




# JANUARY

# Reflections 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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 10:30 Visual Trivia 1:30- Finish the Lyric 2:30- Roll the Dice 3:30- Funny Bone 6:00- Classic Comedy Show	9:45- Morning Exercise 10:30- Football Toss 1:30- Board Games 2:30- Expressive Art 3:30- Name Five 6:00- Pampering	9:45- Zumba Silver 10:30- Name Five 1:15- Coloring for relaxation 2:15- Music Train 3:30-  6:00- Movie & Popcorn  <p style="text-align: center;"><b>Epiphany</b></p>	9:45- Morning Fitness 10:15- Physio Ball Kicking 1:30 – Memory Lane 2:30- Doris Day Sing Along 3:30- Afternoon Meditation 6:00- Classic Comedy Show	9:45- Resistance Band Exercise 10:30- Yahtzee 1:30- Name Five 2:30- Easy Listening 3:30 Styled by Fatou 6:00- Old Time Radio Show	9:45- Morning Fitness 10:30- Stickman 1:30- Word Search Puzzle 2:15- Cooking w/ Fatou  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.**