

Meadow Ridge Senior Living – Memory Care

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 Catholic Communion (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina </p>	<p>10:00 Current Events and Exercise with HHA (MC1-3) 10:00 Trace the Dog 6:15 Movie Night & Popcorn with HHA (MC1-3)</p>
<p>Independent Programming 10:00 Current Events and Exercise with HHA (MC1-3) 1:30 Manicures with HHA (MC1-3)  5:00 Superbowl (MC1-3)</p>	<p>10:00 Bella the Dog (MC1-3) 10:30 Current Events & Exercise with Kavina (MC2) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair exercise with Suzanne (MC2)</p>	<p>10:30 Current Events & Exercise (MC3) 1:30 HHA Choice (MC1-3) 3:00 Comedy Hour with Kavina (MC2) </p>	<p>10:30 Current Events & Exercise 1:30 Candy Bar Bingo (AR)  3:00 Snack & Chat with HHA (MC1-3) 6:15 creative Color with HHA (MC1-3)</p>	<p>10:45 Volleyball (AR)  1:30 Music Performance by: Carolyn Jaynes (DR) 3:00 Snack & Chat with HHA (MC1-3)</p>	<p>10:00 Catholic Communion (L) 10:45 Current Events and Exercise (MC2) 3:00 Coco and Chat with Kavina </p>	<p>10:00 Current Events and Exercise with HHA (MC1-3) 10:00 Trace the Dog 1:30 Hand Massages & Manicures (MC1-3)  6:15 Movie Night & Popcorn with HHA (MC1-3)</p>
<p>Independent Programming 10:00 Current Events and Exercise with HHA (MC1-3)  3:00 Snack & Chat with HHA (MC1-3) 6:15 Manicures with HHA (MC1-3)</p>	<p>10:00 Bella the Dog (MC1-3) 10:30 Chair yoga with Jess (MC2) 2:00 Matinee Movie: Chocolat (MC1-3)  6:15 Ti Ti and Chair exercise with Suzanne (MC2)</p>	<p>8:00 Hot Breakfast (DR)  10:30 Current Events & Exercise (MC3) 1:30 Service in the Lord (AR) 3:00 Craft with Kavina (MC2)</p>	<p>10:30 Walking Club 1:30 Piano Performance by Amber (MC2) 3:00 Choir Community (AR) 6:15 Creative Color with HHA (MC1-3)</p>	<p>9:30 Peaceful Valley Cookie Decorating (AR) 12:00 Valentines Lunch (MC 1-3) 1:30 Matinee Movie: P.S. I Love You (MC1-3)</p>	<p>10:00 Catholic Communion (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina </p>	<p>Independent Programming 10:00 Current Events and Exercise (MC2) 10:00 Trace the Dog 3:00 Manicures with Kavina  6:15 Movie Night & Popcorn with HHA (MC1-3)</p>
<p>Independent Programming 10:00 Current Events and Exercise with HHA (MC1-3) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Manicures with HHA (MC1-3) </p>	<p>10:00 Bella the Dog (MC1-3) 10:30 Chair yoga with Jess (MC2) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair exercise with Suzanne (MC2) </p>	<p>10:30 Current Events & Exercise (MC3) 1:30 Service with Cindy (AR) 3:00 Snack & Chat with HHA (MC1-3)</p>	<p>10:30 Lilly the Dog 10:30 Current Events and Chair Dancing (MC2) 1:30 Candy Bar Bingo (AR)  6:15 Creative Color with HHA (MC1-3)</p>	<p>10:45 Volleyball (AR)  1:30 Music Performance by: Scott Beaumont (DR) 3:00 Education Hour with Jess & Kavina (AR)</p>	<p>10:00 Catholic Communion (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina </p>	<p>Independent Programming 10:00 Current Events and Exercise with HHA (MC1-3) 10:00 Trace the Dog 2:30 Hand Massages & Manicures (MC1-3)  6:15 Movie Night & Popcorn with HHA (MC1-3)</p>
<p>Independent Programming 10:00 Current Events and Exercise with HHA (MC1-3) 3:00 Snack & Chat with HHA (MC1-3) 7:00 91st Academy Awards (MC 1-3)</p>	<p>10:00 Bella the Dog (MC1-3) 10:30 Chair yoga with Jess (MC2) 1:30 Cock-a-doodle Zoo (AR) 6:15 Ti Ti and Chair exercise with Suzanne (MC2) </p>	<p>10:30 Current Events & Exercise (MC3) 1:30 Service in the Lord (AR) 3:00 Wheel of Fortune with Kavina and Jess (MC2)</p>	<p>10:30 Walking Club 1:30 Candy Bar Bingo (AR) 3:00 Arm chair Travelers: Underground Railroad  6:15 Creative Color with HHA (MC1-3)</p>	<p>10:45 Volleyball (AR) 2:30 Birthday Party (AR) </p>		

This month's focus is on Emotional Wellbeing