



Reflections 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	6	7	8	9	10	11
9:45- Resistance band exercise 10:30- Physio ball kicking 1:30- Easy Listening 2:15- Creative Corner 3:30- Outdoor stroll 6:00- 	9:45- Morning Fitness 10:30 Stickman 1:30- Board Games 2:30 JEOPARDY! 3:30- Outdoor stroll 6:00- Classic comedy Show	9:45- Zumba Silver 10:30- What's in the bag? 1:15- Outdoor stroll 2:30 Kenny Rogers sing along  3:00- Afternoon stretching/ meditation 3:30  6:00- Pampering	9:45- Morning Fitness 10:30- Bean bag toss 1:30- Coloring for relaxation 2:15- Cookies and Chit chat  3:30- Outdoor Stroll 6:00- Movie & Popcorn	9:45- Zumba Silver 10:30- Golf  2:00 Outdoor concert w/ Dave Colucci  3:30- Board games 6:00- 	9:45- Yoga 10:30- Stickman 1:30- Reminiscing 2:15- Cooking w/ Fatou  3:30 Outdoor stroll 6:00- Old time radio show	9:45- Morning Fitness 10:30 Spin & solve 1:30-  2:30- Styled by Fatou 3:30- Outdoor stroll 6:00- Movie & Popcorn
Do Something Nice Day		National Pumpkin Seed Day			World Mental Health Day	Clergy Appreciation 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.