


























Meadow Ridge Senior Living – Memory Care

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st Day of Advent 2	1st of Hanukkah 3	Toys Tuesday 4	Volunteer Day 5	6	Anniversary of Pearl Harbor 7	Rosa Parka Day 1
10:00 Current events & exercise with HHA (MC1-3) 1:30 Bingo with HHA 3:00 Vikings Game 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 Holiday Sing Along with Kavina and Jess (MC3) 3:00 Snack and Chat with HHA (MC 1-3)	10:30 Outing: Scenic Drive 10:30 Lilly the Dog (MC1-3) 1:30 Manicures with HHA (MC1-3) 3:00 Snack and Chat with HHA (MC1-3) 6:15 Creative Color with HHA (MC1-3)	10:45 Volleyball (AR) 1:30 Candy Bingo (AR)  3:00 Snack and Chat with HHA (MC1-3)	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Ecercise (MC2) 3:15 Coco & Chat with Kavina (MC1-3) 	10:00 Current Events with HHA (MC1-3) 6:15 Movie night with HHA (MC1-3) <div>8</div> 10:00 Current Events with Kavina (MC2) 2:30 Holiday Movie with Kavina (MC2)
2nd Day of Advent 9	Hanukkah Ends 10	11	Jamhuri Day 12	13	14	15
Independent Programming 10:00 Current events & exercise with HHA (MC1-3) 1:30 Bingo with HHA (MC1-3) 3:00 Snack & 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) 1:30 Education Hour with Jess (AR) 3:00 Choir Community (AR) 7:00 Vikings Game (MC1-3) 	10:30 Current Events (MC3) 10:45 Chair Exercise (MC3) 1:30 Lutheran Service in the Lord (AR) 3:00 Snack and Chat with HHA (MC 1-3)	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: Scott & Malcolm (DR)  3:00 Snack & Chat (MC1-3)	10:00 Catholic Mass (L) 10:45 Current Events (MC2) 11:00 Chair Ecercise (MC2) 3:15 Coco & Chat with Kavina (MC1-3) 	10:00 Trace the dog visits (MC1-3) 10:00 Current Events & exercise with HHA (MC1-3) 3:00 Christmas Cookie Decorating with HHA (MC1-3) 6:15 Movie night with HHA (MC1-3)
3rd Day of Advent 16	Christmas Carol Anniversary 17	Nutcracker Day 18	19	20	21	22
Independent Programming 10:00 Current events & exercise with HHA (MC1-3) 12:00 Vikings Game Showing (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) 1:30 A Christmas Carol & Popcorn with Kavina (MC2) 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 Service with Cindy (AR) 2:45 Door Decor with Kavina (MC2) 	10:30 Outing: Scenic Drive 10:30 Lilly the Dog (MC1-3) 1:30 Candy Bar bingo (AR)  3:00 Snack & chat with HHA (MC1-30) 6:15 Creative Color with HHA (MC1-3)	10:45 Volleyball (AR) 1:30 Manicures with HHA (MC1-3)  3:00 Snack & Chat with HHA (MC1-3) 4:00–6:00 Christmas Party (AR)	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Ecercise (MC2) 3:15 Coco & Chat with Kavina (MC1-3) 	Independent Programming 10:00 Trace the dog visits (MC1-3) 10:00 Current Events & exercise with HHA (MC1-3) 3:00 Manicures with HHA (MC1-3) 6:15 Movie night with HHA (MC1-3) 
4th Day of of Advent 23	Christmas Eve 24	Christmas Day 25	1st Day of Kwanzaa 26	27	28	29
Independent Programming 10:00 Current events & exercise with HHA (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) 	Independent Programming 10:00 Bella the dog visits 3:00 Snack & Chat with HHA (MC1-3) 6:15 Christmas Movie with HHA (MC1-3)	Independent Programming 10:00 Current events & exercise with HHA (MC1-3) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Christmas Movie with HHA (MC1-3)	10:30 Current Events (MC2) 10:45 Chair Exercise (MC2) 1:30 Candy Bingo (AR) 3:00 Arm Chair Travelers (AR) 	10:30 Current Events (MC2) 10:45 Chair Exercise (MC2) 1:30 Music Performance: Bill Mann (DR) 3:00 Birthday Celebration (AR) 	10:00 Catholic Communion (L) 10:45 Current Events (MC2) 11:00 Chair Ecercise (MC2) 3:15 Coco & Chat with Kavina (MC1-3) 	Independent Programming 10:00 Trace the dog visits (MC1-3) 10:00 Current events with HHA 3:00 Snack & Chat with HHA (MC1-3) 6:15 Movie Night with HHA(MC1-3) 
30	31					
Independent Programming 10:00 Current events & exercise with HHA (MC1-3) 12:00 Vikings Game Showing (MC 1-3) 3:00 Snack and chat with HHA (MC1-3) 	10:00 Bella the dog visits 10:30 Yoga with Jess (MC 1) 1:00-3:00 New Year's toast with Jess (MC1-3) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Ti Ti and Chair Exercise (MC2) 	  		All programming subject to change. Updates will be posted on the bulletin boards in all memory care living rooms. Please see Jess with questions	Room Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2nd floor) LO – Lobby PL – Parking Lot	

This month's focus is on Community Wellbeing

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