

January's Major Monthly Events for Reflections



		1	2	3	4	5
		6	7	8	9	10
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Key F - Fireside Room D - Dining Room S - Sunroom E - Exercise P - Patio SN - Sunroom Nook / - Or ___ - Outing/Special 1E- 1st Floor Elevator Lobby 1B- Lobby by Beauty Shop Neighborhoods (IL) - Independent (AL) - Assisted Living (R2) - Reflections on 2 (R3) - Reflections on 3	

- ◆ Check Out the **Reflections Calendar of Daily Choices** supported by Lifesprk
- ◆ At present, **Care Conferences** will be held on most Friday mornings—residents conferences are every 6 months. Notices will be mailed out.
- ◆ **Active Fitness** will vary from exercise, dance, to walks in the park, to active games like parachute, bowling, music and movement, tossing challenges and more.

- ◆ **RICA Visits—Resident Individually Centered Activities!** RICA visits aim to enhance self-esteem and sense of accomplishment through one to one or small groups interactions. These visits will be continue around listed programs and in addition to the one visited on the calendar.
- ◆ With **Appointment Runs** - An Escort is required for Reflections
- ◆ UPDATE -**Seasonal KIT Boxes** for enriching Family & Friend Visits to be stored in cabinets by the Elevators