

Meadow Ridge Senior Living: Assisted Living

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
<i>Independent Programming</i> 10:00 Brain Games (LO) 		All programming is subject to change. <i>Updates will be posted on the elevators</i> See Kavina or Jonte with questions	Room Key: MC – Memory Care AR – Activities Room DR – Dining Room PD-Private Dining Room L – Library (2nd floor) LO – Lobby PL – Parking Lot / EV- Elevator		<i>Independent Programming</i> 	<i>Independent Programming</i> 
3	4	5	6	7	8	9
<i>Independent Programming</i> 10:00 Brain Games (LO) 	10:00 Room Bingo 1:00 Meadow Market 2:00 Christmas Tree Take Down 	10:00 Room Bingo 2:30 Snack Cart: Nutella French Toast Rolls 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Manicures with Kavina (AR) (Wear a mask) 	10:00 Room Bingo 2:30 Snack Cart: Brownies 	10:00 Room Bingo 1:00 Meadow Market 2:00-3:30 Happy Hour Cart Feature Drink: Pineapple Vodka Lemonade 	<i>Independent Programming</i> 
10	11	12	13	14	15	16
10:00 Brain Games (LO) 	10:00 Room Bingo 1:00 Meadow Market 2:00 Hallway Scavenger Hunt 	10:00 Room Bingo 2:30 Snack Cart: Mexican S'mores 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Manicures with Kavina (AR) (Wear a mask) 	10:00 Room Bingo 2:30 Snack Cart: Mini Carmel Apples 	10:00 Room Bingo 1:00 Meadow Market 2:00-3:30 Happy Hour Cart Feature Drink: Gilligan's Island Iced Tea 	<i>Independent Programming</i> 
17	18	19	20	21	22	23
<i>Independent Programming</i> 10:00 Brain Games (LO) 	10:00 Room Bingo 1:00 Meadow Market 2:00 Apartment Scavenger hunt 	10:00 Room Bingo 2:30 Snack Cart: Yogurt Parfait 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Manicures with Kavina (AR) (Wear a mask) 	10:00 Room Bingo 2:30 Snack Cart: Puppy Chow 	10:00 Room Bingo 1:00 Meadow Market 2:00-3:30 Happy Hour Cart Feature Drink: Woo Woo Cocktail 	
24	25	26	27	28	29	30
<i>Independent Programming</i> 10:00 Brain Games (LO) 	10:00 Room Bingo 1:00 Meadow Market 2:00 Crossword Puzzles 	10:00 Room Bingo 2:30 Snack Cart: Birthday Cake 	10:00 Room Bingo #'s (EV) 1:00 Meadow Market (AR) 1:30 Manicures with Kavina (AR) (Wear a mask) 	10:00 Room Bingo 2:30 Snack Cart: Veggie Cups 	10:00 Room Bingo 1:00 Meadow Market 2:00-3:30 Happy Hour Cart Feature Drink: Bloody Mary 	<i>Independent Programming</i> 

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.

January Birthdays

Kay K. 1/9

Bev H. 1/18

Jackie B. 1/18

Michael C. 1/19

Shirley J. 1/20

Marion P. 1/27



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

January Store Hours

1/4 1:00

1/6 1:00

1/8 1:00

1/11 1:00

1/13 1:00

1/15 1:00

1/18 1:00

1/20 1:00

1/22 1:00

1/25 1:00

1/27 1:00

1/29 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