



Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
9:45- Morning Fitness 10:30 Spin & solve 11:00 Sunday Mass 1:30-  2:30- Family Feud 3:30- Afternoon Stretching 6:00- Old Time Radio Show	9:45- Strength & Balance 10:15 Yahtzee 1:30- Finish the Lyric 2:30-Indoor Stroll 3:30- Funny Bone 6:00- Classic Comedy Show	9:45- Morning Exercise 10:30- Visual Trivia 1:30- Bean Bag Toss 2:30- Expressive Art 3:30- Indoor Stroll 6:00- Pampering	9:45- Zumba Silver 10:30- Name Five 1:15- Coloring for relaxation 2:15- Ice Cream Social w/ Fatou  3:30-  6:00- Movie & Popcorn	9:45- Morning Fitness 10:15- Physio Ball Kicking 1:30 – Memory Lane <u>2:30</u> New Year's Eve Special w/ Luther & Laura 3:30- Afternoon Meditation 6:00- Classic Comedy Show	9:45- Resistance Band Exercise 10:30- Yahtzee 1:30- Gabbin w/Fatou 2:15- Easy Listening <u>3:00</u> New Year Happy Hour 6:00- Old Time Radio Show	9:45- Morning Fitness 10:30- Stickman 1:30- Word Search Puzzle 2:30- Visual Trivia 3:30 Indoor Stroll 6:00- Movie & Popcorn
		Full Moon		New Year's Eve		



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.