


















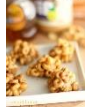















Meadow Ridge Senior Living: Assisted Living

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie: Zodiac	10:00 Room Bingo #'s (EV) 10:30 Sit & Be Fit 1:00 Meadow Market (AR) 3:00 Snack Cart: Frozen Applesauce bites 		Room Key: MC – Memory Care AR – Activities Room DR – Dining Room PD-Private Dining Room L – Library (2 nd floor) LO – Lobby PL – Parking Lot / EV- Elevator	All programming is subject to change. <i>Updates will be posted on the elevators</i> See Kavina or Jonte with questions		<i>Independent Programming</i> 1:30 Matinee Movie Back to the Future 
2	3	4	5	6	7	8
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie Back to the Future 2	10:00 Room Bingo #'s (EV) 10:30 Sit & Be Fit (AR) 1:00 Meadow Market (AR) 3:00 Snack Cart: Brownies 	10:00 Room Bingo #'s (EV) 2:00 Jeopardy (AR) 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Manicures With Kavina (Wear a mask)  3:00 Snack Cart: Puppy Chow	10:00 Room Bingo #'s (EV) 2:00 Ted Talk: Bill Gates- <i>How the Pandemic will shape the future</i> 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 2:00-3:30 Happy Hour Cart Feature Drink: Jell-O Shots 	1:30 Matinee Movie: Stand and Deliver 3:00 Get to Know you with Jonte (AR) 
9	10	11	12	13	14	15
10:00 Brain Games (LO)  1:30 Matinee Movie: Soul Surfer (AR)	10:00 Room Bingo #'s (EV) 10:30 Tai chi (AR) 1:00 Meadow Market (AR) 3:00 Snack Cart: Ice Cream Sundaes 	10:00 Room Bingo #'s (EV) 2:00 Education Hour (AR)  3:00 Manicures with Kavina (Wear a mask)	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 3:00 Snack Cart: Cookies 	10:00 Room Bingo #'s (EV) 2:00 Ted Talk: Malala Yousafzai - <i>Activism Changemakers and hope for the future</i> 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 2:00-3:30 Happy Hour Cart Feature Drink: Pina Colada Sangria 	<i>Independent Programming</i> 1:30 Matinee Movie: My Week with Marilyn (AR) 
16	17	18	19	20	21	22
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie: Sunrise in Heaven (AR)	10:00 Room Bingo #'s (EV) 10:30 Sit & Be Fit (AR) 1:00 Meadow Market (AR) 3:00 Snack Cart: Peanut Butter Cereal Bites 	10:00 Room Bingo #'s (EV) 2:00 Armchair Travelers: Sweden 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Maniures with Kavina (Wear a mask)  2:00 Snow Cone Truck (PL)	10:00 Room Bingo #'s (EV) 2:00 Ted Talk: Matthieu Richards- <i>The Habits of Happiness</i> 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 2:00-3:30 Happy Hour Cart Feature Drink: Spiked Lemondae 	10:00 Chair exercise with Kavina  1:30 Matinee Movie: Twister (AR)
23	24	25	26	27	28	29
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie: How do you Know (AR)	10:00 Room Bingo #'s (EV) 10:30 Tia Chi (AR) 1:00 Meadow Market (AR) 3:00 Snack Cart: Haystacks 	10:00 Room Bingo #'s (EV) 2:00 Birthday Cake Cart 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Manicures With Kavina (Wear a mask)  3:00 Snack Cart:Jell-O Cups 	10:00 Room Bingo #'s (EV) 2:00 Ted Talk: Brené Brown- <i>The Power of vulnerability</i> 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 2:00-3:30 Happy Hour Cart Feature Drink: Strawberry daquiri 	<i>Independent Programming</i> 1:30 Matinee Movie: Kangaroo Jack (AR) 

This month's focus is on Educational Wellbeing



Life Enrichment at Meadow Ridge

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)
- EV- Posted on Elevator

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

August Birthdays

- Joanne H. 8/2
- Nacy D.8/8
- Susan R.8/19
- Chanhom 8/20
- Imogene J.8/25



Need Something?
Come to the Meadow Market in the Activity Room **Monday Wednesday and Friday at 1:00**

The store will be open for 30 minutes



8/3 1:00

8/5 1:00

8/7 1:00

8/10 1:00

8/12 1:00

8/14 1:00

8/17 1:00

8/19 1:00

8/21 1:00

8/24 1:00

8/26 1:00

8/28 1:00

8/31 1:00

Meadow Market Merchandise:

Snack Food:

- Small Bottled Water....\$.25 Large....\$.50
- Pop: Coke, Diet Coke, Dr. Pepper Sprite, Root Beer.... \$.50
- Chips.... \$.50
- Big Snack Bags.... \$1.00
- 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
- Tape.....\$1.00
- Night Lights...\$1.00

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
- Q-Tips.....\$1.00
- Body wash... \$1.00
- Shampoo... \$1.00
- Conditioner... \$1.00
- Toilet Paper... \$1.00
- Paper towels.... \$1.00
- Toothbrush.... \$1.00
- Deodorant.... \$1.00
- Chapstick.... \$1.00
- Mouthwash.... \$1.00
- Razors.... \$1.00
- After Shave... \$1.00