





# Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:45- Morning Fitness 10:30 Spin & solve 1:30- Bean bag toss 2:30- Finish the Lyric 3:15- <b>Styled by Fatou</b> 6:00- Old Time Radio Show	9:45- Strength & Balance 10:15 Memory Ball 1:30- Board Games <div style="text-align: center;"><b>2:30</b> <b>NOVEMBER</b> <i>Birthday Party</i></div> 3:30- Afternoon Stretching 6:00- Classic Comedy Show	9:45- Morning Exercise 10:30- Visual Trivia 1:30- Football Toss 2:30 Let's get Crafty 3:30 Indoor Stroll 6:00- Pampering	9:45- Zumba Silver 10:00- Golf  1:30- Relax w/ music 2:30 Creative Corner 3:30- This or that 6:00- Movie & Popcorn	9:45- Morning Fitness 10:15- Charades 1:30 – Word Search Puzzle <div style="text-align: center;"><i>Thanksgiving</i> <b>BINGO</b></div> 2:30- 3:30- Thanksgiving Social 6:00- Classic Comedy Show <div style="text-align: center;"></div>	9:45- Resistance Band Exercise 10:30- Bean Bag Toss 1:30 Visual Trivia 2:30 Afternoon Stretching 3:30- Conversation cards 6:00- Old Time Radio Show	9:45- Morning Fitness 10:30- Stickman 1:30- Coloring for relaxation 2:30- Act it out 3:30 Indoor Stroll 6:00- Movie & Popcorn



### 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.**