


























# RiverCourt Residences

# Reflections Activity Calendar

# January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>New Year's Day</b> 1	2
					10:15 AM Stretch w/ Aneta 11:00 Word Games 1:30 Sequence Card Game 3:15 Walk-about 3:30 <b>Ice Cream Social</b> 4:15 Sing-along 6:00 Evening Movie 	10:15 Exercise w/ Grace 11:00 Bananagrams 1:30 Name Five 2:00 Bingo  3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie
3	4	5	6	7	8	9
10:15 AM Stretch 11:00 Hymn Sing 1:30 Hi-Low Rummy 3:15 Walk-about 3:45 Brain Teasers 4:00 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 Double Exposure 1:30 Connect It 3:15 Move 'n Groove 3:45 Cranium Crunches 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Aneta 11:00 Bananagrams 1:30 Alphabet Bingo 3:15 Balloon Toss 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Double Exposure 1:30 Bird Bingo or Music & memory 3:45 Cranium Crunches 4:15 Sing-along 6:00 Evening Movie 	10:15 Keeping Fit 11:00 Letter writing 1:30 Music Bingo 3:15 Move 'n Groove 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Grace 11:00 The Common Factor 1:30 State Trivia Bingo 3:15 Walk-about 3:30 <b>Friday Floats</b> 4:15 Sing-along 6:00 Evening Movie 	10:15 Exercise w/ Aneta 11:00 Word Games 1:30 Tail Gate Toss 2:30 Can you see it? 3:45 Cranium Crunches 4:00 Sing-along 6:00 Evening Movie
10	11	12	13	14	15	16
10:15 AM Stretch 11:00 Hymn Sing 1:30 Bird Tales 3:15 Move 'n Groove 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch 11:00 Games w/ Aneta 1:30 Bowling 3:15 Walk-about 3:45 Cranium Crunches 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 What do you See? 1:30 "Tea" with Grace Kelly 3:15 Balloon Toss 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch 11:00 Brain Games 1:30 Stars for our Troops or Seasonal Art and Word Puzzles 3:45 Cranium Crunches 4:15 Sing-along 6:00 Evening Movie 	10:15 Keeping Fit 11:00 Pokeno 1:30 Art & Music 3:15 Move 'n Groove 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 Word Games 1:30 Alphabet Bingo 3:15 Balloon Toss 3:30 <b>Ice Cream Social</b> 4:15 Sing-along 6:00 Evening Movie 	10:15 Exercise w/ Grace 11:00 Cryptograms 1:30 The Parachute 2:15 Word Games 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie
17	<b>Martin Luther King Jr Day</b> 18	19	20	21	22	23
10:15 Am Stretch 11:00 Hymn Sing 1:30 Seasonal Art / Assorted Puzzles or Knit 1- Crochet 2 3:15 Balloon Toss 4:00 Sing-along 6:00 Evening Movie 	10:15 AM Stretch 11:00 "I Love America" Jingo 1:30 Connect It 3:15 Move 'n Groove 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 Travel around the World with Postcards 1:30 Seasonal Art / Puzzles 3:15 Walk-about 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Drumming Circle 1:30 Food Bingo or Can you Picture this? 3:45 Cranium Crunches 4:15 Sing-along 6:00 Evening Movie 	10:15 Keeping Fit 11:00 Assorted Games / Puzzles 1:30 Around the House Jingo 3:15 Balloon Toss 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Grace 11:00 Find the Secret Quote 1:30 Pokeno 3:15 Walk-about 3:30 <b>Friday Floats</b> 4:15 Sing-along 6:00 Evening Movie 	10:15 Exercise w/ Aneta 11:00 Fruit Bingo 1:30 The Octaband 2:00 Penny Ante 3:45 Brain Teasers 4:00 Sing-along 6:00 Evening Movie 
24	25	26	27	28	29	30
10:15 AM Stretch 11:00 Hymn Sing 1:30 Music Bingo 2:45 Word in a Word 3:45 Cranium Crunches 4:00 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 What do you See? 1:30 "For the Birds" Craft 3:15 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 Shake Loose a Memory 1:30 Vegetable Bingo 2:00 Lovin' from the Oven 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch 11:00 Games w/ Grace 1:30 Match the Picture or What do you See? 3:45 Cranium Crunches 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 Manicure, Hand Massages along with some T.L.C. 1:30 Cryptograms & Word games 3:15 Balloon Toss 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie 	10:15 AM Stretch w/ Aneta 11:00 Word Games 1:30 Name Five 3:15 Move 'n Groove 3:30 <b>Ice Cream Social</b> 4:15 Sing-along 6:00 Evening Movie 	10:15 Exercise w/ Grace 11:00 Bananagrams 1:15 Trivia 1:30 Bingo 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie 
31						
10:15 AM Stretch 11:00 Hymn Sing 1:30 Fun with Scrabble 3:15 Balloon Toss 3:45 Brain Teasers 4:00 Sing-along 6:00 Evening Movie 			<b>This calendar is subject to change. Check white board for any updates or changes in activities.</b>	 The Music & memory program is an activity for our Residents at anytime...day or night.		