








Meadow Ridge Senior Living: Assisted Living

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	Cinco De Mayo 5	6
Every Tuesday & Thursday AR Closed All Activities that deviate from the normal schedule will be highlighted in yellow	10:10 Chair Exercise w/ Laurisa (AR)  1:00 Meadow Market (AR)  1:30 3 Penny Bingo (AR) 3:00 Craft Club: Paint and Sip (AR) 	10:00 Rummy Club (L) 1:30 Taboo with Kavina (L)  3:00 Cribbage (AR) *After Dinner Movies	10:10 Chair Exercise w/ Laurisa (AR)  10:45 Outing: Dollar Tree (LO) 1:00 Meadow Market (AR) 1:30 Candy Bar Bingo (AR)  3:00 Resident Meeting (AR)	10:00 Farkle (L) 1:00 Outing: Target (LO)  1:30 Bible Study with Ashley (PD) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes (AR) 11:30 Lunch Outing: Schuller's Travern (LO)  1:00 Meadow Market (AR) 1:30 Manicures (AR)  3:00 Happy Hour Feature Drink: Margartia (AR)	<i>Independent Programming</i> 10:00 Game Choice (AR) 1:30 Matinee Movie: A Walk to Remember (AR) 
7	8	9	10	11	12	13
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:00 Cribbage (AR) 1:30 Connect 4/ Bean Bag Toss (AR) 	10:10 Chair Exercise w/ Laurisa (AR)  11:00 Meadow Market (AR) 1:00 Outing: Aldi's Grocery Store (LO) 1:30 3 Penny Bingo (AR)  3:00 Craft Club: Key Chain with Shrinking Paper (AR) 	<i>Independent Programming</i> 9:30-3:00 All Day Outing- Mystic Lake Casino (LO) 10:00 Rummy Club (L) 1:30 Scrabble (L) 3:00 Independent Coloring (L) *After Dinner Movies	10:10 Chair Exercise w/ Laurisa (AR)  10:45 Outing: Bibles for Mission Thrift Store (LO) 1:00 Meadow Market (AR) 1:30 Ted Talk Video: Your Braing Hallucinates your Conscious Reailty (AR) 3:00 Candy Bar Bingo (AR) 	7:30 Hot Breakfast (DR) 10:00 Farkle (L) 11:30 Lunch Outing: Perkins (LO)  1:30 Bible Study with Ashley (PD) 3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR) 1:30 Manicures (AR)  3:00 Happy Hour Feature Drink: Jam Jam Gimlet (AR)	<i>Independent Programming</i> 10:00 Game Choice (AR) 1:30 Matinee Movie: The First Wives Club (AR) 
Mother's Day 14	15	16	17	18	19	20
<i>Independent Programming</i> 10:00 Brain Games (LO)  1:30 Game choice (AR) 	8:00-9:00 Mother's Day Breakfast (AR) 10:00 Outing: Walmart (LO) 1:00 Meadow Market (AR) 1:30 3 Penny Bingo (AR) 3:00 Craft Club: DIY Stress Ball (AR) 	10:00 Rummy Club (L) 1:30 Service with Cindy (L)  3:00 Cribbage (AR) *After Dinner Movies 	10:10 Chair Exercise w/ Laurisa (AR)  1:00 Meadow Market (AR) 1:30 Ted Talk Video: Sleep is you Superpower (AR) 3:00 Candy Bar Bingo (AR) 	10:00 Farkle (L) 1:30 Bible Study with Ashley (PD)  2:00-4:00 MN Exhibit (New AL3 Floor) 6:00 Family & Resident Lead Council Meeting (AR) 	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR)  1:30 Manicures (AR) 3:00 Happy Hour Feature Drink: Fruity Vodka Party Punch (AR) 	<i>Independent Programming</i> 10:00 Game Choice (AR) 1:30 Bingo with Marilyn (AR) 3:00 Matinee Movie: New in Town (AR) 
21	22	23	24	25	26	27
<i>Independent Programming</i> 10:30 Outing- Bud Grant Memorial at US Bank Stadium (LO)  10:00 Brain Games (LO) 1:30 Cribbage (AR)	10:10 Chair Exercise w/ Laurisa (AR)  1:00 Meadow Market (AR) 1:30 3 Penny Bingo (AR) 3:00 Craft Club: Magnetic Bookmarks (AR) 	10:00 Rummy Club (L) 1:30 Game: Headbanz with Laurisa (AR) 2:00 Food Council Meeting (DR) 3:00 Armchair Traveler: Nevada (L)  *After Dinner Movies	10:10 Chair Exercise w/ Laurisa (AR)  1:00 Meadow Market (AR)  1:30 Candy Bar Bingo (AR) 3:00 Birthday Party (AR) 	10:00 Farkle (L) 1:30 Bible study w/ Ashley (PD)  3:00 Snack & Chat (LO)	10:00 Mexican Train Dominoes (AR) 1:00 Meadow Market (AR)  1:30 Manicures (AR) 3:00 Wine & Cheese (AR) 	<i>Independent Programming</i> 10:00 Game Choice (AR) 1:30 Matinee Movie: Radio (AR) 
28	Memorial Day 29	30	31			
<i>Independent Programming</i> 10:00 Brain Games (LO) 1:00 Putting Green (AR) 1:30 Game choice (AR)	<i>Independent Programming</i> 10:00 Brain Games (LO) 1:30 Move Matinee: The Longest Day (AR) 	10:00 Rummy Club (L) 1:00 Meadow Market (AR) 1:30 3 Penny Bingo (PD) 3:00 Cribbage (AR)  *After Dinner Movies	10:10 Chair Exercise w/ Laurisa (AR)  11:00 Meadow Market (AR) 12:00-1:00 Memorial Day BBQ Lunch w/ Music by Natalie 1:30 Musical Performance: Bobby & Christine (AR)  3:00 Candy Bar Bingo		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 and dining tables.</i> See Laurisa & Kavina with questions.

