

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Virtual Trip: Christmas in China	2 Christmas Karaoke	3 Fit Fun Friday: HASfit Fitness	4
5	6 Mindful Mondays: The Body Scan Exercise	7 Life Skills: Budgeting For the Holidays	8 Virtual Tour: Famous light shows	9 Christmas Cookies and PJs	10 Fit Fun Friday: Gentle Yoga w/ YogaTX	11
12	13 Mindful Mondays: Listening and Communication Skills	14 Life Skills: Shopping Safety During the Holidays	15 Virtual Tour: Christmas in Dubai	16 Holiday Picture Search and Find	17 Fit Fun Friday: HASfit Fitness	18
19	20 Mindful Mondays: Observer Meditation (using the observer meditation script)	21 Life Skills: Cleaning out for Winter	22 Virtual Tour: Christmas Tree Farm	23 Plan Your Christmas Party	24 Christmas Day (obs.) NO CLASS	25 Christmas Day
26	27 Mindful Mondays: 5 Senses Exercise	28 Life Skills: Job Shadowing	29 Virtual Tour: Leavenworth Nutmcracker Museum	30 New Year Count Down and Goals	31 New Year's Day (obs.) NO CLASS	1 New Year's Day