









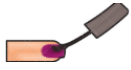




















Meadow Ridge Senior Living – Memory Care

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Day of the Dead 1	2	3
	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 nd floor) LO – Lobby PL – Parking Lot		1:30 Volleyball (AR) 1:30 Magic Show by: Troy Rognrud (DR) 3:00 Snack and Chat with HHA (MC1-3) 	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Exercise (MC2) 3:15 Cider & Chat with Kavina (MC1-3) 	Independent Programming 10:00 Current Events & Yoga with Jess (MC2) 3:30 Manicures with Jess (MC 1-3) 6:15 Movie night with HHA (MC1-3)
4	5	6	7	8	9	10
Independent Programming 10:00 Current events with HHA (MC1-3) 12:00 Vikings Game (MC1-3) 6:15 Manicures with HHA (MC1-3) 	10:00 Bella the dog visits 10:30 Yoga with Jess (MC 1) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair Exercise (MC2) 	10:30 Current Events (MC3) 10:45 Chair Exercise (MC3) 1:30 Charades with Kavina and Jess (MC3)	10:30 Outing: Scenic Drive 1:30 Candy Bar Bingo (AR)  3:00 Snack and Chat with HHA (MC1-3) 6:15 Creative Color with HHA (MC1-3)	10:45 Volleyball (AR) 1:30 Performance by: Monroe Wright (DR) 3:00 Thanksgiving Door Craft (MC2) 	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Exercise (MC2) 3:15 Cider & Chat with Kavina & Jess (MC1-3) 	10:30 Current Events & exercise with HHA (MC1-3) 1:30 Bingo with HHA (MC1-3) 3:30 Manicures (MC1-3) 6:15 Movie night with HHA (MC1-3) 
Veteran's Day 11	12	13	14	15	16	17
Independent Programming 10:00 Current events with HHA (MC1-3) 3:00 Snack and Chat with HHA 6:15 Manicures with HHA (MC1-3) 	10:00 Bella the dog visits 10:30 Yoga with Jess (MC 1) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair Exercise (MC2) 	8:00 Hot Breakfast (MC1-3)  10:30 Current Events (MC3) 10:45 Chair Exercise (MC3) 1:30 Lutheran Service in the Lord (AR) 3:00 Comedy Hour with Jess & Kavina (MC2)	10:30 Walking & Coffee Club with Jess and Kavina 1:30 Amber the Pianist (MC2) 3:00 Snack and Chat with HHA (MC1-3) 6:15 Creative Color with HHA (MC1-3)	10:45 Volleyball (AR) 1:30 Performance by: James Shaw (DR) 3:00 Snack & Chat with HHA (MC1-3) 	10:00 Catholic Mass (L) 10:45 Current Events (MC2) 11:00 Chair Exercise (MC2) 3:15 Cider & Chat with Kavina (MC1-3) 	10:00 Trace the dog visits 10:30 Current Events & sit & Be Fit with Kavina 3:00 Manicures (MC1-3) 6:15 Movie night with HHA (MC1-3) 
18	19	20	21	Thanksgiving 22	Native American Heritage Day 23	24
Independent Programming 10:00 Current events (MC1-3) 12:00 Vikings Game Showing (MC 1-3)  3:00 Snack and chat with HHA (MC1-3) 6:15 Manicures with HHA (MC1-3)	10:00 Bella the dog visits 10:30 Yoga with Jess (MC 1) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair Exercise (MC2) 	10:30 Current Events (MC3) 10:45 Chair Exercise (MC3) 1:30 Lutheran Service with Cindy (AR) 3:00 A Charlie Brown Thanksgiving and Popcorn with Kavina (MC2) 	10:30 Outing: Scenic Drive 1:30 Candy Bar bingo  3:00 Snack & chat with HHA (MC1-3) 6:15 Creative Color with HHA (MC1-3)	Independent Programming 10:00 Bingo with HHA (MC1-3) 3:00 Snack and Chat with HHA (MC1-3) 6:15 Creative Color With HHA (MC1-3) 	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Exercise (MC2) 3:15 Cider & Chat with Jess (MC1-3) 	Independent Programming 10:00 Current events with HHA 10:00 Trace the dog visits 3:00 Snack & Chat with HHA (MC1-3) 6:15 Movie Night with HHA (MC1-3) 
25	26	27	28	29	30	
Independent Programming 10:00 Current events with HHA (MC1-3) 1:30 Manicures with HHA (MC1-3) 3:00 Snack and chat with HHA (MC1-3) 7:00 Vikings Game Showing (MC 1-3) 	10:00 Bella the dog visits 10:30 Yoga with Jess (MC 1) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair Exercise (MC2) 	10:30 Current Events (MC3) 10:45 Chair Exercise (MC3) 1:30 Lutheran Service in the Lord (AR) 3:00 Snack & Chat With HHA (MC1-3)	10:30 Walking & Coffee Club with Jess and Kavina 1:30 Candy Bar Bingo 3:00 Arm Chair Travelers (AR)  6:15 Creative Color with HHA (MC1-3)	10:45 Volleyball (AR) 3:30 Birthday Celebration (AR)  HAPPY BIRTHDAY	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Exercise (MC2) 3:15 Cider & Chat with Kavina & Jess (MC1-3) 	

This month's focus is on Educational Wellbeing