










JANUARY 2019 MASON WRIGHT REFLECTION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning Meeting: Every weekday at 8:30 in Deb's office, to go over the day's schedule. One RCA each morning is encouraged to attend whenever possible.</p>	<p>Keeping Busy Ideas: There is a notebook/binder of things to do with residents when there are lulls in activity. It's kept in the kitchen cabinets. Please feel free to add ideas to the binder, or to suggest them to Life Enrichment staff.</p>	<p>1 New Year's Day 9:30 Morning Fitness 10:15 New Year Resolution 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Free Style Art 3:30 Gentle Music 6:00 Bingo</p>	<p>2 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 12:30 Housekeeping/relax with music 1:30 Indoor walk 2:30 Quiz Show 3:30 Gentle Stretch 6:00 Coloring for Relaxation</p>	<p>3 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: In the News 12:30 Relax w/ magazines 1:30 Time for a stroll 2:30 Charades 3:30 Nails & Chit Chat 6:00 Movie and Popcorn</p>	<p>4 9:30 Morning Fitness 10:15 Circle of Friends: Hangman 12:30 Relax w/ magazines 1:30 Pool Game 2:30 Happy Hour w/ Laurie Festa 6:00 Evening Gathering</p> 	<p>5 Happy Birthday Juanita! 9:30 Morning Fitness 10:00 Chair Yoga 10:30 Jackie & Friends 12:30 Relax with music 1:30 Time for a stroll 3:15 Classic Comedy Show 6:00 Bingo</p>
<p>6 9:30 Morning Fitness 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Let's make Music 3:30 Sunday Matinee 6:00 Bingo</p>	<p>7 9:30 Morning Fitness 10:15 Viability Visit 12:30 Relax w/ magazines 1:15 Walk/Pool Game 2:30 Girl Code Meeting 6:15 Evening Gathering</p>	<p>8 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Daily Chronicles 12:30 Relax w/ magazines 1:30 Pool Game 2:30 Free Style Art 3:30 Gentle Music 6:00 Bingo</p>	<p>9 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Styled by Fatou 3:00 Singing with Marvin 6:00 Evening Gathering</p> 	<p>10 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Bowling 12:30 Relax w/ magazines 1:30 Nails & Chit Chat 2:30 Classic comedy Show 3:00 Afternoon Fitness 6:00 Movie and Popcorn</p>	<p>11 National Pizza Day 9:30 Morning Fitness 10:00 Reading w/ Bright Futures 12:30 Relax w/ magazines 1:15 Flex & Stretch 2:00 Make your own Pizza 6:00 Pampering</p> 	<p>12 9:30 Morning Fitness 10:00 Life Center Ministry: C 12:30 Relax with magazines 1:30 Time for a stroll 3:15 Trivia 6:00 Bingo</p>
<p>13 Happy Birthday Samuel! 9:30 Morning Fitness 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Pool Game 2:45 Spelling Bee 3:30 Sunday Matinee 6:00 Bingo</p>	<p>14 9:30 Morning Fitness 10:00 Chair Yoga 10:30 Circle of Friends: Ring Toss 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Gental Stretch 3:30: Family Feud 6:00 Coloring for relaxation</p>	<p>15 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Bean Bag Toss 12:30 Relax w/ magazines 1:15 Time for a Stroll 2:30 Free Style Art 3:30 Classic comedy Show 6:00 Bingo</p>	<p>16 9:30 Zumba Silver w/ Fatou 10:00 Music Club w/ Sarah 11:30 Lunch at Nippon Grill 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Let's Make Music 6:00 Pampering</p> 	<p>17 9:30 Kick Boxing w/ Chris 10:15 Circle of Friend: Spin and Solve 12:30 Relax w/ magazines 1:15 Eastfield Mall 3:30 Nails & Chit Chat 6:00 Coloring for Relaxation</p>	<p>18 National Hat Day 9:30 Morning Fitness 10:00 Circle of Friends: Fun Facts 12:30 Relax w/ music 1:30 Spiritual Moment 2:30 Sing Along 3:30 Story Starters 6:00 Evening Gathering</p>	<p>19 9:30 Morning Fitness 10:00 Chair Yoga 10:30 Lighthouse Ministry: 4th FL 12:30 Relax w/ music 1:00 Revival Time 2:30 Pool Game and Walk 6:00 Bingo</p>
<p>20 9:30 Morning Fitness 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Cooking w/ Fatou 6:00 Bingo</p> 	<p>21 Martin Luther King Day 9:30 Morning Fitness 10:00 A Moment in Time 12:30 Relax w/ music 1:30 King: Man of peace in a Time of War Film: 4 3:30 Fun Facts 6:00 Evening Gathering</p>	<p>22 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Memory Dice 12:30 Housekeeping/relax w/ music 1:30 Pool Game 3:30 Charades 6:00 Bingo</p>	<p>23 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 10:00 Sing Out! 12:30 Housekeeping/relax w/ music 1:00 Time for a stroll 2:00 Sing Along w/ Frank 3:30 Word Games: Story Starters 6:00 Coloring for relaxation</p> 	<p>24 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Bean Bag Toss 12:30 Housekeeping/ Relax w/ music 1:30 Nails & Chit Chat 2:30 Classic comedy Show 3:30 Afternoon Fitness 6:00 Movie & Popcorn</p>	<p>25 9:30 Morning Fitness 10:15 Circle of Friends: Fun Facts 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Happy Hour w/ Dave Colucci 6:00 Coloring for relaxation</p> 	<p>26 9:30 Morning Fitness 10:00 Life Center Ministry: 4th FL 12:30 Relax w/ magazines 1:30 Time for a stroll 3:15 Football Toss 6:00 Bingo</p>
<p>27 9:30 Morning Fitness 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Pool Game 2:45 January Birthday Party 6:00 Bingo</p> 	<p>28 9:30 Morning Fitness 10:00 Chair Yoga 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Role Play 3:30: Name that Song 6:00 Coloring for relaxation</p>	<p>29 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Family Feud 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Free Style Art 3:30 Fun Facts 6:00 Bingo</p>	<p>30 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 10:00 Sing Out! 12:30 Housekeeping/relax with music 1:30 Singing with Marvin 2:30 Quiz Show 6:00 Evening Gathering</p>	<p>31 9:30 Kick Boxing w/ Chris 10:15 Circle of Friends: Hangman 12:30 Housekeeping/ Relax w/ music 1:30 Time for a Stroll 2:00 Birthday Bash w/ O'Tones 3:30 Reminiscing 6:00 Bingo</p> 	<p style="text-align: center;"><i>January</i> BIRTHDAYS</p> <p style="text-align: center;">Juantita L 1/05 Samuel L 1/13</p> 