



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Fitness Class 10:15 Daily Chronicle 1:30 Pet Visits w/ Elkie 2:15 Parlor Games 3:45 Monday Margaritas & Big Screen Karaoke	2 9:30 Fitness Class 10:15 Daily Chronicle 10:30 IN2L Explore 11:00 Lunch Outing:20/20 Bar & Grill 2:00 Choir w/ Andrea (AL) 3:30 Bake O' Batch 6:15 Parlor Games	3 9:30 Stretch to the Beat 10:15 Daily Chronicle 10:45 IN2L Explore 1:15 Patio Pals 2:00 Holiday Crafts 3:30 Resident Council 4:00 Afternoon Social 4:45 Travel Video	4 9:30 Exercise w/ Weights 10:15 IN2L Explore 10:30 Dice Game 1:15 In the Sunshine 2:15 Table Game 3:30 Thirsty Thursday 4:15 Singfit – Holiday Edition	5 9:30 Fitness Class 10:15 Daily Chronicle 10:30 Shopping Trip 10:45 IN2L 1:00 Patio Pals 3:30 Happy Hour 4:00 Concert w/ Rose Marie Kubes	6 9:30 Fitness Class 10:00 Love on a Leash (Pet Visits) 10:30 IN2L Explore 1:30 Table Games 3:30 Holiday Cider & Movie Matinee
7 9:30 Scripture & Song w/ Dave Leach (AL) 10:30 Fitness Class 11:00 Sing A Long 1:15 In the Sunshine 2:00 Table Games 3:30 Egg Nog Social	8 9:30 Fitness Class 10:15 Daily Chronicle 10:45 IN2L Explore 1:30 Pet Visits w/ Elkie 2:15 Bingo 3:30 Monday Margaritas 4:15 Big Screen Karaoke 6:15 Music w/ the X-Mas Goose Story w/ Dave.	9 9:30 Music w/ David 9:45 Catholic Service 10:35 Fitness Class 2:00 Employee Appreciation Fund (Assisted Living) 3:30 Bake O' Batch Social 4:15 End of Day Trivia 6:15 Holiday Lights Outing	10 Birthday Social 9:30 Stretch to the Beat 10:15 Daily Chronicle 10:35 IN2L Explore 1:00 Singing Seniors Holiday Carols 3:30 Birthday Social 4:15 Concert w/ the Music Station	11 9:30 Exercise w/ Weights 10:15 IN2L Explore 10:45 Dice Game 1:30 Patio Pals 2:45 Helen Woodard (Pet Visits) 3:30 Thirsty Thursday 6:30 Holiday Concert w/ Chan's Family	12 9:30 Fitness Class 10:15 Daily Chronicle 11:00 Lunch Outing: The Landings 1:30 Patio Pals 2:15 Creative Corner 3:30 Happy Hour 4:15 Concert: Clay Colton	13 9:30 Fitness Class 10:15 IN2L Trivia 10:35 Color Me Calm 1:30 Table Games 3:30 Holiday Cider & Movie Matinee
14 9:30 Scripture & Song w/ Dave Leach (AL) 10:30 Fitness Class 1:15 In the Sunshine 2:00 Table Games 3:30 Egg Nog Social 4:15 Lighting the Menorah Hanukkah Begins	15 Special Event 9:30 Fitness Class 10:15 Daily Chronicle 10:45 IN2L Explore 1:30 History w/ Gary 4:00 Hanukkah Latkes& Songs	16 9:30 Fitness Class 10:15 Daily Chronicle 10:30 IN2L Explore 2:00 Choir w/ Andrea 3:30 Bake O' Batch 4:15 Lighting the Menorah 6:15 Holiday Lights	17 9:30 Stretch to the Beat 10:15 Daily Chronicle 10:35 IN2L Explore 1:15 In the Sunshine 3:00 "Silver Singers" Winter Concert 4:00 Table Games 7:00 Youth Holiday Caroling (AL)	18 9:30 Exercise w/ Weights 10:30 Sound Therapy Class w/ Crystal Bowls 2:00 Catholic Mass w/ Fr. Anthony 3:00 Resident Council 4:00 Table Games 4:30 Lighting the Menorah	19 9:30 Fitness Class 10:30 Brain Fit w/ Dana 1:15 Patio Pals 3:30 Happy Hour 4:15 Concert w/ Adrienne Nimms	20 9:30 Fitness Class 10:00 Love on a Leash (Pet Visits) 10:30 IN2L Explore 1:30 Table Games 3:30 Holiday Cider & Movie Matinee
21 9:30 Scripture & Song w/ Dave Leach 10:30 Fitness Class 1:15 In the Sunshine 3:00 Concert w/ Danny Gali 4:00 Egg Nog Social 4:30 Menorah Lighting Winter Begins	22 9:30 Fitness Class 10:15 Daily Chronicle 10:45 IN2L Explore 1:30 Pet Visits w Elkie 3:30 Monday Margaritas 4:15 Big Screen Karaoke	23 9:30 Music w/ David 9:45 Catholic Service 10:35 Fitness Class 2:00 Choir Practice w/ Andrea 3:30 Bake O' Batch Social 4:15 End of Day Trivia	24 9:30 Stretch to the Beat 10:00 Art for All Ages 10:35 IN2L Explore 3:00 Table Games 4:15 A Caroling We Go! 6:30 Movie: "Miracle on 34 th Street"	25 9:30 Exercise w/ Weights 10:15 Seasonal Trivia 10:45 LCR – Dice Game 2:00 History of Christmas w/ Hernan 3:30 Holiday Social & Table Games Christmas	26 9:30 Post Holiday Workout 10:15 Daily Chronicle 10:30 IN2L Explore 1:30 Patio Pals 2:15 Creative Corner 3:30 Happy Hour 4:15 Concert w/ Gary Boxing Day (Canada) Kwanzaa Begins	27 9:30 Fitness Class 10:15 IN2L Trivia 10:35 Color Me Calm 1:30 Table Games 3:30 Holiday Cider & Movie Matinee
28 9:30 Scripture & Song w/ Dave Leach (AL) 10:30 Fitness Class 11:00 Sing A Long 1:15 In the Sunshine 2:00 Table Games 3:30 Egg Nog Social	29 9:30 Fitness Class 10:15 Daily Chronicle 10:45 IN2L Explore 1:30 Pet Visits w Elkie 3:30 Monday Margaritas 4:15 Big Screen Karaoke	30 9:30 Music w/ David 10:30 Fitness Class 1:00 Patio Pals 2:00 Music Class/ Andrea 3:30 Bake O' Batch 4:15 Big Screen Karaoke 6:15 Game Night	31 9:30 Stretch to the Beat 10:15 Daily Chronicle 10:35 IN2L Explore 1:15 In the Sunshine 3:30 New Years Eve Social 4:15 Concert w/ Minnie G. 7:30 NYE Soiree – Ringing in 2026! (AL) New Year's Eve	December 2025 GlenBrook Health Center		
GlenBrook Skilled Nursing, 1950 Calle Barcelona, Carlsbad, 92009 Phone:760. 6832.Email: moralesl@visitglenbrook.com (Activities are subject to change.)						