







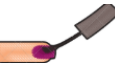






















Meadow Ridge Senior Living: Assisted Living					January 2019	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		New Years Day! 1	2	3	4	5
All programming subject to change. Updates will be posted on the bulletin boards in all memory care living rooms. Please see Jess with questions	Room Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 nd floor) LO – Lobby PL – Parking Lot	10:00 Rummy Card Club (AR) 1:30 Matinee Movie: Mamma Mia! (AR) 	10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 3:00 Debate Hour with Kersten (AR) 4:00 Meadow Market (AR) 	10:00 Cribbage club 1:30 Decoration Take down with Jess and Kavina (AR) 3:00 Resident Meeting (AR)	10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:00 Meadow Market (AR) 1:30 Manicures (AR) 3:00 Wine & Cheese with Jess (AR) 	<i>Independent Programming</i> 10:00 Rummy Club (AR) 1:30 Western Party and Matinee Movie: Young Guns (AR) 
6	7	8	9	10	11	12
<i>Independent Programming</i> 10:00 Puzzle & Crossword Club (AR) 1:30 Matinee Movie: The FBI Story (AR) 7:00 Golden Globes Showing (AR) 	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)	8:00 Hot Breakfast (DR) 10:00 Rummy Card Club (AR) 1:30 Service in the Lord (AR) 3:00 Outing: Walgreens (LO) 	10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 2:30 Meadow Market (AR) 3:00 Debate Hour with Kersten (AR) 	10:00 Cribbage Club (L) 10:45 Volleyball (AR) 1:30 Uno Club (L) 11:30-3:30 Activities Room is closed for private event 	10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:00 Meadow Market (AR) 1:30 Manicures (AR) 1:30 Outing: Target (LO) 	10:00 Rummy (AR) 11:00 Outing: Teresa's Mexican Restaurant (LO) 1:30 Matinee Movie: The Theory of Everything (AR) 
13	14	15	16	17	18	19
<i>Independent Programming</i> 10:00 Puzzle & Crossword Club (AR) 1:30 Matinee Movie To Kill a Mockingbird (AR) 	10:00 Mexican Train Dominoes (AR) 10:00 Bella the Dog (AR) 1:30 Chair Yoga with Jess (AR) 3:00 Community Choir (AR) 	10:00 Rummy Card Club (AR) 1:30 Service with Cindy (AR) 3:00 Education Hour with Jess & Kavina(AR)	10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 2:30 Meadow Market (AR) 3:00 Debate Hour with Kersten (AR) 	10:00 Cribbage Club (L) 10:45 Volleyball (AR) 1:30 Brookview Senior Singers (DR) 3:00 Jeopardy with Jess (AR) 4:00 Meadow Market (AR) 	10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:00 Meadow Market (AR) 1:30 Manicures (AR) 3:00 Wine & Cheese with Stephanie (AR) 	10:00 Rummy (AR) 1:30 Bingo with Mabel (AR) 3:00 Matinee Movie: Footlose (AR) 
20	Martin Luther King Jr. Day 21	22	23	24	25	26
<i>Independent Programming</i> 10:00 Puzzle & Crossword Club (AR) 1:30 Matinee Movie: The DaVinci Code 	10:00 Mexican Train Dominoes (AR) 10:00 Bella the Dog Visits 1:30 Outing: Walmart (LO) 1:30 Matinee Movie: Selma (AR) 	10:00 Outing: Hy-Vee (LO) 10:00 Rummy Cards Club (AR) 1:30 Service in the Lord (AR) 3:00 Outing: Dollar Tree (LO)	10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 2:30 Meadow Market (AR) 3:00 Debate Hour with Kersten (AR) 	10:45 Volleyball (AR) 1:30 Music Performance by: Dale Martell (DR) 3:00 Happy Hour (AR) 	10:00 Mexican Train Dominoes 10:00 Catholic Communion (L) 1:00 Meadow Market (AR) 1:30 Manicures (AR) 	<i>Independent Programming</i> 10:00 Rummy (AR) 1:30 Bingo with Gloria (AR) 3:00 Matinee Movie: Mr. and Mrs. Smith (AR) 
27	28	29	30	31		
<i>Independent Programming</i> 10:00 Puzzle & Crossword Club (AR) 1:30 Matinee Movie: Australia (AR) 	10:00 Mexican Train Dominoes (AR) 10:00 Bella the Dog (AR) 1:30 Chair Yoga with Jess (AR) 3:00 Smores Social (AR) 	10:00 Rummy Card Club (AR) 2:00 Arm Chair Travelers (AR) 	10:00 Chair Tai Chi (AR) 1:30 Candy Bar Bingo (AR) 1:00 Meadow Market (AR) 1:30 Debate Hour with Kersten (AR) 	10:45 Volleyball (AR) 1:30 Music Performance by Michael Riddle (DR) 3:00 Birthday Celebration (AR) 		

This month’s focus is on Physical Wellbeing



MEADOW RIDGE
SENIOR LIVING

Life Enrichment at Meadow Ridge
January 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.

January Birthdays

- Cal L. 1/05
- Kay K. 1/09
- Sandra C. 1/12
- Beverly H. 1/18
- Milt K. 1/19
- Michael C. 1/19
- Gloria J. 1/20
- Jeanette P. 1/22
- Mark N. 1/22
- Gladys M. 1/28



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.*

January’s
Store Hours



- 1/02 4:00
- 1/02 1:00
- 1/09 2:30
- 1/11 1:00
- 1/16 2:30
- 1/18 1:00
- 1/23 2:30
- 1/25 1:00
- 1/30 1:00

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