









November

Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
9:45- Morning Fitness 10:30 Spin & solve 1:30- Sing Along 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 Outdoor Stroll 3:30- Let's bake cookies  6:00- Classic Comedy Show	9:45- Morning Exercise 10:30- Physio Ball Kicking 1:30-  2:30 Let's get Crafty 3:30 JEOPARDY! 6:00- Pampering	9:45- Zumba Silver 10:30- Football 1:30- Relax w/ music 2:15- Creative Corner 3:30- This or that 6:00- Movie & Popcorn 	9:45- Morning Fitness 10:15- Golf  1:30 Gabbin w/ Taylor 2:30 This or That 3:30- Afternoon Stretching 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- Charades 1:30- Reminiscing 2:00- Cooking w/ Fatou  3:30 Indoor Stroll 6:00- Movie & Popcorn
National Cappuccino Day		National Vanilla Cupcake Day	Veterans Day		World Kindness 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.