

MERIT Centre *December* 2025

North



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 1 Christmas Lights Day 8am: Christmas Light Suncatchers Craft 9am: Paper Plate Tiered Christmas Tree 10am: Monday's @ Main: "Until My Memory Fails Me: Mindfulness Practices for Cultivating Resilience and Self-Compassion in the Face of Cognitive Decline" with Author Sharon Lukert 11am: Exercise 11:30am: Lunch 12:30pm: Gingerbread House Terra Cotta Pots 1:30pm: Snack 2pm: Christmas Brain Games | 2 Giving Tuesday 8am: Popsicle Stick Nutcracker Craft 9am: DIY Christmas Bookmarks 10am: Rotary Lights to decorate BSJ Community Services Tree with our homemade pine cone bird feeders and dried fruit garland. 11am: Exercise 11:30am: Lunch 12:30pm: Christmas Diamond Painting 1:30pm: Snack 2pm: Christmas Brain Games | 3 Peppermint Latte Day 8am: Peppermint Lattes/Hot Cocoa 9am: Manicures 10am: Salvation Army Bell Ringing 11am: Exercise 11:30am: Lunch 12:30: Bingo @ South Side Neighborhood Center 1:30pm: Snack 2pm: Christmas Brain Games | 4 Santa's List Day 8am: Paper Plate Christmas Tree Twirler Craft 9am: Pipe Cleaner Christmas Trees 10am: Balloon Basketball (use pool noodles to get balloon to land in basket in middle of group circle) 11am: Exercise 11:30am: Lunch 12:30pm: Coulee Region Humane Society Tour opens @ 1pm 1:30pm: Snack 2pm: Christmas Brain Games | 5 Bathtub Party Day 8am: Popsicle Stick Snowflakes 9am: Mason Jar Snow Globes 10am: McDonald's 11am: Exercise 11:30am: Lunch 12:30pm: Advice to younger generations 1:30pm: Snack 2pm: Christmas Brain Games |

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| 8 Brownie Day 8am: Christmas Cardstock garland chains 9am: Cardboard Box Nut Cracker 10am: Monday's @ Main: The History and Future of Sparta's Kriskindlmarkt with Lance Hauser and Reinhard Mueller 11am: Exercise 11:30am: Lunch 12:30pm: Miniature Christmas Tree Decorating 1:30pm: Snack 2pm: Christmas Brain Games | 9 Christmas Card Day 8am: DIY Paper Angels 9am: Paper Plate Christmas Wreath Craft 10am: Making Christmas Cards (trace a circle for wreath then paint green using a straw with snipped ends as long/narrow as you want and bend them back) 11am: Exercise 11:30am: Lunch 12:30pm: 12:30pm: Dahl Auto Museum 1:30pm: Snack 2pm: Christmas Brain Games | 10 Nobel Prize Day 8am: Paper Bag Gingerbread House 9am: Button Snowman Ornament & Manicures 10am: Holmen Community Center Good News Singers Christmas 2025 (depart @ 930) 11am: Exercise 11:30am: Lunch 12:30pm: Nobel Prize Winners chat Mr Grinch Visiting 1:30pm: Snack 2pm: Christmas Brain Games | 11 Mountain Day 8am: All Aboard the Christmas Countdown- make an advent train (cardboard tubes) 9am: Build a Snowman (3 cups baking soda and 1 cup shampoo) 10am: Parachute ball balancing 11am: Exercise 11:30am: Lunch 12:30pm: Mt. La Crosse 1:30pm: Snack 2pm: Christmas Brain Games | 12 Gingerbread House Day 8am: Cardboard Gingerbread Garland 9am: Christmas Glitter/Gem Art on Cardstock 10am: Hyvee Bakery 11am: Exercise 11:30am: Lunch 12:30pm: Snack 1:30pm: Canadian Pacific Holiday Train rolls into La Crescent @ 2:05 p.m. at 215 South Chestnut Street! Enjoy this festive, family-friendly tradition as the beautifully lit train stops to spread holiday cheer with live performances by American Authors and Pynk Beard! 🎤🎸 |

