








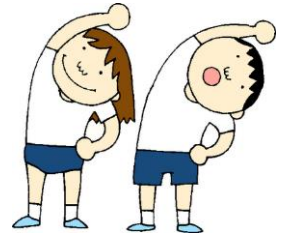
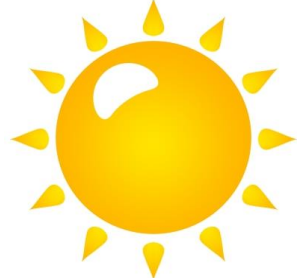







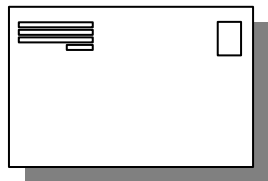



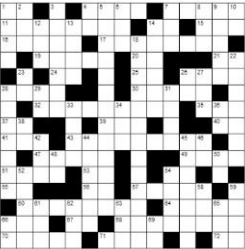




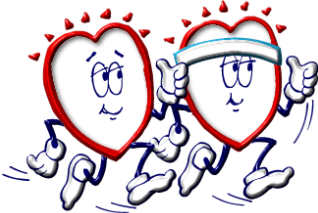

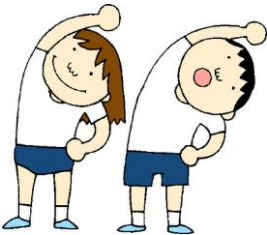




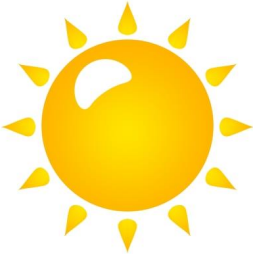






# Therapeutic Recreation Calendar





















## DECEMBER

	Tuesday 12/1/20	Wednesday 12/2/20	Thursday 12/3/20	Friday 12/4/20	Saturday 12/5/20
<p><b><u>Due to the COVID-19 virus we are unable to have large group activities at this time. We can connect with your family through the computer using “Facetime/Skype/Zoom”.</u></b></p>	<p><b>Small Groups and Individual Activities</b></p> <p>Listen to music</p>  	<p><b>Small Groups and Individual Activities</b></p> <p>MORNING STRETCH</p>  <p>Reminisce</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>YOGA</p>  	<p><b>Small Groups and Individual Activities</b></p> <p>Bird watching</p>  <p>Chat with a friend</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Listen to music</p>  




