

DECEMBER 2024 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
				<p>Riverside Senior Life Communities partners with residents & their families to identify their desires & dreams, & work together to bring those needs, passions, & abilities to life. We focus on the Dimensions of Wellness to assure our residents are provided a well-rounded array of programming. People at every age and stage of ability seek opportunities to remain productive, contributing members of a community. They search for ways to stay mentally and physically independent and active; they seek resources to meet their spiritual needs; and they want to keep expanding their knowledge. In addition to what you see on this calendar, there are many small group programs occurring, as well as one-on-one opportunities to assure all of our residents are engaged. If you or your loved ones have suggestions for something that you enjoy, please do not hesitate to let us know. We are here to serve you.</p> <p>Dimensions of Wellness Categories: ● = Cognitive ● = Emotional ● = Physical ● = Social ● = Spiritual</p>		
1 <ul style="list-style-type: none">● 9:00 — Morning Worship● 10:30 — One to One Visits● 1:00 — IN2L (Spiritual Videos)● 3:00 — Movie Matinee● 6:00 — Reminisce● 9:00 — Late Night Snacks	2 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Karaoke Sing A Long● 11:15 — Annual Tree Lighting ● 2:15 — Country Drive● 6:30 — Game Show Network● 9:00 — Late Night Snacks	3 <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 — Baking 101● 1:30 — Quiet Reflections In The Sensory Room● 6:00 — Lifetime Movie● 9:00 — Late Night Snacks	4 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Manicures● 1:00 — Inspirational Melodies● 3:00 — IN2L Did You Know?● 6:00 — A Dose of Devotion● 9:00 — Late Night Snacks	5 <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 — Table Games● 1:30 — Music Connections● 3:00 — Finish The Lyrics● 6:00 — One to One Visit● 9:00 — Late Night Snacks	6 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Starving Artists● 3:00 — Happy Hour Sing A Long● 6:00 — IN2L Computer (Funny Videos)● 9:00 — Late Night Snacks	7 PEARL HARBOR DAY <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Coffee and Tea Time● 1:30 — Music Connections● 3:00 — Afternoon Refresher● 6:00 — T.V. Land (60.2)● 9:00 — Late Night Snacks
8 <ul style="list-style-type: none">● 9:00 — Morning Worship● 10:30 — One to One Visits● 1:00 — IN2L (Spiritual Videos)● 3:00 — Movie Matinee● 6:00 — Reminisce● 9:00 — Late Night Snacks	9 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Karaoke Sing A Long● 2:15 — Country Drive● 6:30 — Game Show Network● 9:00 — Late Night Snacks	10 <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 - Pretty Nails● 4:30 - ● 9:00 — Late Night Snacks	11 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Manicures● 1:00 — Inspirational Melodies● 3:00 — Name Ten Game● 6:00 — A Dose of Devotion● 9:00 — Late Night Snacks	12 <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 — Table Games● 1:30 — Music Connections● 3:00 — Finish The Lines● 6:00 — One to One Visit● 9:00 — Late Night Snacks	13 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:00 — Trinity Singers● 3:00 — Happy Hour Sing A Long● 6:00 — IN2L Computer (Reminisce)● 9:00 — Late Night Snacks	14 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Coffee and Tea Time● 1:30 — Music Connections● 3:00 — Afternoon Refresher● 6:00 — T.V. Land (60.2)● 9:00 — Late Night Snacks

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15 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Movie Matinee6:00 — Reminisce9:00 — Late Night Snacks	16 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke Sing A Long2:15 — Country Drive6:30 — Game Show Network9:00 — Late Night Snacks	17 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Baking 1011:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks	18 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Word Teasers (Old Wives Tales)6:00 — A Dose of Devotion9:00 — Late Night Snacks	19 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lyrics6:00 — One to One Visit9:00 — Late Night Snacks	20 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Starving Artists3:00 — Senior Singers6:00 — IN2L Computer (Reminisce)9:00 — Late Night Snacks	21 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Coffee and Tea Time1:30 — Music Connections3:00 — Afternoon Refresher6:00 — T.V. Land (60.2)9:00 — Late Night Snacks
22 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Movie Matinee6:00 — Reminisce9:00 — Late Night Snacks	23 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Memory Magic2:15 — Country Drive6:30 — Game Show Network9:00 — Late Night Snacks	24 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — IN2L Trivia3:00 — Conversation Cards6:00 — Lifetime Movie9:00 — Late Night Snacks	25 CHRISTMAS <ul style="list-style-type: none">9:00 — Disney Christmas Parade10:30 — Karaoke Sing A Long Christmas Songs3:30 - Christmas Movie9:00 — Late Night Snacks 	26 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lines6:00 — One to One Visit9:00 — Late Night Snacks	27 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Starving Artists3:00 — Happy Hour Sing A Long6:00 — IN2L Computer (Dance Videos)9:00 — Late Night Snacks	28 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Coffee and Tea Time1:30 — Music Connections3:00 — Afternoon Refresher6:00 — T.V. Land (60.2)9:00 — Late Night Snacks
29 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Movie Matinee6:00 — Reminisce9:00 — Late Night Snacks	30 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke Sing A Long2:15 — Country Drive6:30 — Game Show Network9:00 — Late Night Snacks	31 NEW YEARS EVE <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Morning Toast3:00 - New Years Eve Party With Jerry Downs6:00 — Lifetime Movie9:00 — Late Night Snacks 	Alzheimers/Dementia Support Group At Our Bourbonnais Campus (December 10th At 5:00pm) Please note that all programs are Subject to change.	VISITING PHYSICIANS <ul style="list-style-type: none">Dr. Raley, Podiatrist<ul style="list-style-type: none">The second week of Jan.Erin Dean, FNP-BC (If you would like to switch over to her as your primary care giver) See Rosa Rodriguez for details.To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.	 <p>1485 Butterfield Trail Kankakee, IL 60901 815-933-0793</p>	