







November

Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
9:45- Morning Fitness 10:30 Spin & solve 1:30- Guess the song 2:15-  3:15- Styled by Fatou 6:00- Old Time Radio Show	9:45- Resistance Band Exercise 10:15 Memory Dice 1:30- Board Games 2:30  3:30- Outdoor Stroll 6:00- Classic Comedy Show	9:45- Morning Exercise 10:30- Visual Trivia: Kiosk 1:30-  2:30 Let's get Crafty 3:30 Afternoon Stretching 6:00- Pampering	9:45- Zumba Silver 10:00 Sarah the Fiddler 1:30- Relax w/ music 2:15- PIZZA PARTY! 3:30- This or that 6:00- Movie & Popcorn	9:45- Morning Fitness 10:15- Charades 1:30 Refresh Mindfulness 2:15- JEOPARDY! 3:30- Story starters 6:00- 	9:45- Strength & Balance 10:30- Bean Bag Toss 1:30 Visual Trivia 2:30 Conversation cards 3:00 pm  6:00- Old Time Radio Show	9:45- Yoga 10:30- Stickman 1:30- Word Search Puzzle 2:00- Baking w/ Fatou  3:30 Indoor Stroll 6:00- Movie & Popcorn
America Recycles Day	Revolution Day (Mexico)	National Take a Hike Day				National Gingerbread cookie 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.

Please observe social distancing, wear a mask and wash hands before and after any participation in groups. Thank you.