




















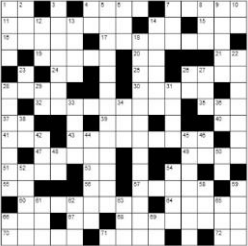

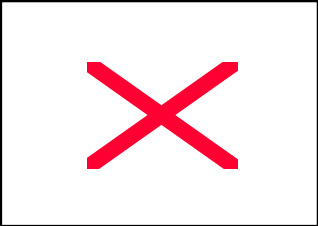
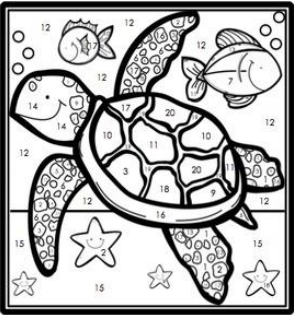



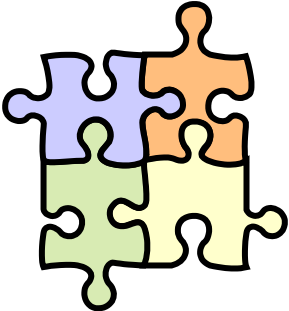


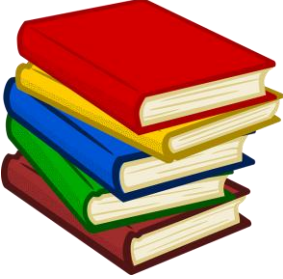
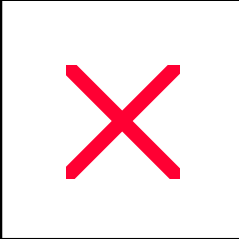











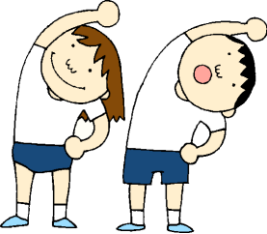
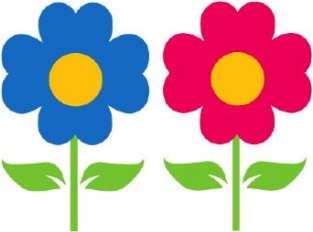








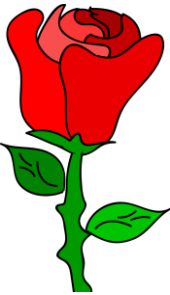



Therapeutic Recreation Calendar

NOVEMBER










Programs Subject To Change

Sunday 11/1/20	Monday 11/2/20	Tuesday 11/3/20	Wednesday 11/4/20	Thursday 11/5/20	Friday 11/6/20	Saturday 11/7/20
Small Groups and Individual Activities Read a book  Bird watch 	Small Groups and Individual Activities Sing a Song  Don't forget to water your house - plants 	Small Groups and Individual Activities Do a word search puzzle  Do a light morning exercise 	Small Groups and Individual Activities Do some Bird Watching  Read the Newspaper 	Small Groups and Individual Activities Phone a Friend  Listen to your favorite music 	Small Groups and Individual Activities Go outside and get some fresh air  Color a Picture 	Small Groups and Individual Activities Word on a Puzzle  Watch an old movie 

Sunday 11/8/20	Monday 11/9/20	Tuesday 11/10/20	Wednesday 11/11/20	Thursday 11/12/20	Friday 11/13/20	Saturday 11/14/20
<p>Small Groups and Individual Activities</p> <p>Read the Paper</p>  <p>Watch an oldies movie</p>  	<p>Small Groups and Individual Activities</p> <p>Get some fresh air</p>  <p>Listen to the birds sing</p>  <p>Call family/ friend</p> 	<p>Small Groups and Individual Activities</p> <p>Smell the Roses</p>  <p>Do a crossword Puzzle</p>  	<p>Small Groups and Individual Activities</p> <p>Play Solitaire</p>  <p>Color a picture</p>  	<p>Small Groups and Individual Activities</p> <p>Do a word search puzzle</p>  <p>Listen to the Birds</p>  	<p>Small Groups and Individual Activities</p> <p>Listen to Music</p>  <p>Challenge your Mind</p>  	<p>Small Groups and Individual Activities</p> <p>Reminisce</p>  <p>Do a light stretch</p>  

Sunday 11/15/20	Monday 11/16/20	Tuesday 11/17/20	Wednesday 11/18/20	Thursday 11/19/20	Friday 11/20/20	Saturday 11/21/20
<p>Small Groups and Individual Activities</p> <p>Say the Rosary</p>   <p>Write a Letter</p>  <p>Reminisce</p> 	<p>Small Groups and Individual Activities</p> <p>Get Outdoors</p>  <p>Hear the birds sing</p>  	<p>Small Groups and Individual Activities</p> <p>Go for a walk</p>  <p>Smell the Flowers</p>  	<p>Small Groups and Individual Activities</p> <p>Read a book.</p>  <p>Do a chair exercise</p>  <p>Call family/ friend</p> 	<p>Small Groups and Individual Activities</p> <p>Listen to music</p>  <p>Challenge your mind</p>  <p>Color a picture</p> 	<p>Small Groups and Individual Activities</p> <p>Get some fresh air</p>  <p>Spot the Roses</p>  	<p>Small Groups and Individual Activities</p>  <p>Sing a song</p> 

Sunday 11/22/20	Monday 11/23/20	Tuesday 11/24/20	Wednesday 11/25/20	Thursday 11/26/20	Friday 11/27/20	Saturday 11/28/20
<div>Small Groups and Individual Activities</div> <div>Listen to music</div> <div></div> <div>Reminisce</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>Play a card game</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Do some bird watching</div> <div></div> <div>Smell the flowers</div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Water your plants</div> <div></div> <div>Read a book</div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div>HAPPY THANKSGIVING!</div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Reminisce</div> <div></div> <div>Listen to music</div> <div></div> <div></div>	<div>Small Groups and Individual Activities</div> <div>Do a crossword puzzle</div> <div></div> <div>Read the paper</div> <div></div> <div></div>

Sunday 11/29/20	Monday 11/30/20		
<p>Small Groups and Individual Activities</p> <p>Say a Prayer</p>  <p>Get some Sunshine</p>  	<p>Small Groups and Individual Activities</p> <p>Phone a friend</p>  <p>Play a card game</p>  	<p>Small Groups and Individual Activities</p> <p>Read a book</p>  <p>Don't forget to water your plants</p>  	<div><p><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></p></div> <p><u>YOUR RECREATION STAFF</u></p> <div><div>MAURA CICCOTTI, MARTA KOMOSINSKA, REINA ROMERO,</div><div>CLAUDIA D’ONOFRIO, LUISA PRADO, JENNA SWEET</div></div>