

MERIT Centre South

December 2025



DECEMBER BIRTHDAYS:

- SHERRY -12/14
- CORIE -12/20
- MARY J. - 12/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

Activities are Subject to Change

If a participant does not wish to engage in a scheduled activity, participant may choose another option

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

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

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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

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