


Meadow Ridge Senior Living: Memory Care

September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
	All programming subject to change. <i>Updates will be posted on the bulletin boards in all memory care living rooms. Please see Jess with questions.</i>	Room Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 <sup>nd</sup> floor) LO – Lobby PL – Parking Lot				<b>10:30</b> Chair Yoga With Jess (MC 3) <b>1:30</b> HHA Choice (MC1-3) <b>3:00</b> Manicures (MC1-3)
2	Labor Day 3	4	5	6	7	8
<b>Independent Programming</b> <b>HHA Choice</b> <b>3:00</b> Snack and chat with HHA (MC1-3)	<b>Independent Programming</b> <b>10:00</b> Bella the dog visits <b>10:30</b> Creative Coloring with HHA (MC1-3) <b>1:30</b> HHA Choice (MC1-3) <b>3:00</b> Snack & Chat with HHA (MC1-3)	<b>10:30</b> Current Events (MC1) <b>10:45</b> Chair Exercises (MC1) <b>1:30</b> Volunteering with Jess and Kavina (AR) <b>3:00</b> Gardening with Stephanie (MC 1 Patio)	<b>10:30</b> Current Events (MC3) <b>10:45</b> Chair exercise (MC3) <b>1:30</b> Candy Bar Bingo (AR) <b>3:00</b> Cooking with Jess and Kavina (MC3)	<b>10:45</b> Volleyball (AR) <b>1:30</b> Performance by; The Entertainers (DR) <b>3:00</b> Snack & Chat with HHA (MC1-3)	<b>10:00</b> Catholic Communion (L) <b>10:45</b> Current Events (MC2) <b>11:00</b> Chair exercise (MC2) <b>3:00</b> Cider & Chat (MC1 Patio)	<b>Independent Programming</b> <b>10:00</b> Manicures with HHA (MC1-3) <b>3:00</b> Snack & Chat with HHA (MC1-3)
9	Rosh Hashana 10	11	12	13	14	15
<b>Independent Programming</b> <b>12:00</b> Vikings Game Showing (MC 1-3) <b>3:00</b> Snack and chat with HHA (MC1-3)	<b>10:00</b> Bella the Dog visits <b>10:30</b> Yoga with Jess (MC 1) <b>3:00</b> Snack & Chat with HHA (MC1-3)	<b>8:00</b> Hot breakfast (MC1-3) <b>9:30</b> Outing: Scenic drive <b>1:30</b> Service in the lord (AR) <b>3:00</b> Wheel of Fortune (MC2)	<b>10:30</b> Current Events (MC1) <b>10:45</b> Chair exercise (MC3) <b>1:00</b> Amber play piano (MC2) <b>3:00</b> Snack & chat (MC1-3)	<b>10:45</b> Volleyball (AR) <b>1:30</b> Music Performance by: Jim Christianson (DR) <b>3:00</b> Snack & Chat (MC1-3)	<b>10:00</b> Catholic Communion (L) <b>10:45</b> Current Events (MC2) <b>11:00</b> Chair exercise (MC2) <b>3:00</b> Cider & Chat (MC1 Patio)	<b>Independent Programming</b> <b>10:00</b> Manicures with HHA (MC1-3) <b>3:00</b> Snack & Chat with HHA (MC1-3)
16	17	18	Yom Kippur 19	20	21	22
<b>Independent Programming</b> <b>12:00</b> Vikings Game Showing (MC 1-3) <b>3:00</b> Snack and chat with HHA (MC1-3)	<b>10:00</b> Bella the Dog visits <b>10:30</b> Yoga with Jess (MC 2) <b>3:00</b> Snack & Chat with HHA (MC1-3)	<b>10:30</b> Current events (MC3) <b>10:45</b> Chair Exercise (MC3) <b>1:30</b> Service with Cindy (AR) <b>3:00</b> Gardening with Stephanie (MC1 Patio)	<b>10:30</b> Walking club <b>1:30</b> Candy Bar Bingo (AR) <b>3:00</b> Arm Chair travelers (AR) <b>3:00</b> Snack & Chat (MC1-3)	<b>10:45</b> Volleyball (AR) <b>1:30</b> HHA Choice (MC 1-3) <b>3:00</b> Snack & Chat (MC1-3)	<b>10:00</b> Catholic Communion (L) <b>10:45</b> Current Events (MC2) <b>11:00</b> Chair exercise <b>3:00</b> Cider & Chat (MC1 Patio)	<b>10:30</b> Current events (MC 1) <b>10:45</b> Sit & be Fit with Kavina (MC 1) <b>3:00</b> Manicures (MC 1-3)
23/30	Sukkot 24	25	26	27	28	29
<b>Independent Programming</b> <b>12:00</b> Vikings Game Showing (MC 1-3) <b>3:00</b> Snack and chat with HHA (MC1-3)	<b>10:00</b> Bella the Dog visits <b>10:30</b> Yoga with Jess (MC 3) <b>3:00</b> Snack & Chat with HHA (MC1-3)	<b>10:30</b> Current events (MC3) <b>10:45</b> Chair Exercise (MC3) <b>1:30</b> Service in the Lord (AR) <b>3:00</b> Craft with Kavina (MC 2)	<b>9:30</b> Outing: Scenic Drive <b>10:30</b> Lily the Dog <b>10:30</b> Current Events (MC 1) <b>10:45</b> Chair exercise (MC 1) <b>3:00</b> Snack & Chat (MC1-3)	<b>10:45</b> Volleyball (AR) <b>1:30</b> HHA Choice (MC 1-3) <b>3:30</b> Birthday Celebration (AR)	<b>10:00</b> Bingo with HHA (MC1-3) <b>10:00</b> Catholic Communion (L) <b>3:00</b> Snack & Chat (MC1-3)	<b>Independent Programming</b> <b>10:00</b> Manicures with HHA (MC1-3) <b>3:00</b> Snack & Chat with HHA (MC1-3)

This month’s focus is on Physical Wellbeing