































Meadow Ridge Senior Living: Assisted Living

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Bella the Dog (LO) <b>1:00</b> Meadow Market (AR) <b>3:00</b> Matinee Movie: St Vincent (AR)	<b>10:00</b> Rummy Club (AR) <b>1:30</b> Creative coloring with Kavina (AR) <b>3:00</b> Matinee Movie: Unacknowledged: An Expose of the world's greatest secrets	<b>10:00</b> Exercise w/Anne (AR) <b>1:30</b> Candy Bar Bingo (AR) <b>3:00</b> Debate Hour w/Kavina (AR)	<b>1:30</b> 4 <sup>th</sup> of July Party with Fred (AR) <b>3:00</b> 2-Penny Bingo with Fred (AR)	<b>10:00</b> Mexican Train Dominoes (AR) <b>1:00</b> Meadow Market (AR) <b>1:30</b> Manicures w/Kavina (AR) 	<i>Independent Programming</i> <b>10:00</b> Rummy Club (AR)  <b>1:30</b> Matinee movie: Keanu (AR) 
7	8	9	10	11	12	13
<i>Independent Programming</i> <b>10:00</b> Brain Games (LO)  <b>1:30</b> Matinee Movie: The Ghost and Mr. Chicken (AR) 	<b>10:00</b> Mexican Train Dominoes (AR) <b>12:00</b> Outing: Snuffy's Malt Shop <b>2:00</b> Meadow Market (AR) <b>3:00</b> Education Hour (AR)	<b>8:00</b> Hot Breakfast (DR)  <b>10:00</b> Rummy Club (AR) <b>1:30</b> Service in the Lord (AR) <b>3:00</b> Outing: Dollar Store (LO) 	<b>10:00</b> Adventure Club (AR) <b>10:30</b> Lilly the Dog (LO) <b>1:30</b> Candy Bar Bingo (AR) <b>3:00</b> Resident Meeting (AR)	<b>10:30</b> Volleyball (AR) <b>1:30</b> Story Telling w/Jim Meyer (AR) <b>3:00</b> Outing: Target (LO)	<b>10:00</b> Mexican Train Dominoes (AR) <b>1:00</b> Meadow Market (AR) <b>1:30</b> Manicures w/Kavina (AR)  <b>3:00</b> Wine & Cheese (AR)	<b>10:00</b> Rummy Club (AR)  <b>1:30</b> Special Prize Bingo with Fred (AR) <b>3:00</b> Matinee movie: We Bought A Zoo (AR)
14	15	16	17	18	19	20
<i>Independent Programming</i> <b>10:00</b> Brain Games (LO)  <b>1:30</b> Matinee Movie Life of Pi (AR) 	<b>10:00</b> Mexican Train Dominoes (AR)  <b>10:00</b> Bella the Dog (LO) <b>1:00</b> Meadow Market (AR)	<b>10:00</b> Rummy Club (AR)  <b>1:30</b> Service w/Cindy (AR) <b>3:00</b> Matinee Movie: Brooklyn (AR)	<b>10:00</b> Chair Exercise w/Anne (AR) <b>2:30</b> Candy Bar Bingo (AR)  <b>3:00</b> Jeopardy with Kavina	<b>10:30</b> Volleyball (AR) <b>1:30</b> Music Performance Diane Zilverberg & Lee (DR)  <b>3:00</b> Happy Hour (AR) 	<b>10:00</b> Mexican Train Dominoes (AR) <b>10:00</b> Catholic Mass (L) <b>1:00</b> Meadow Market (AR) <b>1:30</b> Manicures w/Kavina (AR)	<b>10:00</b> Rummy Club (AR) <b>1:30</b> Cooking with Kavina <b>3:00</b> Matinee movie: Strictly Ballroom (AR)
21	22	23	24	25	26	27
<i>Independent Programming</i> <b>10:00</b> Brain Games (LO)  <b>1:30</b> Matinee Movie: Raising Arizona (AR) 	<b>10:00</b> Mexican Train Dominoes (AR)  <b>10:00</b> Bella the Dog (LO) <b>1:00</b> Meadow Market (AR) <b>3:00</b> Art Class with Dimensions (AR)	<b>10:00</b> Rummy Club (AR)  <b>1:30</b> Service in the Lord (AR) <b>3:00</b> Outing: Scenic Drive & D.Q. (LO)	<b>10:30</b> Chair Exercise w/Anne (AR)  <b>10:30</b> Lilly the Dog (LO) <b>1:30</b> Candy Bar Bingo (AR) <b>1:30</b> Outing: Casino (LO)	<b>10:30</b> Volleyball (AR) <b>1:30</b> Piano performance by: James Shaw (DR)  <b>3:00</b> Yahtzee! (AR) <b>3:00</b> Outing: Hy-Vee (LO)	<b>10:00</b> Mexican Train Dominoes (AR) <b>1:00</b> Meadow Market (AR) <b>1:30</b> Manicures w/Kavina (AR)	<i>Independent Programming</i> <b>10:00</b> Rummy Club (AR)  <b>1:30</b> Bingo w/Marilyn (AR) <b>3:00</b> Matinee movie: The Legend of Tarzan (AR)
28	29	30	31			
<i>Independent Programming</i> <b>10:00</b> Brain Games (LO)  <b>1:30</b> Matinee Movie The Scarlet Pimpernel (AR)	<b>10:00</b> Mexican Train Dominoes (AR)  <b>10:00</b> Bella the Dog (LO) <b>1:00</b> Meadow Market (AR)	<b>10:00</b> Rummy Club (AR) <b>1:30</b> Arm Chair Travelers: The Moon <b>3:00</b> Birthday Party (AR)  	<b>10:00</b> Chair Exercise w/Anne (AR) <b>10:00</b> Lilly the Dog (LO) <b>1:30</b> Candy Bar Bingo (AR)  <b>3:00</b> Sing along Performance by Melissa Westmore (AR)	<b>Room Key:</b> MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 <sup>nd</sup> floor) LO – Lobby PL – Parking Lot	<b>All programming subject to change.</b> <i>Updates will be posted on the bulletin boards in all memory care living rooms.</i> <b>Please see Kavina or Fred with questions</b>	

