












# Meadow Ridge Senior Living – Memory Care

October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<b>Key:</b> MC – Memory Care AR – Activities Room DR – Dining Room L – Library (2 <sup>nd</sup> floor) LO – Lobby PL – Parking Lot HHA – Home Health Aid	<b>All programming subject to change.</b> <b>Updates will be posted on the bulletin boards in all memory care living rooms. Please see Kavina or Jonte with questions</b>			10:00 Manicures with Kavina (MC1-3)  2:00 Bingo with HHA (MC1-3) 	10:00 Fall creative Coloring with HHA (MC1-3)  3:00 Movie & Popcorn: The Adams Family (MC1-3) 	10:00 Bingo with HHA (MC1-3)  3:00 Matinee Movie (MC1-3)
4	5	6	7	8	9	10
<b>Independent Programming</b> <b>10:00</b> Current Events & Exercise w/ HHA (MC1-3)   <b>6:15</b> Hand Massages & Manicures w/ HHA (MC1-3) 	10:00 Sing Along (MC2) 10:00 Bella the Dog 3:00 Hang Man (MC2) 	10:00 Chair Exercise (MC2) 1:30 Craft Club: Fall door Decorations (MC1-3) 3:00 Ring Toss Game (MC2)	10:00 Chair Exercise (MC2) 1:30 Reminisce: Movies 3:00 Snack Cart: Pumpkin Pie Twists (MC1-3)	10:00 Manicures with Kavina (MC1-3)  2:00 Candy Bingo with Jonte (MC1-3) 	10:00 Chair Exercise (MC2)  3:00 Movie & Popcorn: The Witches 	10:30 Chair exercise (MC1-3)  1:30 Manicures & Hand Massages (MMC1-3)  3:00 Matinee Movie
11	12	13	14	15	16	17
<b>Independent Programming</b> <b>10:00</b> Current Events & Exercise w/HHA (MC1-3) <b>3:00</b> Snack & Chat with HHA (MC1-3) <b>6:15</b> Hand Massages & Manicures w/ HHA (MC1-3)	10:00 Sing along (MC2) 3:00 Cookie Decorating for the Police & Fire Department 	10:00 Chair Exercise (MC2) 1:30 Creative Coloring (MC1-3) 3:00 Education Hour (AR) 	10:00 Chair Exercise (MC2) 1:30 Reminisce: Music 3:00 Snack Cart: Zombie Pudding Cups (MC1-3)	10:00 Manicures with Kavina (MC1-3)  2:00 Candy Bingo with Jonte (MC1-3) 	10:00 Chair Exercise (MC2)  3:00 Movie & Popcorn: Goose Bumps 	<b>Independent Programming</b> 10:30 Chair exercise (MC1-3)  1:30 Manicures & Hand Massages (MMC1-3)  3:00 Matinee Movie
18	19	20	21	22	23	24
<b>Independent Programming</b> <b>10:00</b> Current Events & Exercise with HHA (MC1-3)  <b>6:15</b> Hand Massages & Manicures w/HHA (MC1-3)	10:00 Sing Along (MC2) 1:30 Special Prize Fishing (MC2) 3:00 Pumpkin Decorating (AR) 	10:00 Chair Exercise 3:00 Armchair Travelers: The Canadian Express 	10:00 Chair Exercise (MC2) 1:30 Golf Tournament (MC1-3) 3:00 Snack Cart: Cream Cheese Brownies	10:00 Manicures with Kavina (MC1-3)  2:00 Candy Bingo with Jonte (MC1-3) 	10:00 Chair Exercise (MC2)  3:00 Movie & Popcorn: Goose bumps 2 	10:30 Chair exercise (MC 2) 1:30 Manicures & Hand Massages (MMC1-3) 3:00 Matinee Movie
25	26	27	28	29	30	31
<b>Independent Programming</b> <b>10:00</b> Current Events & Exercise with HHA (MC1-3) <b>3:00</b> Snack & Chat w/HHA (MC1-3) <b>6:15</b> Hand Massages & Manicures w/HHA (MC1-3) 	10:00 Sing along (MC1-3)  2:00 Craft Club <b>\$10 to Participate</b> (AR) 	10:00 Coloring with HHA (MC1-3) 2:00 Birthday Cake Cart (MC1-3) 	10:00 Chair Exercise (MC2) 1:30 Reminisce: TV Shows 3:00 Snack Cart S'mores Bars	10:00 Manicures with Kavina (MC1-3)  2:00 Candy Bingo with Jonte (MC1-3) 	10:00 Halloween Scavenger Hunt (MC1-3) 3:00 Matinee Movie & Popcorn: Carrie 	<b>Independent Programming</b> 10:30 Chair exercise (M1-3) 1:30 Manicures & Hand Massages (MMC1-3) 3:00 Matinee Movie

This month's focus is on Physical Wellbeing