



Meadow Ridge Senior Living: Memory Care

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Canada Day 1	2	3	Independence Day 4	5	6	7
Independent Programming HHA Choice	10:00 HHA Choice 1:30 Hand Massages & Manicures (MC) 3:00 HHA Choice	10:00 Service project with Linda (MC1-3) 1:30 Candy bar bingo 3:00 HHA Choice	10:00 Patriotic Creative Color with HHA 2:15 Current events (MC1) 2:30 Chair Exercise (MC1) 	10:45 Volleyball (AR) 1:15 Performance by: Garry's Choir (DR) 3:00 HHA choice	10:00 Catholic communion (L) 10:45 Current events (MC2) 11:00 Chair Exercise (MC2) 3:15 High tea (MC1 patio)	10:00 Bingo with HHA (MC1-3) 3:00 Current Events (MC3) 3:15 Yoga with Jess (MC3)
8	9	10	11	12	13	Bastille Day 14
Independent Programming HHA Choice	10:00 Bella the dog visits 1:30 Reminisce (MC2) 3:00 HHA Choice	8:00 Hot Breakfast (DR) 10:30 Current events (MC1) 10:45 Chair Exercise (MC1) 1:30 Service in the Lord (AR) 3:00 Gardening with Stephanie (MC1 patio)	10:00 Lilly the dog visits 10:30 Current Events (MC1) 1:00 Amber the Piano player (MC2) 3:00 HHA choice	10:45 Volleyball (AR) 1:30 HHA choice 3:00 Hand Massages and manicures (MC1-3)	10:00 Catholic communion (L) 10:45 Current Events (MC2) 10:45 Outing: Scenic drive & donuts 3:15 High tea (MC1 patio)	10:00 Bingo with HHA (MC1-3) 2:15 Current events (MC3) 2:30 Sit & Be Fit with Kavina (MC3)
15	16	17	18	19	20	21
Independent Programming HHA Choice	10:00 Bella the dog visits 1:30 Hand massages & manicures (MC1-3) 3:00 HHA Choice	10:00 Current Events (MC1) 10:15 Chair Exercise (MC1) 1:00 Service with Cindy (AR) 3:00 Arm Chair travelers (AR)	10:30 Walking club (LO) 1:30 Performance by: Michael Nelson (DR) 3:00 Candy Bar Bingo (AR)	10:45 Volleyball (AR) 1:30 Hand Massages & Manicures (MC) 3:00 HHA Choice	10:00 Catholic Communion (L) 10:45 Current events (MC2) 11:00 Chair exercise (MC2) 3:00 HHA Choice	10:00 Bingo with HHA (MC1-3) 3:00 Scenic Drive
22	23	24	25	26	27	28
Independent Programming HHA Choice	10:00 Bella the dog visits 1:30 HHA Choice 3:00 Hand massages & manicures (MC1-3)	10:30 Outing: scenic drive & donuts 1:30 Service in the Lord (AR) 3:00 Gardening with Stephanie (MC1 patio)	10:00 Creative Coloring with HHA 10:00 Lilly the dog visits 3:00 Music Bingo (MC2)	10:45 Volleyball (AR) 1:30 Performance by: Mary Franz (DR) 3:00 Birthday Celebration (AR) *All residents welcome	10:00 Catholic Communion (L) 10:45 Current events (M2) 11:00 Chair exercise (MC2) 1:00 Ford Model t Show & Ice cream Social (PL)	10:00 Bingo with HHA (MC1-3) 2:15 Current events (MC3) 2:30 Sit & Be Fit with Kavina
29	30	31				
Independent Programming HHA Choice	10:00 Bella the dog visits 1:30 Hand massages & manicures (MC1-3) 3:00 HHA Choice	10:30 Current Events (MC1) 10:15 Chair Exercise (MC1) 1:30 Wheel of fortune (AR) 3:00 HHA Choice		All programming subject to change. <i>Updates will be posted in elevators & dining room.</i> Please see Jess with questions.	Room Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 nd floor) LO – Lobby PL – Parking Lot	

This month's focus is on Educational Wellbeing