This month's focus is on Physical Wellbeing



MEADOW RIDGE

Life Enrichment at Meadow Ridge

July 2019

Calendar Tips:

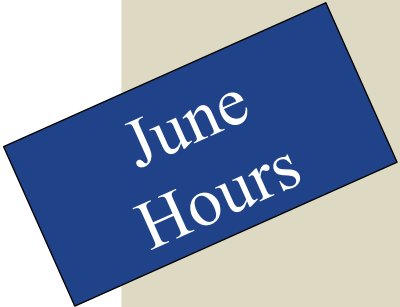
Room Key:

- MC - Memory Care
- AR - Activities Room
- DR - Dining Room
- L - Library (2<sup>nd</sup> floor)
- LO - Lobby
- PL - Parking Lot
- CR - Card Room (3<sup>rd</sup> floor)

All programming subject to change.  
*Updates will be posted in elevators & dining room.*  
Please see Jess with questions.

July Birthdays

Aron L 7/06  
Avy M. 7/08  
Betty W. 7/18  
James W.7/18  
Anna Marie M.  
7/31



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.*

- 7/1 1:00
- 7/5 1:00
- 7/8 2:00
- 7/12 1:00
- 7/15 1:00
- 7/17 1:30
- 7/19 1:00
- 7/22 1:00
- 7/26 1:00
- 7/29 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

Miscellaneous:

- Stamps.... \$.50
- Batteries (2AA) .... \$.50
- Greeting Card with Envelope....\$.50

Basic Hygiene:

- Pocket Size Kleenex ....\$.50
- Kleenex Box \$1.00
- Lotion.... \$1.00
- Liquid Hand Soap... \$1.00
- 3 Bars of Hand Soap \$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