













# MAY

# REFLECTIONS

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:45- Morning fitness 10:30 – Name 5 11:00- Sunday Mass 12:30 Housekeeping/ Relax w/ Word Searches 1:30 – Ring Toss  2:30 – Gospel Singing 2:30 – Hair Styling 3:30- Outdoor Stroll 6:00- Movie & Popcorn	9:45- Strength and Balance 10:30 – Reminiscing 12:30 Housekeeping/ Relax w/ Puzzles 1:30 – Golf  2:00 – Nails and Chit Chat  3:30 – Indoor Stroll 6:00- Pampering	9:45- Zumba 10:30 – Yesterdays 12:30 Housekeeping/ Relax w/ Coloring 1:30 – Football Toss 2:00 –  3:30 – Outdoor Stroll 6:00- Old Time Radio Show	9:45- Morning Fitness 10:30 – Music Club  12:30 - Housekeeping/ Relax w/ Table Top Games 1:30 – Story Starters  2:00 – Scrapbooking 3:30 – Stretching for Relaxation 6:00- Classic Comedy Show	9:45- Resistance Bands 10:30 – Limerick Lines 12:30 Housekeeping/ Relax w/ Sing-Along  1:30 – Physioball 2:15 –  3:30 – Outdoor Stroll 6:00 – Movie & Popcorn	9:45- Samba Dancing 10:30- Georgette Plays 12:30 Housekeeping/ Relax w/ Coloring  1:30 – Bean Bag Toss 2:00 – Board Games <b>2:00 – Iced Coffee            Social</b>  3:30 – Stretching for Relaxation  6:00 – Classic Comedy Show	9:45- Zumba 10:30- Spiritual Moments 12:30 – Housekeeping /Relax w/ Magazines 1:30 – Bowling  2:00 – Expressive Art – Rock Art 3:30 – Outdoor Stroll 6:00- Old Time Radio Show
Coconut Cream Pie		Clean your Room Day		Limerick	Fruit Cocktail Day	Buttermilk Biscuit



### 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.**