

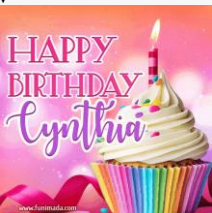










Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
9:45- Morning Fitness 10:30 Spin & solve 1:30- Music Therapy 2:30- Baking w/ Fatou  3:30- Outdoor Stroll 6:00- Movie & Popcorn National Cupcake Day	9:45- Resistance Band Exercise 10:15 Stickman 11:00  1:30- Board Games 2:30 Story Starters 3:30- Outdoor Stroll 6:00- Classic Comedy Show 	9:45- Strength & Balance 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 Music club w/ Sarah 10:30- Football 1:30- Relax w/ Magazines 2:15- Creative Corner 3:30- Outdoor Stroll 6:00- Movie & Popcorn	9:45- Morning Fitness 10:15- Spin and Solve 1:30 Refresh Mindfulness 2:15 Lets make Music 3:15-   6:00- Classic	9:45- Zumba Silver 10:30- Golf  1:30 Outdoor Stroll 2:30 Word Search 3:00  6:00- Old Time Radio Show	9:45- Yoga 10:30- Stickman 1:30- Reminiscing 2:15- Styled By Fatou 3:30 Outdoor stroll 6:00-  United Nations Day



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.