

January Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
9:45- Morning Fitness 10:30 Spin & solve 11:00 Sunday Mass 1:30-  2:45- Milkshake Social 3:30- Pampering 6:00- Old Time Radio Show	9:45- Strength & Balance 10:30 what's in the Box? 1:30- Finish the Lyric 2:30- Board Games 3:30- I got it! 6:00- Classic Comedy Show <p style="text-align: center;">National Milk Day</p>	9:45- Morning Exercise 10:30- Bean Bag Toss 1:30- Reminiscing 2:30- Jeopardy 3:30- Let's make Music 6:00- Pampering	9:45- Zumba Silver 10:30- Sarah the Fiddler 1:30- Creative Corner 3:30-  6:00- Movie & Popcorn <div style="text-align: center;">  <p>Happy Birthday Connie!</p> </div>	9:45- Morning Fitness 10:15- Golf 1:30 – Memory Lane 2:30- Expressive Art 3:30- Afternoon Meditation 6:00- Classic Comedy Show	9:45- Resistance Band Exercise 10:30- Visual Trivia 1:30- Nails & Chit Chat 2:30- Sam Cooke Sing Along 3:00-  6:00- Old Time Radio Show <p style="text-align: center;">National Hat Day</p>	9:45- Morning Fitness 10:30- Stickman 1:30- MLK Word Search Puzzle 2:15-  3:30 Afternoon Stretching 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.