Meadow Ridge Senior Living – Memory Care

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
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**	**10:30** Current Events **11:00** Chair Exercise **1:30** Netflix Movie: Mama Mia (MC1-3) **6:15** New Year's Brain Games with HHA (MC1-3)	10:30 Walking Club & Coffee (MC1-3) 1:30 Candy Bar Bingo (AR) 6:15 Creative Color with HHA (MC1-3)	10:00 Holiday Cleanup with Jess and Kavina (MC1-3) 3:00 Netflix Movie: Julie and Julia (MC1-3)	10:00 Catholic Mass (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina	**10:00 Trace the Dog Visits (MC1-3)** **10:30 Current Events & Exercise with Kavina** **3:00 Manicures with Kavina & HHA (MC1-3)**
6	7	8	9	10	11	12
Independent Programming **10:00 Current Events & Exercise** 1:30 Manicures with HHA (MC1-3) 3:00 Snack and Chat (MC1-3)	**10:00** Bella the dog visits 10:30 Chair Yoga with Jess (MC2) 3:00 Music Performance (MC2) 6:15 Ti Ti & Chair Exercise with Suzanne (MC2)	**8:00** Hot Breakfast (MC1-3) **10:30** Scenic Drive **1:30** Service in the Lord (AR)	10:30 Current Events (MC3) 10:45 Chair Exercise (MC3) 1:30 Piano performance by Amber (MC2) 3:00 Snack and Chat with HHA (MC1-3) 6:15 Creative Color (MC1-3)	10:45 Volleyball (AR) 3:00 Netflix Movie: Bombshell The Hedy Lamarr Story	**10:00** Catholic Mass (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina	10:00 Current events & Exercise (MC 1-3) 10:00 Trace the dog Visits 2:30 Hand Massages and Manicures (MC1-3) 6:15 Movie Night & Popcorn (MC1-3)
13	14	15	16	17	18	19
Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 3:00 Snack and Chat (MC1-3) 6:15 Manicures with HHA (MC1-3)	**10:00** Bella the dog visits 10:30 Chair Yoga with Jess (MC2) 3:00 Choir Community (AR)	10:30 Current Events & Exercise (MC3) 1:30 Service with Cindy (AR) 3:00 Education Hour with Jess & Kavina (AR)	**10:30** Walking Club & Coffee (MC1-3) 10:30 Lily the dog Visits 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: Brookview Singers (DR) **3:00** Snack And Chat with HHA (MC1-3)	**10:Catholic Communion** (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina	**Independent Programming** 10:00 Current Events with HHA (MC1-3) 10:00 Trace the dog Visits 3:00 Snack and Chat with HHA (MC1-3) 6:15 Movie Night & Popcorn with HHA (MC1-3)
20	21	22	23	24	25	26
Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 3:00 Snack and Chat (MC1-3) 6:15 Manicures with HHA (MC1-3)	**10:00** Bella the dog visits 10:30 Chair Yoga with Jess (MC2) 6:15 Ti Ti & Chair Exercise with Suzanne (MC2)	10:30 Current Events & Exercise (MC3) 1:30 Service in the Lord (AR) 3:00 Blonde Brownies with Kavina (MC1-3)	**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** Music Performance by: Dale Martel (DR) 3:00 Snack and Chat with HHA (MC1-3)	**10:00** Catholic Communion (L) 10:45 Current Events and Exercise (MC) 3:00 Coco and Chat with Kavina	**Independent Programming** 10:00 Current Events with HHA (MC1-3) 10:00 Trace the dog Visits 3:00 Snack and Chat with HHA (MC1-3) 6:15 Movie Night & Popcorn with HHA (MC1-3)
27	28	29	30	31		
Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 3:00 Snack and Chat (MC1-3) 6:15 Manicures with HHA (MC1-3)	**10:00** Bella the dog visits (MC2) 10:30 Yoga with Jess (MC2) 3:00 Smores Social (AR) 6:15 Ti Ti & Chair Exercise with Suzanne (MC2)	10:30 Current events & Exercise (MC3) 2:00 Arm Chair Travelers (AR) 3:00 Snack and Chat with HHA (MC1-3)	10:30 Walking Club & Coffee (MC1-3) 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 Music Performance by Michael Riddle (DR) 3:00 Birthday Celebration		

This month's focus is on Community Wellbeing