

MAY

REFLECTIONS

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
9:45- Morning fitness 10:30 – Circle of Friends 11:00- Sunday Mass 12:30 Housekeeping/ Relax w/ Word Searches 1:30 – Bean Bag Toss 2:30 – Hair Styling 3:30- Outdoor Stroll 6:00- Movie & Popcorn	9:45- Strength and Balance 10:30 – Spin n Solve 12:30 Housekeeping/ Relax w/ Puzzles 1:30 – Golf  2:00 – Musical Songbook  3:30 – Indoor Stroll 6:00- Pampering   Happy Birthday Dan	9:45- Zumba 10:30 – Yesterdays 12:30 Housekeeping/ Relax w/ Coloring 1:30 – Balloon Swat 2:00 – Allitude  3:30 – Outdoor Stroll 6:00- Old Time Radio Show	9:45- Morning Fitness 10:30 – Circle of Friends 12:30 - Housekeeping/ Relax w/ Sing Along 1:30 – Ring Toss  2:00 –Expressive Art 3:30 – Stretching for Relaxation 6:00- Classic Comedy Show	9:45- Resistance Bands 10:30 - Reminiscing 10:30 – Singout  12:30 Housekeeping/ Relax w/ Table Top Games 1:30 – Physioball 2:15 –  3:30 – Outdoor Stroll 6:00 – Movie & Popcorn	9:45- Samba Dancing 10:30 – Virtual museum 12:30 Housekeeping/ Relax w/ Coloring 1:30 – Football Toss 2:00 – Board Games  2:00 – Freddie Marion 3:30 – Stretching for Relaxation  6:00 – Classic Comedy Show	9:45- Zumba 10:30- Name 5 12:30 – Housekeeping /Relax w/ Magazines 1:30 – Bowling 2:00 – Outdoor Stroll 3:00 –  6:00- Old Time Radio Show
Chocolate Chip cookie Day					Endangered Animals	Strawberry and Cream



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.
- *Between 2pm to 3pm give snacks to the residents.

Please observe social distancing, wear a mask and wash hands before and after any participation in groups. Thank you.