






















# JANUARY 2020 *MASON WRIGHT REFLECTION CALENDAR*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Keeping Busy Ideas:</b> 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><b>Morning Meeting:</b> Every weekday at 8:30 in Christie's office, to go over the day's schedule. One RCA each morning is encouraged to attend whenever possible.</p>		<p><b>1 New Year's Day</b> 9:45 Zumba Silver <b>10:15 Fit &amp; Fab</b> 12:30 Relax w/ magazines 1:30 Holiday Word Search 2:30 Funny Bone 3:30 Afternoon Stretching 6:00 Coloring for relaxation</p>	<p><b>2 Happy Birthday Juanita!</b> 9:45 Kick Boxing <b>10:30 Bean Bag Toss</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Bingo 3:30 Coffee &amp; Reminisce 6:00 Pampering</p>	<p><b>3</b> 9:45 Morning Fitness <b>10:30 Spin &amp; Solve</b> 12:30 Relax w/ magazines 1:30 Coloring for Relaxation <b>2:00 New Years Happy Hour w/ Gary Jones</b> 3:30 Finishing Lines 6:00 Evening Gathering</p> 	<p><b>4</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> <b>10:45 Jackie &amp; Friends</b> 12:30 Relax with music 1:30 Time for a Stroll 2:30 Currents Events 3:30 Trivia 6:00 Bingo</p>
<p><b>5</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:15 Reminiscing <b>3:00 United Temple Church: SR</b> 3:15 Bean Bag Toss 6:00 Pampering</p>	<p><b>6</b> 9:45 Morning Fitness <b>10:15 Viability Visit</b> 12:30 Relax w/ music 1:30 Afternoon Walk 2:30 Bingo 3:30 Finishing Lyrics 6:00 Coloring for relaxation</p>	<p><b>7</b> 9:45 Strength &amp; Balance <b>10:15 Bucket Drumming: SR</b> <b>10:20 Hangman</b> 12:30 Relax w/ music 1:30 Time for a stroll 2:30 It's Puzzling 3:30 What's in the box? 6:00 Evening Gathering</p> 	<p><b>8</b> 9:45 Zumba Silver <b>10:15 Fit &amp; Fab: D</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 This &amp; That Trivia 3:30 Football Toss 3:30 Styled by Fatou 6:00 Coloring for relaxation</p>	<p><b>9</b> 9:45 Kick Boxing <b>10:30 Football Toss</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll <b>2:30 Styled by Fatou</b> 2:30 Afternoon Stretching 3:30 Trivia 6:00 Pampering</p> 	<p><b>10</b> 9:45 Morning Fitness <b>10:15 Hangman</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll <b>2:30 Dance club w/ Natasha</b> 3:30 Coloring for Relaxation 6:00 Bingo</p> 	<p><b>11</b> 9:45 Morning Fitness <b>10:15 Life Center Ministry: C</b> 12:30 Relax with magazines 12:30 Relax w/ music 1:30 Time for a Stroll <b>2:30 Creative Corner</b> 6:00 Coloring for relaxation</p> 
<p><b>12</b> 9:45 Morning Fitness: Kiosk 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Funny Bone 3:30 Sing Along 6:00 Bingo</p>	<p><b>13 Happy Birthday Connie!</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> 12:30 Relax w/ music <b>1:30 Creative Pod</b> 2:30 Table Stretch 3:00 Coffee &amp; Reminisce <b>3:30 Sensory Room</b> 6:00 Evening Gathering</p> 	<p><b>14</b> 9:45 Strength &amp; Balance <b>10:15 Bucket Drumming: SR</b> <b>10:20 Football Toss</b> 12:30 Relax w/ magazines 1:30 Time for a stroll 2:30 Finishing Lines 3:30 You be the Judge 6:00 Coloring for relaxation</p> 	<p><b>15</b> 9:45 Zumba Silver <b>10:15 Music Club w/ Sarah</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Classic Comedy Shows 3:00 Word Search 3:30 Afternoon Stretching 