


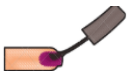




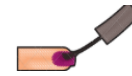

















Meadow Ridge Senior Living: Assisted Living

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p>All programming subject to change. Updates will be posted on the bulletin boards in all memory care living rooms. Please see Jess with questions</p>	<p>Room Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2nd floor) LO – Lobby PL – Parking Lot</p>				<p>10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:00 Meadow Market (AR) 1:30 Manicures (AR)</p> 	<p><i>Independent Programming</i> 10:00 Rummy Club (AR) 1:30 Matinee Movie: Gone with the Wind (AR)</p> 
3	4	5	6	7	8	9
<p><i>Independent Programming</i> 10:00 Puzzle & Crossword Club 1:30 Matinee Movie: The Blind Side (AR) 5:30 Super Bowl (AR)</p>	<p>10:00 Mexican Train Dominoes (AR) 10:00 Bella the Dog (AR) 1:30 Outing: Cub Foods 3:00 Who Are You with Mary Kay (AR) 4:00 Meadow Market (AR)</p>	<p>10:00 Rummy Club (AR) 1:30 Outing: Walgreens (LO) 1:30 Matinee Movie: Rosa Parks Documentary (AR)</p> 	<p>10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 2:30 Meadow Market (AR) 3:00 Debate Hour with Kersten (AR) 5:00 Outing: Milton's (LO)</p> 	<p>10:45 Volleyball (AR) 1:30 Music Performance by: Carolyn Jaynes (DR) 3:00 Resident Meeting (AR)</p> 	<p>10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:30 Manicures (AR) 1:30 Outing: Target (LO)</p> 	<p><i>Independent Programming</i> 10:00 Rummy Club (AR) 1:30 Bingo with Marilyn 3:00 Matinee Movie: Radio Land Murders (AR)</p>
10	11	12	13	14	15	16
<p><i>Independent Programming</i> 10:00 Puzzle & Crossword Club 1:30 Matinee Movie: P.S. I Love You (AR) 7:00 61st Annual Grammy Awards (AR)</p>	<p>10:00 Mexican Train Dominoes (AR) 10:00 Bella the Dog (AR) 1:30 Chair Yoga with Jess (AR) 3:00 Valentines Service (AR) 4:00 Meadow Market (AR)</p> 	<p>8:00 Hot Breakfast (DR) 10:00 Rummy Club (AR) 1:30 Service in the Lord (AR) 3:00 Matinee Movie: Julie & Julia</p> 	<p>10:00 Smoothie Social with Jess (AR) 1:30 Candy Bar Bingo (AR) 2:30 Choir Community – Love Songs 3:30 Meadow Market (AR)</p> 	<p>9:30 Peaceful Valley Cookie Decorating (AR) 12:00 Mr. & Mrs. Valentine Lunch (DR) 2:00 Happy Hour (AR) 3:00 Jeopardy with Jess (AR)</p> 	<p>10:00 Mexican Train Dominoes (AR) 10:00 Catholic Communion (L) 1:00 Meadow Market (AR) 1:30 Manicures (AR)</p>	<p>10:00 Rummy Club (AR) 1:30 New Game with Kavina (AR) 3:00 Matinee Movie: The Greatest Showman (AR)</p> 
17	18	19	20	21	22	23
<p><i>Independent Programming</i> 10:00 Puzzle & Crossword Club (AR) 1:30 Matinee Movie (AR) Saturday Night Fever (AR)</p> 	<p>10:00 Mexican Train Domines (AR) 10:00 Bella the Dog 2:00 Matinee Movie: Hidden Figures (AR)</p> 	<p>10:00 Outing: Trader Jo's (LO) 10:00 Rummy Club (AR) 1:30 Service with Cindy (AR) 3:00 Outing: Dollar Tree (LO)</p>	<p>10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 2:30 Meadow Market (AR) 3:00 Debate Hour with Kersten (AR)</p> 	<p>10:00 Volleyball (AR) 1:30 Music Performance by: Scott Beaumont (DR) 3:00 Education Hour with Jess & Kavina (AR) 4:00 Meadow Market (AR)</p> 	<p>10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:30 Manicures (AR) 1:30 Outing: Walmart (LO) 3:00 Wine and Cheese with Stephanie (AR)</p> 	<p>10:00 Rummy (AR) 11:00 Outing: Golden valley Historical Society Museum 1:30 Bingo with Gloria (AR) 3:00 Matinee Movie: Beauty and the Beast (AR)</p> 
24	25	26	27	28		
<p><i>Independent Programming</i> 10:00 Puzzle & Crossword Club 1:30 Matinee Movie: The Martian (AR) 7:00 91st Academy Awards (AR)</p>	<p>10:00 Mexican Train Domines (AR) 10:00 Bella the Dog 1:30 Cock-a-doodle Zoo (AR)</p>	<p>10:00 Rummy Club (AR) 1:30 Service in the Lord (AR) 2:30 Meadow Market (AR)</p>	<p>10:00 Smoothie Social with Jess 1:30 Candy Bar Bingo (AR) 3:00 Arm Chair Travelers (AR)</p> 	<p>10:45 Volleyball (AR) 2:30 Birthday Party (AR)</p> 		

This month's focus is on Emotional Wellbeing



MEADOW RIDGE
SENIOR LIVING

Life Enrichment at Meadow Ridge
February 2019

Calendar Tips:

Room Key:

- MC - Memory Care
- AR - Activities Room
- DR - Dining Room
- L - Library (2nd floor)
- LO - Lobby
- PL - Parking Lot
- CR - Card Room (3rd floor)

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

February Birthdays

- Katherine W. 2/02
- Richard S. 2/03
- Elmina P. 2/05
- Janet G. 2/12
- Mary Anne Y. 2/17
- Alex V. 2/18
- Louise M. 2/19
- Howard M. 2/22



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.

February's Store



- 2/01 1:00
- 2/4 4:00
- 2/06 2:30
- 2/11 4:00
- 2/13 3:30
- 2/15 1:00
- 2/20 2:30
- 2/21 4:00
- 2/26 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
- Grape Jelly... \$1.00
- 2 Cups of Pudding... \$1.00
- 2 Cups of Applesauce... \$1.00
- 2 Cups of Mac & Cheese... \$1.00
- Soup: Tomato Chicken Noodle Vegetable Beef... \$1.00
- Bag of Teabags (5): Green & Black... \$.50

Basic Hygiene:

- Pocket Size Kleenex\$.50
- Kleenex Box \$1.00
- Lotion.... \$1.00
- Shower Gel.... \$1.00
- Body wash... \$1.00
- Shampoo... \$1.00
- Conditioner... \$1.00
- Toilet Paper (4 rolls) ... \$1.00
- Paper towels.... \$1.00
- Toothbrush.... \$1.00
- Deodorant.... \$1.00
- Chapstick.... \$1.00
- Mouthwash.... \$1.00
- 3 razors.... \$1.00
- After Shave... \$1.00

Miscellaneous:

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