







































Meadow Ridge Senior Living – Memory Care

June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3)  3:00 Snack & Chat with HHA (MC1-3) 6:15 Hand Massages & Manicures with HHA (MC1-3) 		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 (2 nd floor) LO – Lobby PL – Parking Lot HHA – Home Health Aid			Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3) 1:30 Hand Massages & Manicures with HHA (MC1-3) 6:15 Movie night with HHA
2	3	4	5	6	7	8
Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3)  3:00 Snack & Chat with HHA (MC1-3) 6:15 Hand Massages & Manicures with HHA (MC1-3) 	10:00 Bella the Dog (MC1-3)  10:30 Currents Events & Exercise (MC2) 3:00 Luna the Dog (MC1-3)  6:15 Chair Exercise with Suzanne & Ti Ti (MC2)	10:30 Current Events & Exercise (MC2) 1:30 Education Hour (AR) 3:00 Craft with Kavina (MC2)	10:30 Current Events & Exercise (MC2)  1:30 Candy Bar Bingo (AR) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Creative Color with HHA (MC1-3)	10:30 Current Events & Exercise (MC2) 1:30 Music Performance by Dave Martell (DR) 3:00 Snack & Chat with HHA	10:00 Catholic Communion (L) 10:30 Current Events & Exercise (MC2) 3:00 Lemonade & Chat with Kavina (MC1-3) 	10:00 Current Events & Exercise with HHA (Mc1-3)  3:00 Nails with Kavina and HHA (MC 1-3) 6:15 Movie night with HHA (MC 1-3) 
9	10	11	12	13	14	15
Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Hand Massages & Manicures with HHA (MC1-3) 	10:00 Bella the Dog (MC1-3) 10:30 Current Events & Exercise (MC2)  1:30 Comedy hour with Kavina (MC1-3) 3:00 Luna the Dog (MC1-3)  6:15 Chair Exercise with Suzanne & Ti Ti (MC2)	8:00 Hot Breakfast (DR)  10:30 Current Events & Exercise (MC2) 1:30 Service in the Lord (AR)  3:00 Snack & Chat with HHA (MC1-3)	10:00 Lily the Dog (MC1-3) 10:30 Current Events & Exercise (MC2) 1:30 Piano Performance by Amber (MC2)  3:00 Bingo with HHA (MC1-3)  6:15 Creative Color with HHA (MC1-3)	10:30 Current Events & Exercise (MC2)  1:30 Music Performance by: North Suburban Chorus (DR)  3:00 Snack & Chat with HHA (MC1-3)	10:00 Catholic Communion (L) 10:30 Current Events & Exercise (MC2) 3:00 Lemonade & Chat with Kavina (MC1-3) 	Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3) 1:30 Hand Massages & Manicures with HHA (MC1-3)  6:15 Movie night with HHA (MC 1-3)
16	17	18	19	20	21	22
Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3) 6:15 Hand Massages & Manicures with HHA (MC1-3) 	10:00 Bella the Dog (MC1-3) 10:30 Current Events & Exercise (MC2) 3:00 Art Class with Dimensions Studio (AR) 3:00 Luna the Dog (MC1-3)  6:15 Chair Exercise with Suzanne & Ti Ti (MC2)	10:30 Current Events & Exercise (MC2) 1:30 Service with Cindy (AR)  3:00 Snack & Chat with HHA	10:30 Current Events & Exercise (MC2)  1:30 Candy Bar Bingo (AR) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Creative Color with HHA (MC1-3)	10:30 Current Events & Exercise (MC2)  1:30 Reminisce with Fred (MC1-3) 3:00 Snack & Chat with HHA (MC 1-3)	10:00 Catholic Communion (L) 10:30 Current Events & Exercise (MC2) 3:00 Lemonade & Chat with Fred (MC1-3) 	Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3) 1:30 Hand Massages & Manicures with HHA (MC1-3) 6:15 Movie night with HHA (MC 1-3) 
23	24	25	26	27	28	29
Independent Programming 10:00 Current Events & Exercise with HHA (Mc1-3)  3:00 Snack & Chat with HHA (MC1-3) 6:15 Hand Massages & Manicures with HHA (MC1-3)	10:30 Current Events & Exercise (MC2) 3:00 Luna the Dog (MC1-3)  6:15 Chair Exercise with Suzanne & Ti Ti (MC2)	10:30 Current Events & Exercise (MC2) 1:30 Service in the Lord  3:00 Snack & Chat with HHA (MC1-3)	10:30 Lily the Dog (MC1-3) 10:30 Current Events & Exercise (MC2) 1:30 Candy Bar Bingo (AR)  3:00 music Performance by Brookview Singers (DR) 	10:30 Current Events & Exercise (MC2) 3:00 Arm Chair Travelers – Portugal (AR) 	10:00 Catholic Communion (L) 10:30 Current Events and Exercise (MC2) 3:00 Birthday Celebration (AR) 	11:00 Current Events & Exercise with Kavina (Mc1-3) 3:00 Manicures with Kavina & HHA (MC1-3) 6:15 Movie Night with HHA (MC1-3)  

This month's focus is on Emotional Wellbeing