

Meadow Ridge Senior Living – Memory Care

May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 3:00 Snack & Chat w/HHA (MC1-3) 6:15 Hand Massages w/HHA (MC1-3)	31 10:00 Sing Along (MC2) 1:30 Manicures (MC1-3) 3:00 Craft Club: Tissue Paper Mug (AR)		All programming subject to change. Updates will be posted on the bulletin boards in all memory care living rooms. Please see Kavina with questions	Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2nd floor) LO – Lobby PL – Parking Lot HHA – Home Health Aid		1 10:00 Bingo with HHA (MC1-3) 1:30 Creative Coloring with HHA 3:00 Matinee Movie (MC1-3)
2 Independent Programming 10:00 Current Events & Exercise w/ HHA (MC1-3) 6:15 Hand Massages & Manicures w/ HHA (MC1-3)	3 10:30 Sing Along (MC2) 1:30 Manicures (MC1-3) 3:00 Craft Club: May Day Door Basket (AR)	4 10:00 Kickball (MC2) 1:30 Walking Club 3:00 Bean Bag Toss (MC1-3)	5 10:00 Balloon Tennis (MC1-3) 1:30 Piano Music with Megan (MC2) 3:00 Games with Megan (M1-3)	6 10:00 Cranium Crunches (MC1-3) 1:30 Candy Bar Bingo (MC1-3) 3:00 Reminisce (MC1-3)	7 10:00 Volleyball (MC2) 1:30 Movie & Popcorn: (MC1-3) 3:00 Creative Coloring with HHA (MC1-3)	8 10:30 Chair exercise (MC1-3) 1:30 Creative Coloring with HHA 3:00 Matinee Movie
9 Independent Programming 10:00 Current Events & Exercise w/ HHA (MC1-3) 6:15 Hand Massages & Manicures w/ HHA (MC1-3)	10 10:00 Sing Along (MC2) 1:30 Manicures (MC1-3) 3:00 Craft Club: May Flowers Wreath (AR)	11 10:00 Kickball (MC2) 1:30 Walking Club (MC1-3) 3:00 Root Beer Floats (MC1-3)	12 10:00 Balloon Tennis (MC1-3) 1:30 Piano Music with Megan 3:00 Games with Megan (M1-3)	13 10:00 Scenic Drive 1:30 Candy Bar Bingo (MC1-3) 3:00 Cranium Crunches (MC1-3)	14 10:00 Volleyball (AR) 1:30 Movie & Popcorn: (MC1-3) 3:00 Creative Coloring with HHA (MC1-3)	15 10:30 Chair exercise (MC1-3) 1:30 Creative Coloring with HHA 3:00 Matinee Movie
16 Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 6:15 Hand Massages w/HHA (MC1-3)	17 10:00 Sing Along (MC1-3) 1:30 Manicures (MC1-3) 3:00 Craft Club: Eye Dropper Art (AR)	18 10:00 Kickball (MC2) 1:30 Walking Club (MC1-3) 3:00 Ring Toss (MC1-3)	19 10:00 Balloon Tennis (MC1-3) 1:30 3:00 Piano Music with Megan 3:00 Games with Megan (M1-3)	20 10:00 Scenic Drive 1:30 Candy Bar Bingo (MC1-3) 3:00 Cranium Crunches (MC1-3)	21 10:00 Volleyball (AR) 1:30 Movie & Popcorn: (MC1-3) 3:00 Creative Coloring with HHA (MC1-3)	22 10:30 Chair exercise (MC1-3) 1:30 Creative Coloring with HHA 3:00 Matinee Movie
23 Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 3:00 Snack & Chat w/HHA (MC1-3) 6:15 Hand Massages w/HHA (MC1-3)	24 10:00 Sing Along (MC2) 1:30 Manicures (MC1-3) 3:00 Craft Club: Painting Picture Frames (AR)	25 10:00 Kickball (MC2) 1:30 Walking Club (MC1-3) 3:00 Armchair Travelers: Amboise France (AR)	26 10:00 Balloon Tennis (MC1-3) 1:30 Piano Music with Megan 3:00 Birthday Party	27 10:00 Cranium Crunches (MC1-3) 1:30 Candy Bar Bingo (MC1-3) 3:00 Reminisce (MC1-3)	28 10:00 Volleyball (AR) 1:30 Movie & Popcorn: (MC1-3) 3:00 Creative Coloring with HHA (MC1-3)	29 10:30 Chair exercise (MC1-3) 1:30 Creative Coloring with HHA 3:00 Matinee Movie

This month's focus is on Physical Wellbeing