


Meadow Ridge Senior Living: Assisted Living				September 2018		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Room Key:</b> MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 <sup>nd</sup> floor) LO – Lobby PL – Parking Lot	<b>All programming subject to change. Updates will be posted in elevators &amp; dining room. Please see Jess with questions.</b>				<b>10:00</b> Gamers choice (AR) <b>1:30</b> Chair Yoga with Jess (AR) <b>3:00</b> Matinee movie (AR)
National Grandparents Day 2	Labor Day 3	4	5	6	7	8
<b>Independent Programming</b> <b>9:00–1:00</b> Farmers Market Walk (7800 Golden Valley Rd) <b>1:30</b> Puzzle Club (AR) <b>3:00</b> Snack & Chat (LO)	<b>Independent Programming</b> <b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Bella the Dog Visits <b>1:30</b> Matinee Movie (AR)	<b>10:00</b> Rummy Cards Club (AR) <b>1:30</b> Volunteering with Jess & Kavina (AR) <b>3:00</b> What's My Line? with Kavina (AR)	<b>10:00</b> Uno Club (AR) <b>1:30</b> Candy Bar Bingo (AR) <b>2:30</b> Meadow Market (AR) <b>3:00</b> Jeopardy with Kersten (AR)	<b>10:00</b> Cribbage Club <b>10:45</b> Volleyball (AR) <b>1:30</b> Performance by the Entertainers (DR) <b>3:00</b> Resident meeting (AR) <b>4:00</b> Meadow Market (AR)	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Catholic Communion (L) <b>1:00</b> Meadow Market <b>1:30</b> Manicures (AR) <b>3:00</b> Rummy Club (AR)	<b>10:00</b> Bingo with Mabel (AR) <b>1:30</b> Matinee Movie (AR)
9	Rosh Hashana 10	11	12	13	14	15
<b>Independent Programming</b> <b>9:00–1:00</b> Farmers Market Walk (7800 Golden Valley Rd) <b>1:30</b> Uno Club (L) <b>3:00</b> Snack & Chat (LO)	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Bella the Dog Visits <b>1:30</b> Outing: Target	<b>8:00</b> Hot Breakfast (DR) <b>10:00</b> Rummy Club (AR) <b>1:30</b> Service in the Lord (AR) <b>3:00</b> Gardening & tea with Stephanie (AR Patio)	<b>10:00</b> Outing: Scenic Drive <b>10:30</b> Current Events (MC3) <b>10:30</b> Lilly the Dog <b>1:30</b> Candy Bar Bingo (AR) <b>2:30</b> Meadow Market (AR) <b>3:00</b> Jeopardy with Kersten (AR)	<b>10:00</b> Cribbage Club <b>10:45</b> Volleyball (AR) <b>1:30</b> Piano Performance by Jim Christianson (DR) <b>3:00</b> Outing: Culvers	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Catholic Communion (L) <b>1:00</b> Meadow Market (AR) <b>1:30</b> Outing: Dollar Tree <b>1:30</b> Manicures (AR) <b>3:00</b> Rummy Club (AR)	<b>10:00</b> Gamers Choice (AR) <b>1:30</b> Jeopardy with Gloria(AR)
16	17	18	Yom Kippur 19	20	21	22
<b>Independent Programming</b> <b>9:00–1:00</b> Farmers Market Walk (7800 Golden Valley Rd) <b>12:00-3:00</b> Vikings Game Showing (AR) <b>3:00</b> Puzzle Club (AR)	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Bella the Dog Visits <b>1:30</b> Chair Yoga with Jess (AR)	<b>10:00</b> Rummy Club (AR) <b>1:30</b> Service with Cindy (AR) <b>3:00</b> Cooking with Kavina (AR)	<b>10:00</b> Uno Club (AR) <b>10:30</b> Walking Club(AR) <b>1:30</b> Candy Bar Bingo (AR) <b>2:30</b> Meadow Market (AR) <b>3:00</b> Arm Chair Travelers (AR)	<b>10:00</b> Cribbage Club <b>10:45</b> Volleyball (AR) <b>2:00</b> Happy Hour (AR) <b>3:00</b> Jeopardy with Jess (AR)	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Catholic Communion (L) <b>1:00</b> Meadow Market <b>1:30</b> Manicures (AR) <b>3:00</b> Rummy Club (AR)	<b>10:00</b> Gamers Choice (AR) <b>1:30</b> Sit & be Fit with Kavina (AR)
23/30	Sukkot 24	25	26	27	28	29
<b>Independent Programming</b> <b>9:00–1:00</b> Farmers Market Walk (7800 Golden Valley Rd) <b>12:00-3:00</b> Vikings Game Showing (AR) <b>3:00</b> Puzzle Club (AR)	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Bella the Dog Visits <b>1:30</b> Outing: Walgreens	<b>9:15</b> Outing: Lets go fishing <b>10:00</b> Rummy Club (AR) <b>1:30</b> Service in the Lord (AR) <b>3:00</b> Gardening & tea with Stephanie (AR Patio) <b>4:00</b> Meadow Market(AR)	<b>10:00</b> Uno Club (AR) <b>10:30</b> Current Events (MC1) <b>10:30</b> Lilly the Dog <b>1:30</b> Outing Walmart <b>1:30</b> Candy Bar Bingo (AR) <b>2:30</b> Meadow Market (AR) <b>3:00</b> Jeopardy with Kersten (AR)	<b>10:00</b> Cribbage Club <b>10:45</b> Volleyball (AR) <b>1:30</b> Outing: Cub Foods <b>3:30</b> Birthday Celebration (AR)	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Catholic Communion (L) <b>10:15</b> Outing: Twins Game <b>1:30</b> Matinee Movie (AR)	<b>10:00</b> Bingo with Mabel (AR) <b>1:30</b> Matinee Movie (AR)

This month’s focus is on Physical Wellbeing



MEADOW RIDGE  
SENIOR LIVING

Life Enrichment at Meadow Ridge  
August 2018

Calendar Tips:

Room Key:

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

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

September Birthdays

- |               |                   |
|---------------|-------------------|
| Robert J. 9/1 | Paul F. 9/14      |
| Merlin M. 9/6 | Dolores K. 9/16   |
| Wally H. 9/7  | Leander R. 9/19   |
| Pat L. 9/9    | Barb S. 9/26      |
| Kathy M. 9/10 | Charlotte Z. 9/30 |
| Mabel 9/13    |                   |



Programming Update:

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

September’s  
Store Hours

- 9/5 2:30
- 9/6 4:00
- 9/7 1:00
- 9/12 2:30
- 9/14 1:00
- 9/19 2:30
- 9/21 1:00
- 9/25 4:00
- 9/26 2:30

Meadow Market  
Merchandise:

Snack Food:

- Small Bottled Water....\$.25
- Pop: Coke, Diet Coke, Dr. Pepper Sprite, Root Beer.... \$.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

Miscellaneous:

- Stamps.... \$.50
- Batteries (2AA) .... \$.50
- Greeting Card with Envelope....\$.50

Basic Hygiene:

- 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
- Mouthwash.... \$1.00