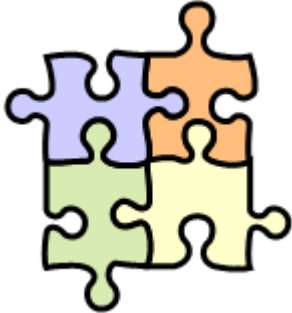

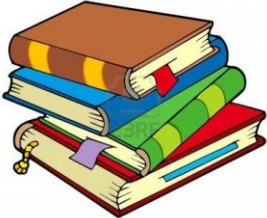



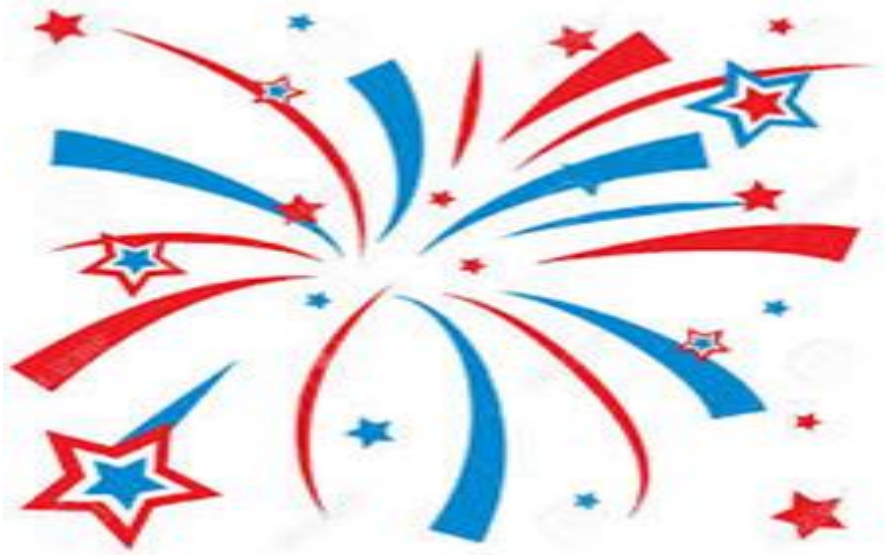
Sunday 12/6/20	Monday 12/7/20	Tuesday 12/8/20	Wednesday 12/9/20	Thursday 12/10/20	Friday 12/11/20	Saturday 12/12/20
<p><b>Small Groups and Individual Activities</b></p> <p>Read the paper</p>  <p>Don't forget to water your plants</p>  	<p><b>Small Groups and Individual Activities</b></p> <p>Perform the ROSARY</p>  <p>Read your favorite book.</p>  <p>Listen to music</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Watch an oldies movie.</p>  <p>Watch an oldies movie</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>MORNING STRETCH</p>  <p>Get some fresh air</p>  <p>Play a card game</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>YOGA</p>  <p>Don't forget to water your plants</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Reminisce</p>  <p>Challenge your mind</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Play a card game</p>  <p>Sing a song.</p>  <p>Write a letter.</p> 

Sunday 12/13/20	Monday 12/14/20	Tuesday 12/15/20	Wednesday 12/16/20	Thursday 12/17/20	Friday 12/18/20	Saturday 12/19/20
<div>Small Groups and Individual Activities</div> <div>Say a Prayer</div> <div></div> <div>Do a crossword puzzle</div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Do some coloring</div> <div></div> <div>Listen to your favorite music</div> <div></div> <div>Do a puzzle</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Go for a walk</div> <div></div> <div>Phone a friend</div> <div></div>	<div>Small Groups and Individual Activities</div> <div></div> <div>Listen to birds sing</div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div>YOGA</div> <div></div> <div>Play a card game</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Get some fresh air</div> <div></div> <div>Hear the birds sing</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Read a good book.</div> <div></div> <div>Do a crossword puzzle</div> <div></div> <div>Listen to music</div> <div></div>



Sunday 12/20/20	Monday 12/21/20	Tuesday 12/22/20	Wednesday 12/23/20	Thursday 12/24/20	Friday 12/25/20	Saturday 12/26/20
<div>Small Groups and Individual Activities</div> <div>Give friends or family a call</div> <div></div> <div>Write a letter.</div> <div></div> <div>Do a light morning exercise</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Perform the ROSARY</div> <div></div> <div>Listen to birds sing</div> <div></div> <div>Challenge your mind</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Bird watching</div> <div></div> <div>Watch an oldies movie</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>MORNING STRETCH</div> <div></div> <div>Don't forget to water your plants</div> <div></div> <div>Do some coloring</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Read the paper</div> <div></div> <div>1:30 CHRISTMAS GIFTS FOR RESIDENTS</div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div></div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Do a light exercise</div> <div></div> <div>Listen to your favorite music</div> <div></div> <div>Do a word search puzzle</div> <div></div>

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Sunday 12/27/20	Monday 12/28/20	Tuesday 12/29/20	Wednesday 12/30/20	
<p><b>Small Groups and Individual Activities</b></p> <p>Do a crossword puzzle</p>  <p>Challenge your mind</p>  	<p><b>Small Groups and Individual Activities</b></p> <p>Puzzles</p>  <p>Read the paper</p>  <p>Read a book</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Color a picture</p>  <p>Phone a friend</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Happy New Year 2021</p>  <p>Bird watching</p>	 <p><b><u>YOUR RECREATION STAFF</u></b></p> <p><b>MAURA CICCOTTI, CLAUDIA D'ONOFRIO, MARTA KOMOSINSKA, LUISA PRADO, JENNA SWEET</b></p>