

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.



- 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