6:00 Pampering</p>	<p><b>16</b> 9:45 Kick Boxing <b>10:30 Dance off</b> 12:30 Relax w/ magazines <b>1:30 Baking Club</b> 2:45 Coffee &amp; Reminisce <b>3:30 Sensory Room</b> 3:30 Family Feud 6:00 Bingo</p> 	<p><b>17</b> 9:45 Morning Fitness <b>10:30 Football Toss</b> 12:30 Relax w/ magazines <b>1:15 Spiritual Moment</b> 2:15 Nails &amp; Chit Chat 3:30 Memory Dice 6:00 Evening Gathering</p>	<p><b>18</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> <b>10:30 Lighthouse Ministry: SR</b> 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Finishing Lines 3:30 Sing Along 6:00 Bingo</p>
<p><b>19</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll <b>3:00 United Temple Church: SR</b> 3:15 Football Toss 6:00 Evening Gathering</p>	<p><b>20 Martin Luther King Jr. Day</b> 9:45 Morning Fitness <b>10:15 Phoenix Charter School</b> 12:30 Relax w/ music <b>1:30 I Have a Dream</b> 2:30 Pictionary 3:30 Gabbing w/ Fatou 6:00 Pampering</p>	<p><b>21</b> 9:45 Strength &amp; Balance <b>10:15 Bucket Drumming:SR</b> <b>10:20 Physio Ball</b> 12:30 Housekeeping/relax w/ music 1:30 Indoor Scavenger Hunt <b>2:30 Catholic Mass: C</b> 2:30 Trivia 3:30 Coffee &amp; Reminisce <b>3:30 Sensory Room</b> 6:00 Evening Gathering</p> 	<p><b>22</b> 9:45 Zumba Silver <b>10:15 Fit &amp; Fab: D</b> <b>11:15 Lunch at Olive Garden</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll <b>2:30 Singing w/ Marvin</b> 3:30 Funny Bone 6:00 Bingo</p> 	<p><b>23</b> 9:45 Kick Boxing <b>10:15 Bean Bag Toss</b> 12:30 Relax w/ music 1:30 Pictionary 2:30 Finishing Lines <b>3:30 Book Club</b> 3:30 Nails &amp; Chit Chat 6:00 Movie &amp; Popcorn</p> 	<p><b>24</b> 9:45 Morning Fitness <b>10:30 Spin &amp; Solve</b> 12:30 Relax w/ magazines 1:15 Word Search/ Coloring <b>2:00 Happy Hour w/ Kevin Paul</b> 3:30 Afternoon Stretching 6:00 Bingo</p> 	<p><b>25 Chinese New Year</b> 9:45 Morning Fitness <b>10:00 Life Center Ministry: 4th FL</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll <b>2:30 Creative Corner</b> 6:00 Evening Gathering</p> 
<p><b>26</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines <b>1:30 What's Cooking?</b> 3:00 Dance Party 3:30 Sing Along 6:00 Bingo</p> 	<p><b>27</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> 12:30 Relax w/ music <b>1:30 Creative Pod</b> 2:30 Afternoon Stretching 3:00 Funny Bone <b>3:30 Sensory Room</b> 6:00 Evening Gathering</p> 	<p><b>28</b> 9:45 Strength &amp; Balance <b>10:15 Bucket Drumming: SR</b> <b>10:20 Bowling</b> 12:30 Relax w/ music <b>1:30 Let's Decorate</b> <b>2:30 Birthday Party</b> 3:30 Pictionary 6:00 Pampering</p>  	<p><b>29</b> 9:45 Zumba Silver <b>10:15 Fit &amp; Fab: D</b> <b>11:15 January Birthday Luncheon</b> 12:30 Relax w/ magazines 1:30 Time for a Stroll <b>2:30 Singing w/ Marvin</b> 3:30 Afternoon Stretching 6:00 Bingo</p>  	<p><b>30</b> 9:45 Kick Boxing <b>10:15 Hangman</b> 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Afternoon Stretching <b>3:30 Book Club</b> 3:30 Bingo 6:00 Pampering</p> 	<p><b>31</b> 9:45 Morning Fitness <b>10:30 Bowling</b> 12:30 Relax w/ magazines 1:15 Time for a Stroll 2:00 Finishing Lines 3:00 Classic Comedy Show 3:30 Afternoon Stretching 6:00 Bingo</p>	<p><b>Happy Birthday</b> <b>Juanita L, 1/2</b> <b>Connie Garcia, 1/13</b></p> 