













Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
9:45- Morning Fitness 10:30 Spin & solve 1:30-  2:30- Styled by Fatou 3:30- Outdoor Stroll 6:00- Movie & Popcorn Clergy Appreciation Day	9:45- Morning Fitness 10:15 Stickman 11:00 Celo Live: Linked Senior 1:30- Board Games 2:30 Word Search Puzzle 3:30- Outdoor Stroll 6:00- Classic Comedy Show Indigenous People Day	9:45- Resistance Band Exercise 10:30- Bean Bag Toss 1:15- Afternoon stretching/ meditation 2:15  3:30 Outdoor Stroll 6:00- Pampering	9:45- Zumba Silver 10:30 Sing Out w/ Liz 10:30- Bean bag toss 1:30- Coloring for Relaxation  2:15- Music Therapy 3:30- Outdoor Stroll 6:00- Movie & Popcorn 	9:45- Strength & Balance 10:15- Spin and Solve 11:00 Celo Live: Linked Senior 1:30 Refresh Mindfulness 2:15 Outdoor Stroll  3:30- Music Therapy 6:00- 	9:45- Zumba Silver 10:30- Golf  1:30 Outdoor Stroll 2:30 Word Search 3:00  6:00- Old Time Radio Show National Bosses Day	9:45- Yoga 10:30- Stickman 1:30- Reminiscing 2:15- Baking w/ Fatou  3:30 Outdoor stroll 6:00- 



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.

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.