















FEBRUARY 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 9:30 Morning Fitness 10:00 Black History Facts 10:15 Circle of Friends: Hangman 12:30 Relax w/ magazines 1:30 Pool Game 2:00 Friday Cinema 6:00 Evening Gathering</p> 	<p>2 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>3 9:30 Morning Fitness 10:00 Black History Facts 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>4 Happy Birthday Georgette! 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>5 Chinese New Year 9:30 Kick Boxing 10:00 Black History Facts 10:30 Circle of Friends: Daily Chronicles 12:30 Relax w/ magazines 1:30 Indoor Walk 2:00 Cooking Demo? 3:30 Charades 6:00 Bingo</p>	<p>6 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 10:00 Sing Out! 11:00 Olive Garden 12:30 Relax w/ magazines 1:30 Kiosk w/ RCA 2:15 Classic Comedy Show 3:00 let's make Music 6:00 Gathering</p>	<p>7 9:30 Kick Boxing 10:00 10:00 Black History Facts 10:15 Circle of Friends: Hangman 12:30 Relax w/ magazines 1:30 Nails & Chit Chat 2:30 Coloring for relaxation 3:30 Indoor walk 6:00 Movie and Popcorn</p> 	<p>8 9:30 Morning Fitness 10:00 Black History Facts 10:30 Circle of Friend: Football Toss 12:30 Relax w/ magazines 1:15 Indoor Walk 2:30 Dance off 3:30 Coloring for relaxation 6:00 Pampering</p>	<p>9 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>10 Happy Birthday Carmen! 9:30 Morning Fitness 10:00 Black History Facts 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Pool Game 2:45 Cooking w/ Fatou 3:30 Sunday Matinee 6:00 Bingo</p> 	<p>11 9:30 Morning Fitness 10:00 Chair Yoga 10:30 Circle of Friends: Hangman 12:30 Relax w/ magazines 1:30 Classic Comedy Show 2:30 Creative Corner: Valentine 6:00 Coloring for relaxation</p>	<p>12 9:30 Kick Boxing 10:00 Black History Facts 10:30 Circle of Friends: Memory Dice 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>13 9:30 Zumba Silver w/ Fatou 10:00 Music Club w/ Sarah 10:00 Sing Out! 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Singing w/ Marvin 3:00 Family Feud 6:00 Pampering</p> 	<p>14 Valentine's Day 9:30 Kick Boxing 10:00 Black History Facts 10:15 Circle of Friend: Spin and Solve 12:30 Relax w/ magazines 1:15 Indoor Walk 2:30 Hearts Party w/ Joe Perry 6:00 Coloring for relaxation</p>	<p>15 9:30 Morning Fitness 10:00 Black History Facts 10:00 Circle of Friends: Fun Facts 12:30 Relax w/ music 1:30 Spiritual Moment 2:00 Cupcake Baking w/ Fatou 6:00 Evening Gathering</p> 	<p>16 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 Sing-a-long w/ Trinity United Methodist Church 6:00 Bingo</p>
<p>17 9:30 Morning Fitness 10:00 Black History Facts 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Reminiscing 6:00 Bingo</p>	<p>18 President's Day 9:30 Morning Fitness 10:00 Black History Facts 10:30 Circle of Friends: Spin & solve 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Styling w/ Fatou 3:30 Fun Facts 6:00 Evening Gathering</p> 	<p>19 9:30 Kick Boxing 10:00 Black History Facts 10:15 Circle of Friends: Hangman 12:30 Housekeeping/relax w/ music 1:30 Indoor Walk 2:30 Free Style Art 3:30 Charades 6:00 Bingo</p>	<p>20 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 10:00 Sing Out! 12:30 Housekeeping/relax w/ music 1:00 Pan African Museum 3:00 Let's Make Music 6:00 Coloring for relaxation</p> 	<p>21 9:30 Kick Boxing 10:00 Black History Facts 10:15 Circle of Friends: Bowling 12:30 Housekeeping/ Relax w/ music 1:30 Nails & Chit Chat 2:30 Classic Comedy Show 3:30 Indoor walk 6:00 Movie & Popcorn</p>	<p>22 9:30 Morning Fitness 10:00 Black History Facts 10:15 Circle of Friends: Hangman 12:30 Relax w/ magazines 1:30 Bible Study: 4th FL 2:30 Happy Hour w/ Ron & ... 6:00 Coloring for relaxation</p> 	<p>23 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>24 Flag Day 9:30 Morning Fitness 10:00 Black History Facts 10:15 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Pool Game 2:45 February Birthday Party 6:00 Bingo</p> 	<p>25 9:30 Morning Fitness 10:00 Chair Yoga 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Sing Along 3:30 Name that Song 6:00 Coloring for relaxation</p>	<p>26 9:30 Kick Boxing w/ Chris 10:00 Black History Facts 10:15 Circle of Friends: Family Feud 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Free Style Art 6:00 Bingo</p>	<p>27 9:30 Zumba Silver w/ Fatou 10:00 Fab & Fit 10:00 Sing Out! 12:30 Housekeeping/relax with music 1:30 Time for a stroll 2:00 Birthday Bash 6:00 Evening Gathering</p> 	<p>28 9:30 Kick Boxing 10:00 Black History Facts 10:15 Circle of Friends: Hangman 12:30 Housekeeping/ Relax w/ music 1:30 RBJ School Visit? 3:30 Coloring for relaxation 6:00 Bingo</p>	 <p>Georgette Bourget. 2/4 Carmen Quintanal, 2/10</p> 