

Meadow Ridge Senior Living: Assisted Living				October 2020		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
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. Updates will be posted on the elevators See Kavina or Jonte with questions			10:00 Explore: Live Cams (AR) 1:30 Ted Talk: Larry Brilliant- <i>The Case for Optimism</i> (AR)  2:00 Candy Bar Bingo (AR) 3:00 Resident Meeting (AR)	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR) 2:00-3:30 Happy Hour Feature Drink: Frozen Margarita	<i>Independent Programming</i> 1:30 Matinee Movie: The Wolf Man (AR) 
4	5	6	7	8	9	10
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie: The Mummy	10:00 Chair Exercise with Anne (AR) 10:00 Bella the Dog (LO) 1:00 Meadow Market (AR) 2:00 Debate Club with Kavina (AR)	10:00 Rummy Club (AR) 12:00 Culvers take out: <i>(Food will be ordered ahead of time and Kavina will pick it up and bring it back here)</i> 1:30 2 Penny Bingo (AR) 3:00 Jeopardy (DR) 	10:00 Chair Exercise (DR) 1:00 Meadow Market (AR) 1:30 Manicures With Kavina (Wear a mask) (AR) 3:00 Snack Cart: Pumkin Pie Twists	10:00 Explore: Live Cams (AR) 1:30 Ted Talk: Barry Schwartz- <i>The Paradox of Choice</i> (AR)  2:30 Candy Bar Bingo (AR) 	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR) 2:00 Happy Hour Feature Drink: Blood Sangria (AR)	<i>Independent Programming</i> 10:00 Exercise with Kavina (AR) 1:30 Matinee Movie: Frankenstein (AR) 
11	12	13	14	15	16	17
10:00 Brain Games (LO)  1:30 Matinee Movie: The Bride of Frankenstein	10:00 Chair Exercise with Anne (AR) 1:00 Meadow Market (AR) 2:00 Halloween Cookie Decorating for the Police & Fire Department (AR) 	10:00 Rummy Club (AR) 1:30 2 Penny Bingo (AR) 3:00 Education Hour (AR) 	10:00 Chair Exercise (AR) 1:00 Meadow Market (AR) 1:30 Manicures with Kavina (Wear a mask) (AR) 3:00 Snack Cart Zombie Pudding cups	10:00 Explore: Live Cams (AR) 1:30 Ted Talk: Brene Brown- <i>Listening to Shame</i> (AR)  2:30 Candy Bar Bingo (AR) 	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR) 2:00 Happy Hour Feature Drink: Hard Cider (AR)	<i>Independent Programming</i> 1:30 Matinee Movie: Dracula (AR) 
18	19	20	21	22	23	24
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie: Poltergeist	10:00 Chair Exercise with Anne (AR) 1:00 Meadow Market (AR) 2:00 Pumpkin Decorating (AR) 	10:00 Rummy Club (AR) 1:30 2 Penny Bingo (AR) 3:00 Armchair Travelers: The Canadian Express (AR) 	10:00 Chair Exercise (AR) 1:00 Meadow Market (AR) 1:30 Maniures with Kavina (Wear a mask) (AR) 3:00 Snack Cart: Cream Cheese Brownies	10:00 Explore: Live Cams (AR) 1:30 Ted Talk: John Lewis & Bryan Stevenson- <i>The Fight for Civil Rights & Freedom</i> (AR)  2:30 Candy Bar Bingo (AR)	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR) 2:00 Happy Hour Feature Drink: Hocus Pocus Witches Brew (AR)	10:00 Exercise with Jonte (AR) 1:30 Matinee Movie: Hocus Pocus (AR) 
25	26	27	28	29	30	Halloween 31
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Matinee Movie: The invisible man (AR)	10:00 Chair Exercise with Anne (AR) 10:00 Scavenger Hunt 1:00 Meadow Market (AR) 2:00 Craft Club \$10 to participate (AR) 	10:00 Rummy Club (AR) 10:00 Scavenger Hunt 1:30 2 Penny Bingo (AR) 3:00 Birthday Party (DR) 	10:00 Chair Exercise (AR) 10:00 Scavenger Hunt 1:00 Meadow Market (AR) 1:30 Manicures With Kavina (Wear a mask) (AR) 3:00 Snack Cart: Smores Bars	10:00 Explore: Live Cams (AR) 10:00 Scavenger Hunt 1:30 Ted Talk: Jane Goodall- <i>Every day You Live, You Impact the Planet</i> (AR)  2:30 Candy Bar Bingo (AR) 	10:00 Scavenger Hunt 10: Mexican Train Dominoes (AR) 1:00 Meadow Market (AR) 2:00-Halloween Party (AR) 	<i>Independent Programming</i> 1:30 Matinee Movie: Adams Family (AR)  

This month's focus is on Physical 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 or Jonte with questions.

October Birthday:

Wayne L 10/3

Lee M. 10/15

Dorothy R. 10/16

Marion C. 10/20

Earl S. 10/24



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



10/2 1:00
10/5 1:00
10/7 1:00
10/9 1:00
10/12 1:00
10/14 1:00
10/16 1:00
10/19 1:00
10/21 1:00
10/23 1:00
1/26 1:00
10/28 1:00
10/30 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