sled Push-Ups 11:00 Sleigh Trivia 1:00 How It's Made 2:00 Bible Study - Complete 3:00 Sleigh Crafting 4:00 Puzzle Hour 5:00 M: One Magic Christmas	Christmas Eve 24 9:30 Christmas Eve Stroll 10:00 Chronicle with Friends 10:30 Christmas Stretches 11:00 Christmas Social 1:15 OKC Art Council 2:00 Christmas Musical 3:00 Christmas Tree Facts 4:00 Christmas Puzzle 5:00 M: Christmas	Nutcracker 25 9:30 Nutcracker Path 10:00 Chronicles Of Christmas 10:30 Nutcracker Social 11:00 Nutcracker Musical 1:30 Worship- Pastor Roger 2:30 M: Nutcracker 4:30 M: A Christmas Carol <small>Christmas Hanukkah Begins</small>	Scented Spa Day 26 9:30 Scented Paths 10:00 Scented Pages 10:30 Stretch For Flowers 11:00 Scented Social 1:00 Making Lotion & Soap 2:00 Facials With Friends 3:00 Hand Scrubs 4:00 Fancy Nails <small>Boxing Day (Canada) Kwanzaa Begins</small>	Memorable Moments 27 9:30 Memory Lane Walk 10:00 Sharing Circle 10:30 Memorable Moves 11:00 Moments To Share 1:00 Making Memory Jars 2:00 Resident Council 3:00 Cranium Crunches 4:00 Memorable Puzzles 5:00 M: Charlie Brown	Cozy Reading Day 28 9:30 Walking With Friends 10:00 Reading Together 10:30 Morning Yoga 11:00 Chatting With Friends 1:00 Cozy Book Corner 2:00 Uno With Friends 3:00 College Football tailgate 5:00 M: The Muppets
Soulful Sunday 29 9:30 Soulful Steps 10:00 Soulful Reflections 10:30 St. Lukes 11:00 Hymns 1:00 Book Of Choice 2:00 Puzzle Power Hour 3:00 Easy Listening Music 4:00 Dominoes With Friends	Count Down Starts 30 9:30 Counting Steps 10:00 Counting Pages 10:30 Countdown Lunges 11:00 Connecting With Friends 1:00 New Years History 2:00 Bible Study- Complete H 3:00 New Line Wins 4:00 New Years Colors 5:00 Table Top Games	New Year's Eve 31 9:30 New Steps 10:00 New Reading 10:30 New Moves 11:00 New Friends Circle 1:00 Making Paper Lanterns 2:00 Dollar Tree outing 3:00 New Traditions Puzzle 4:00 M: When Harry Meet sally <small>New Year's Eve</small>	 <h1>December 2024</h1> <p>Warm December Wishes</p> 			

Take A Moment



Embracing Joy: Mental Health Tips for a Happy Holiday Season
The holiday season can bring joy, but it may also bring feelings of stress or loneliness, especially for seniors. Here are some tips to prioritize mental well-being during this festive time:

- 1. Stay Connected**
Engage with family and friends, even if physically apart. Utilize video calls and phone chats to maintain relationships.
Tip: Join local community events to foster new friendships.
- 2. Establish a Routine**
Maintain a daily routine for stability amidst holiday chaos. Schedule consistent sleep, meals, and relaxation.
Tip: Reserve daily time for activities that bring you joy, like reading or walking.
- 3. Practice Mindfulness and Gratitude**
Incorporate mindfulness into your day with deep breathing or meditation. Keeping a gratitude journal can help enhance your mood.
Tip: Write down three things you are thankful for each day.
- 4. Volunteer and Give Back**
Helping others provides fulfillment and purpose. Look for local volunteer opportunities or engage in acts of kindness.
Tip: Ask about organized volunteer efforts in your community.
- 5. Recognize Your Feelings**
It's natural to feel a mix of emotions during the holidays. Acknowledge your feelings and share them with trusted people.
Tip: Reach out to a mental health professional if feelings become overwhelming.
- 6.**
May your holiday season be filled with warmth, peace, and connection!

December Birthdays

If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Verda E. December 27,
Lou Rawls (singer) – December 1, 1933
Louis Prima (singer) – December 7, 1910
Judi Dench (actress) – December 9, 1934
Connie Francis (singer) – December 12, 1938
J. Paul Getty (tycoon) – December 15, 1892
William Parry (explorer) – December 19, 1790
Ava Gardner (actress) – December 24, 1922
Ted Danson (actor) – December 29, 1947
Tiger Woods (golfer) – December 30, 1975

"Joyous Hearts, Warm Nights"



In the cheer of twinkling lights,
Families gather on cold nights.
Joy and laughter fill the air,
With loved ones close, we show we care.

Decorations, bright and bold,
Stories of Christmas cheer unfold.
Gifts wrapped neatly with a bow,
As we share the love we know.

Baking cookies, scent so sweet,
Carols echo, hearts in beat.
With each moment, memories grow,
In kindness shared, our spirits glow.

So as we celebrate this time,
With warm hearts, spirits that climb.
May peace and joy show us the way,
And fill our lives this Christmas Day!

December 2024

Radiance Senior Living

2333 Manchester Dr, Oklahoma City, Ok 73120
(405) 751-8430

Celebrating December Warm Winter Wishes

Winter Solstice
December 2

Polar Express Bus -Lights
December 10, 16, 18

Spirit Week
December 15-21

**Fellowship
Smore's Campfire**
December 12

Polar Bear Tea Party
December 17

Auction / Wrapping
December 18

Christmas party
December 19

Christmas Day
December 25

New Year's Eve
December 31

Traditions and Memories at Radiance Senior Living at The Village

As the holiday season approaches, a magical spirit fills the air at Radiance Senior Living at The Village. Christmas is a tapestry of cherished traditions, joyful memories, and togetherness. This year, we invite residents, families, and friends to reflect on the beauty of Christmas—both past and present—as we celebrate the season's true essence.

****Embracing Traditions****

Christmas traditions connect us to our roots and create lasting memories. Many residents recall decorating trees, baking cookies, and sharing stories by the fireplace. At Radiance, we celebrate these traditions through decorating sessions, crafting ornaments, and making holiday cards. We honor cherished traditions while introducing new experiences, such as nostalgic carol sing-alongs and festive crafting parties that foster a sense of community.

****Creating New Memories****

Creating new memories is essential. We've planned exciting activities to strengthen community bonds. Our S'mores Campfire Christmas invites laughter and storytelling under the stars. The Polar Bear Tea Party promises delightful snacks and games for all ages.

Family and friends play a crucial role during this season. We welcome everyone to join our Christmas party, featuring live entertainment and delicious dishes from our talented chef—an opportunity to celebrate together.

****The Joy of Giving****

In the spirit of Christmas, the joy of giving resonates with us all. This year, our Auction Day allows residents to choose gifts for loved ones at no cost, with a wrapping party ensuring every gift is filled with love.

****A Time for Reflection****

As we prepare for this month of merriment, we pause to reflect on the true meaning of Christmas—love, friendship, and community. We encourage sharing Christmas memories, adding to the beautiful tapestry of experiences during this joyous time.

Let us cherish traditions and create new memories together at Radiance Senior Living at The Village. Families and friends are invited to celebrate the joy of Christmas, contributing to the warmth and love that define our community. Together, let's make this Christmas one to remember.