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| ***Christmas Spirit Week*** | | | | |
| 15 <i>Cupcake Day</i> 8am: Cardboard Tube Reindeer Craft or Reindeer Windsock 9am: Bake Cupcakes 10am: Monday's @ Main: Mittens on the Tree with Jessica Michna appearing as Caroline Ingalls 11am: Exercise 11:30am: Lunch 12:30: Enjoy the Music of Jack Norton 1:30pm: Frost/Eat Cupcakes 2pm: Christmas Brain Games | 16 <i>Chocolate Covered Anything Day</i> 8am: Popsicle Stick Snowman Ornament 9am: Pin the Nose on Rudolph blindfolded 10am: Sweet Shop 11am: Exercise 11:30am: Lunch 12:30pm: Christmas Sing A Long 1:30pm: Snack 2:30pm: Discuss Christmas Traditions 3:00pm: Nerf Gun Target Practice | 17 <i>Maple Syrup Day</i> 8am: The Grinch Paintings 9am: Making Sock Snowmen 10am: Great Outlet Store 11am: Making French Toast Sticks, scrambled eggs, sausage links for Lunch 11:30am: Lunch 12:30pm: Craft with Alison at MCS 1:30pm: Snack 2pm: Christmas Brain Games | 18 <i>Answer the phone like Buddy the Elf Day</i> 8am: Stocking Craft 9am: Paper Plate Santas 10am: Grumpy Old Men Big Band Concert @ Holmen Community Center (depart @ 930) 11am: Exercise 11:30am: Lunch 12:30pm: Craft with Alison @ MCN 1:30pm: Snack 2pm: Christmas Brain Games | 19 <i>Ugly Sweater Day</i> 8am: Create an Ugly Christmas Sweater 9am: Manicures 10am: Home Goods 11am: Exercise 11:30am: Lunch 12:30pm: Christmas Karaoke 1:30pm: Snack 2:30pm: Candy Cane Fishing 3:00pm: Funny Videos |

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| <p>22</p> <p><i>Cookie Exchange Day</i></p> <p>Christmas Party @ MCN</p> <p>Santa Claus visiting</p> <p>Gift Exchange</p> <p>Holiday Photoshoot with Gift Wrap Background</p> <p>Christmas Bow String Pull Game</p> <p>Ribbon Run (unravel roll of ribbon the fastest)</p> <p>Fruit Roll up Challenge</p> <p>Gift Wrap Shuffle Race</p> | <p>23</p> <p><i>Christmas Movie Marathon Day</i></p> <p>Participant's pick Christmas movies to watch entire day.</p> <p>Christmas Reminiscing</p> <p>Christmas Trivia</p> <p>Drive through the Rotary Lights</p> | <p>24</p> <p>CLOSED FOR CHRISTMAS EVE</p>   | <p>25</p> <p>CLOSED FOR CHRISTMAS DAY</p>   | <p>26</p> <p><i>Candy Cane Day</i></p> <p>8am: Pipe Cleaner Candy Canes</p> <p>9am: Share Christmas Stories & Discuss New Years Resolutions</p> <p>10am: Bingo @ MCS</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Ball Drumming</p> <p>1:30pm: Snack</p> <p>2pm: Winter Brain Games</p> |

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| <p>29</p> <p><i>Cello Day</i></p> <p>8am: DIY NYE Noise makers</p> <p>9am: Firework Salt Painting</p> <p>10am: Creation Space at the Clare Art Room @ Franciscan Spirituality Center</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Group Yahtzee</p> <p>1:30pm: Snack</p> <p>2pm: Winter Brain Games</p> | <p>30</p> <p><i>Bacon Day</i></p> <p>8am: Coffee Filter Snowflakes</p> <p>9am: Pine Cone Snowy Owl Craft</p> <p>10am: Winter Snowman Name Craft</p> <p>11am: Exercise</p> <p>11:30am: Make BLTs for lunch</p> <p>12:30pm: Barnes and Noble</p> <p>1:30pm: Snack</p> <p>2pm: Winter Brain Games</p> | <p>31</p> <p><i>New Year's Eve</i></p> <p>New Year's Party @ MCN</p> <p>Disco Theme</p> <p>Dress Your Best</p> <p>Build a Snowman Face (cardboard poster with arm holes)</p>  | | |

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Christmas Spirit Week/ Dress up Days:

- Monday: Christmas Attire
- Tuesday: Christmas Socks
- Wednesday: Christmas PJs
- Thursday: Christmas Accessories
- Friday: Ugly Christmas Sweater

DECEMBER BIRTHDAYS:

- Sheila Juricic Director 12/4
- Kathy Zillmer Program Assistant 12/4
- Emily Miller Program Assistant 12/14
- Peni Hove Program Assistant 12/27

***No MCN Participant Birthdays

BRING YOUR OWN MONEY IF YOU WOULD LIKE TO DO ANY SHOPPING ON THE FOLLOWING OUTINGS:

- FRIDAY 12/5 MCDONALDS
- THURSDAY 12/11 MOUNT LA CROSSE
- TUESDAY 12/16 SWEET SHOP (CANDY OR ICE CREAM)
- WEDNESDAY 12/17 GREAT OUTLET STORE
- FRIDAY 12/19 HOME GOODS