







































# Meadow Ridge Senior Living – Memory Care

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY
	1	2	3	4	5	6
Schedule may change due to unforeseen schedule changes or staff shortage.	10:30 Sing Along (MC2) 2:00 Snack and Chat 2:45 Netflix Movie: Our Souls at Night 3:00 Craft Club: Paint and Sip (AR) 	10:00 Lilly the Dog 10:00 Daily Chronicles 10:30 Current Events 11:00 Exercise: Balloon Tennis 2:00 Snack and Chat (MC) 2:30 One on One 3:00 Music Time  	10:00 Daily Chronicles with Kavina (MC1-2) 11:00 Reminiscing with HHAs 2:00 Snack and Chat 3:00 Music and Relaxation	10:00 Daily Chronicles 10:30 Current Events 11:00 Board Games 2:00 Snack and Chat with HHA 2:30 Reminiscing with HHA 3:00 Manicures  	10:00 Daily Chronicles and Current Events 10:30 Exercise: Kickball 2:00 Popcorn Cart 2:45 Netflix Movie: The Age of Adaline  	<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Music with HHAs (MC1-3)
7	8	9	10	11	12	13
<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Movie with HHAs (MC1-3)	10:30 Sing Along (MC2) 2:00 Snack and Chat 2:45 Netflix Movie: Matilda 3:00 Craft Club: Key Chain with Shrinking Paper (AR) 	10:00 Lilly the Dog 11:00 Reminiscing with HHAs 2:00 Snack and Chat with HHAs 3:00 Coloring with HHAs   	10:00 Daily Chronicles with Kavina (MC1-2) 11:00 Reminiscing with HHAs 2:00 Snack and Chat 3:00 Craft/ Paint with Kavina (MC2)	10:30 Musical Performance: Bobbi Solo 2:00 Snack and Chat with HHA 2:30 Scenic Bus Ride 3:00 Manicures  	10:00 Daily Chronicles 10:30 Current Events 11:00 Exercise: Kickball 2:00 Popcorn Cart 2:45 Netflix Movie: Rango  	<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Music with HHAs (MC1-3)
Mother's Day 14	15	16	17	18	19	20
<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Movie with HHAs (MC1-3)	10:00 Reminiscing with HHAs 2:00 Snack and Chat 2:45 Netflix Movie: Stepmom 3:00 Craft Club: DIY Stress Ball (AR) 	10:00 Lilly the Dog 10:00 Daily Chronicles 10:30 Current Events 11:00 Exercise: Balloon Tennis 2:00 Snack and Chat 2:30 One on One 3:00 Music Time   	10:30 Exercise: Pool Noodle Hockey (MC2) 1:30 Manicures (AR) 3:00 Craft/ Paint with Kavina (MC2) 	10:00 Daily Chronicles 10:30 Current Events 11:00 Board Games 2:00 Snack and Chat with HHAs 2:00-4:00 MN Exhibit Hall (New AL3 Floor)  	10:00 Reminiscing with HHA 11:00 Game/ Puzzle/ Color with HHA 11:00 Exercise: Kickball 2:00 Popcorn Cart 2:45 Netflix Movie: Barbra  	<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Music with HHAs (MC1-3)
21	22	23	24	25	26	27
<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Movie with HHAs (MC1-3)	10:30 Sing Along (MC2) 2:00 Snack and Chat 2:45 Netflix Movie: Sleepless in Seattle 3:00 Craft Club: Magnetic Bookmarks (AR) 	10:00 Lilly the Dog 10:00 Daily Chronicles 10:30 Current Events 11:00 Exercise: Balloon Tennis 1:30 Service in the Lord (L) 2:00 Snack and Chat 2:30 One on One 3:00 Armchair Travelers: Nevada (L)   	10:30 Exercise: Pool Noodle Hockey (MC2) 2:00 Snack and Chat with HHA 3:00 Birthday Party (AR)  	10:00 Daily Chronicles 10:30 Current Events 11:00 Board Games 2:00 Snack and Chat 2:30 Hangman with Laurisa (MC1-2) 3:00 Manicures  	10:30 Exercise: Kickball (MC2) 2:00 Snack and Chat with HHAs 	<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Music with HHAs (MC1-3)
28	Memorial Day 29	30	31			
<i>Independent Programming</i> 10:30 Puzzle with HHA (MC1-3) 3:00 Snack and Movie with HHAs (MC1-3)	<i>Independent Programming</i> 10:00 Reminiscing with HHAs 2:00 Snack and Chat with HHAs 	10:00 Lilly the Dog 10:00 Daily Chronicles 10:30 Current Events 11:00 Balloon Tennis 2:00 Snack and Chat 2:30 One on One 3:00 Music Time   	10:30 Exercise: Pool Noodle Hockey 12:00 Memorial BBQ Lunch 2:00 Snack and Chat 1:30 Musical Performance: Bobbi & Christine (AR) 3:00 Craft/ Paint with Kavina (MC2)		<b>Room Key:</b> MC – Memory Care AR – Activities Room DR – Dining Room PD-Private Dining Room L – Library (2 <sup>nd</sup> floor) LO – Lobby PL – Parking Lot HHA- Home Health Aide	<b>All programming is subject to change.</b>  <i>Updates will be posted on the elevators</i> See Laurisa & Kavina with questions.

This month's focus is on Physical Wellbeing