



Meadow Ridge Senior Living: Assisted Living				July 2018		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Canada Day 1	2	3	Happy 4 th of July 4	5	6	7
Independent Programming 9:00–1:00 Farmers Market Walk (7800 Golden Valley Rd) 1:30 Puzzle Club (AR) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes (AR) 1:30 Cribbage Club (L) 3:00 Library Walk with Jess (LO)	10:00 Rummy Cards Club (AR) 1:30 Candy Bar bingo (AR) 2:30 Meadow Market (AR) 3:00 Gardening with Stephanie (AR patio) 6:15 Poker Club (AR)	10:00 Patriotic Creative Color & Puzzle Club (AR) 1:30 Movie & Popcorn (AR) 	10:00 Uno Club (L) 10:45 Volleyball (AR) 1:15 Performance by: Gary's Choir (DR) 3:00 Resident meeting (AR) 4:00 Meadow Market (AR)	10:00 Mexican Train Dominoes (AR) 10:00 Catholic Communion (L) 10:45 Current Events (MC2) 1:00 Manicures (AR)	10:00 Chair Yoga with Jess(AR) 1:30 Matinee Movie & Popcorn (AR)
8	9	10	11	12	13	Bastille Day 14
Independent Programming 9:00–1:00 Farmers Market Walk (7800 Golden Valley Rd) 1:30 Puzzle Club (AR) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes(AR) 10:00 Bella the Dog Visits 1:30 Cribbage Club (L) 3:00 Library Walk with Jess	8:00 Hot breakfast 10:30 Walking Club (LO) 1:30 Service in the lord (AR) 3:00 Wii bowling 4:00 Meadow Market (AR) 6:16 Poker Club (AR)	10:00 Current Events (MC2) 10:00 Rummy Cards Club (AR) 10:30 Lilly the dog 1:30 Candy Bar Bingo (AR) 2:30 Meadow Market (AR) 3:00 Reminisce with Kersten	10:00 Uno Club (L) 10:45 Volleyball (AR) 1:30 Outing: Dollar tree	10:00 Mexican Train Dominoes(AR) 10:00 Catholic Communion (L) 10:45 Current Events (MC2) 1:00 Manicures 1:30 Outing: Target	10:00 Sit & Be Fit with Kavina (AR) 1:30 Matinee Movie & Popcorn (AR)
15	16	17	18	19	20	21
Independent Programming 9:00–1:00 Farmers Market Walk (7800 Golden Valley Rd) 1:30 Puzzle Club (AR) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes (AR) 10:00 Bella the dog Visits 1:30 Cribbage Club (L) 3:00 Library Walk with Jess	10:00 Current Events & Exercise (MC1) 1:00 Service with Cindy (AR) 3:00 Arm Chair travelers(AR) 4:00 Meadow Market (AR) 6:15 Poker Club (AR)	10:30 Walking Club 1:30 Music by Michael Nelson (DR) 3:00 Candy Bar Bingo (AR) 4:00 Meadow Market (AR)	10:00 Uno Club (L) 10:45 Volleyball (AR) 1:30 Painting & Wine with Alfred (AR) 2:30 Meadow Market (AR) 3:00 Manicures (AR)	10:00 Mexican Train Dominoes (AR) 10:00 Catholic Communion (AR) 1:30 Yahtzee (AR)	10:00 Outing: Scenic Drive 1:30 Matinee Movie & Popcorn (AR)
22	23	24	25	26	27	28
Independent Programming 9:00–1:00 Farmers Market Walk (7800 Golden Valley Rd) 1:30 Puzzle Club (AR) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes 10:00 Bella the Dog Visits 1:30 Cribbage Club (L) 1:30 Outing: Walmart	10:00 Rummy Cards Club (AR) 1:30 Service in the Lord (AR) 3:00 Outing: Byerlys 6:15 Poker Club (AR)	9:45 Outing: Science Museum 10:00 England &Wales Travelogue 10:30 Lilly the Dog 1:30 Candy Bar bingo 2:30 Meadow Market (AR) 3:00 Reminisce with Kersten (AR)	10:00 Uno Club (L) 10:45 Volleyball (AR) 1:30 Performance by: Mary Franz (DR) 3:00 Birthday Celebration *All residents welcome (AR) 4:00 Meadow Market	10:00 Mexican train Dominoes Club (AR) 10:00 Catholic Communion (L) 10:45 Current Events (MC2) 1:00 Model t Ford & Ice Cream Social (PL)	10:00 Sit & Be Fit with Kavina (AR) 1:30 Matinee Movie & Popcorn (AR)
29	30	31				
Independent Programming 9:00–1:00 Farmers Market Walk (7800 Golden Valley Rd) 1:30 Puzzle Club (AR) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes(AR) 10:00 Bella the dog Visits 1:30 Cribbage Club (L) 3:00 Library walk (LO)	10:00 Rummy club (AR) 1:30 Wheel of Fortune (AR) 2:30 Meadow Market (AR) 3:00 Gardening & tea with Stephanie 6:15 Poker club (AR)		Room Key: MC - Memory Care AR - Activities Room DR - Dining Room L - Library (2 nd floor) LO - Lobby PL - Parking Lot	All programming subject to change. Updates will be posted in elevators & dining room. Please see Jess with questions.	

This month’s focus is on Educational Wellbeing



**Life Enrichment at Meadow Ridge
July 2018**

Calendar Tips:

Room Key:

- MC - Memory Care
- AR - Activities Room
- DR - Dining Room
- L - Library (2nd floor)
- LO - Lobby
- PL - Parking Lot

All programming subject to change.
Updates will be posted in elevators & dining room. Please see Jess with questions.

July Birthday's

- 7/13 Karin Nelson
- 7/13 Marjorie DeVillier
- 7/18 Betty Belle Wolfe
- 7/24 Jodi Silker
- 7/29 Hazel Liftin
- 7/31 Anna Marie Method



Programming Update:

Take time to read your calendars and look for those things that will be meaningful and fun for you.

Now introducing the **Meadow Market** (*the store in the Activities Room*). This is a place where you can get cards, basic hygiene, and food items.

The store hours will be posted on your monthly calendars and below as “Meadow Market”. We will keep the store open for 30 minutes.

**July's
Store
Hours**

- 7/3 2:30
- 7/5 4:00
- 7/10 4:00
- 7/11 2:30
- 7/17 4:00
- 7/18 4:00
- 7/19 2:30
- 7/25 2:30
- 7/26 4:00
- 7/31 2:30

**Meadow Market
Merchandise:**

- Small Bottled Water....\$.25
- Pop: Coke, Diet Coke, Dr. Pepper
- Sprite.... \$.50
- Chips.... \$.50
- Individual Pack of nuts.... \$.50
- Bag of cough drops (10 Drops) ...\$.75
- Bag of mints (10 mints)\$.75)
- Candy Bars.... \$1.00
- Jar of Peanut Butter \$1.00
- Stamps.... \$.50
- Batteries (2AA) \$.50
- Greeting Card with Envelope....\$.50
- Pocket Size Kleenex\$.50
- Lotion.... \$1.00
- Shower Gel.... \$1.00
- Toilet Paper (4 rolls) \$1.00
- Paper towels.... \$1.00
- Toothbrush.... \$1.00
- Deodorant.... \$1.00
- Chapstick.... \$1.00