


Meadow Ridge Senior Living – Memory Care

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
Independent Programming 10:00 Current Events & Exercise w/ HHA (MC1-3) 6:15 Hand Massages & Manicures w/ HHA (MC1-3)	10:00-11:00 Exercise (MC1-3) 1:30-2:30 Creative Coloring Door Decoration (MC1-3) 3:00 Snack & Chat with HHA		Key: MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 nd floor) LO – Lobby PL – Parking Lot HHA – Home Health Aid	All programming subject to change. Updates will be posted on the bulletin boards in all memory care living rooms. Please see Kavina or Jonte with questions		10:00 Bingo with HHA (MC1-3) 3:00 Matinee Movie (MC1-3)
2	3	4	5	6	7	8
Independent Programming 10:00 Current Events & Exercise w/ HHA (MC1-3) 6:15 Hand Massages & Manicures w/ HHA (MC1-3)	10:00-11:00 Exercise (MC1-3) 1:30-2:30 Creative Coloring (MC1-3) 3:00 Snack & Chat with HHA	10:00-11:00 Exercise (MC1-3) 3:00 Sing Along: Songs from Land Sea & Air (MC1-3)	10:00-11:00 Exercise (MC1-3) 1:30 Candy Bar Bingo (MC1-3)	10:00-11:00 Exercise (MC1-3) 2:30 manicures with Kavina (MC1-3)	10:00-11:00 Exercise (MC1-3) 3:00 Movie & Popcorn (MC1-3)	Independent Programming 10:30 Chair exercise (MC1-3) 1:30 Manicures & Hand Massages (MMC1-3) 3:00 Matinee Movie
9	10	11	12	13	14	15
Independent Programming 10:00 Current Events & Exercise w/HHA (MC1-3) 3:00 Snack & Chat with HHA (MC1-3) 6:15 Hand Massages & Manicures w/ HHA (MC1-3)	10:00-11:00 Exercise (MC1-3) 1:30-2:30 Reminisce: Top singers from the 50's 3:00 Snack & Chat with HHA	10:00-11:00 Exercise (MC1-3) 2:00 Education Hour (AR)	10:00-11:00 Exercise (MC1-3) 1:30 Bingo (MC1-3)	10:00-11:00 Exercise (MC1-3) 2:30 manicures with HHA (MC1-3)	10:00-11:00 Exercise (MC1-3) 3:00 Movie & Popcorn (MC1-3)	Independent Programming 10:30 Chair exercise (MC1-3) 1:30 Manicures & Hand Massages (MMC1-3) 3:00 Matinee Movie
16	17	18	19	20	21	22
Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 6:15 Hand Massages & Manicures w/HHA (MC1-3)	10:00-11:00 Exercise (MC1-3) 1:30-2:30 Craft Club (MC1-3) 3:00 Snack & Chat with HHA	10:00-11:00 Exercise (MC1-3) 2:00 Armchair Travelers (AR)	10:00-11:00 Exercise (MC1-3) 1:30 Bingo (MC1-3)	10:00-11:00 Exercise (MC1-3) 2:30 manicures with Kavina (MC1-3)	10:00-11:00 Exercise (MC1-3) 3:00 Movie & Popcorn (MC1-3)	Independent Programming 10:30 Chair exercise (M1-3) 1:30 Manicures & Hand Massages (MMC1-3) 3:00 Matinee Movie
23	24	25	26	27	28	29
Independent Programming 10:00 Current Events & Exercise with HHA (MC1-3) 3:00 Snack & Chat w/HHA (MC1-3) 6:15 Hand Massages & Manicures w/HHA (MC1-3)	10:00-11:00 Exercise (MC1-3) 1:30 Bean Bag Toss 3:00 Snack & Chat with HHA	10:00-11:00 Exercise (MC1-3) 3:00 Birthday Cart	10:00-11:00 Exercise (MC1-3) 1:30 Bingo (MC1-3)	10:00-11:00 Exercise (MC1-3) 2:30 manicures with Kavina (MC1-3)	10:00-11:00 Exercise (MC1-3) 3:00 Movie & Popcorn (MC1-3)	Independent Programming 10:30 Chair exercise (M1-3) 1:30 Manicures & Hand Massages (MMC1-3) 3:00 Matinee Movie

This month's focus is on Educational Wellbeing