“All things seem possible in May!”



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 Laurisa/Kavina with questions.

May Birthdays:



- Ed W.5/9
- Gerald A. 5/10
- Darlene G. 5/13
- Marianne M. 5/15
- Patty M. 5/15
- David C. 5/20
- Gail H. 5/22

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

The store will be open for 30 minutes.



5/1 1:00	5/17 1:00
5/3 1:00	5/19 1:00
5/5 1:00	5/22 1:00
5/8 11:00	5/24 1:00
5/10 1:00	5/26 1:00
5/12 1:00	5/30 1:00
5/15 1:00	5/31 11:00

**Please check the daily elevator and dining room flyers for any updated Meadow Market hours or changes in the schedule. This is how we communicate any changes to the activity calendar. **

Meadow Market Merchandise:

Snack Food:

- Bottled Water..... (s) \$.25, (L) \$.50
- Pop- Diet Coke, Sprite, Root Beer, etc. \$.75
- Chips \$.50
- Bag of cough drops..... \$.75
- Bag of mints (10 mints)..... \$.75
- Candy Bars \$1.25
- Combs \$.25

Miscellaneous:

- Postage Stamps..... \$.63
- Pens (1) \$.25
- Sm&Lrg Envelope (10) \$.50
- Box of Batteries..... \$1.25
- Night Light..... \$1.25

Basic Hygiene:

- Pocket Size Kleenex \$.75
- Kleenex Box \$1.25
- Lotion..... \$1.25
- Liquid Hand Soap \$1.25
- Bars of Hand Soap \$1.25
- Q-Tips \$1.25
- Body wash \$1.25
- Shampoo \$1.25
- Conditioner \$1.25
- Toilet Paper..... \$1.25
- Paper towels..... \$1.25
- Toothbrush \$1.25
- Deodorant \$1.25
- Mouthwash \$1.25
- Razors \$1.25
- After Shave..... \$1.25
- Detergent \$1.25