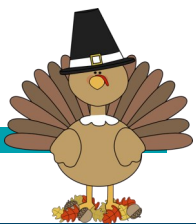



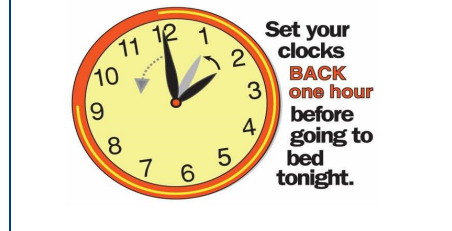







NOVEMBER 2024 | ASSISTED LIVING | CALENDAR OF EVENTS



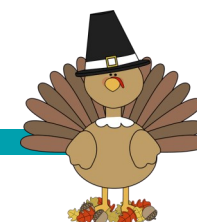
Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
<div><p><b>RIVERSIDE</b> SENIOR LIFE COMMUNITIES Assisted Living &amp; Memory Care</p><p>85 E. Burn Road Bourbonnais, IL 60914 815-935-3332</p><p>Contact the Concierge to sign up for any Outings or Special Events</p><p>*Please note that all programs are subject to change.</p></div>	<p>VISITING PHYSICIANS:</p> <p><b>Dr. Naga Guntupalli—</b> November 7, 2024</p> <p><b>Dr. Raley—Podiatrist</b> November 13, 2024</p> <p>To schedule a single or reoccurring appointment, please contact the Concierge.</p>	<p>VISITING PHYSICIANS:</p> <p><b>Liz Deck, NP-</b> November 13, 2024 November 27, 2024</p> <p>Audiologist TBD</p>	<p>SALON SERVICES:</p> <p><b>Manicures</b> Provided by Activities</p> <p><b>Hair Appointments</b> Available in the Salon Tuesdays: 8:00a—2:00p Wednesdays: 12:30p—3:00p</p> <p>BANKING SERVICES: <b>First Trust Bank</b> Available for cashing checks, deposits &amp; withdrawals. Please contact the Concierge if interested.</p>	<p><b>Riverside Senior Life Communities</b> partners with residents &amp; their families to identify their desires &amp; dreams, &amp; work together to bring those needs, passions, &amp; abilities to life. We focus on the Dimensions of Wellness to assure our residents are provided a well-rounded array of programing. People at every age and stage of ability seek opportunities to remain pro- ductive, 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 cal- endar there are many small group programs occurring as well as one-on-one opportunities to assure all of our residents are engaged.</p> <p>If you have a suggestion for something your loved one may enjoy, please do not hesitate to let us know.</p> <p><b>Dimensions of Wellness Categories:</b> ● = Cognitive   ● = Emotional   ● = Physical   ● = Social   ● = Spiritual</p>		
				<p><b>1 DEEP FRIED CLAM DAY</b></p> <p>9:30a Cardio 10:00a Euchre 1:30p B-I-N-G-O 3:00p <b>HAPPY HOUR</b></p> 	<p><b>2 DEVEILED EGG DAY</b></p> <p>9:30a Tai Chi 10:00 Table Talk 10:30a Helpers Corner 1:30p <b>Puzzle Packets</b></p> 	
<p><b>3</b></p> <p>9:00a Online Mass</p> <p>9:15a Morning Greet &amp; Coffee—Café</p> <p>1:30p Popcorn Cart</p>	<p><b>4</b></p> <p>9:30a Cardio &amp; Strength</p> <p>10:30a <b>Quirkle Game</b></p> <p>1:30p B-I-N-G-O 2:45p BINGO Store</p> <p>3:00p Euchre 4:00p Café Chat</p>	<p><b>5</b> 9:30a Tai Chi 10:00 Veteran’s Pinning Ceremony</p>  <p>1:30p <b>Black Jack</b></p> <p>3:00p Pastor Chambers</p>	<p><b>6 NACHO DAY</b></p> <p>9:30a Cardio &amp; Weights 10:15a Max &amp; Carol 11:30a Deacon Dale Café</p> <p>2:00 </p>	<p><b>7</b></p> <p>9:30a Tai Chi 10:15a Pastor Sam <b>11:00 Pretty Nails</b></p> <p>2:00p <b>Super Foods- Pumpkin Chili</b></p> <p>2:30p Communion</p> <p>3:00p Country Drive</p>	<p><b>8</b></p> <p>9:30a Cardio</p> <p>10:00a Euchre</p> <p>1:30p B-I-N-G-O</p> <p>3:00p <b>HAPPY HOUR</b></p> 	<p><b>9</b></p> <p>9:30a Tai Chi</p> <p>10:00a Table Talk</p> <p>10:30a Helpers Corner</p> <p>1:30p <b>Puzzle Packets</b></p>





# NOVEMBER 2024 | ASSISTED LIVING | CALENDAR OF EVENTS



Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>10 VANILLA CUPCAKE DAY</b>  9:00a Online Mass  9:15a Morning Greet & Coffee—Café  1:30p Popcorn Cart	<b>11 VETERAN'S DAY</b>  9:30a Cardio & Strength 10:30a Stencil & Stamp 1:30p B-I-N-G-O 2:45p BINGO Store 3:00p Euchre 5:00p Movie of Choice	<b>12 CHICKEN SOUP DAY</b>  9:30a Tai Chi  10:30a GRUB CLUB  11:00a Pretty Nails  1:30p Black Jack  3:00p Pastor Chambers  4:00p Café Chat	<b>13</b>  9:30a Cardio & Weights  11:00a BOOST YOUR MOOD with Marsha  1:30p LCR Dice Game  2:00p Dominos  5:00p Movie of Choice	<b>14 SPICY GUACAMOLE DAY</b>  9:30a Tai Chi 10:15a Pastor Sam 11:00a Pretty Nails  2:00p TOWN HALL 2:30p Communion  3:00p Country Drive	<b>15 9:30a Cardio</b>  10:00a Euchre  1:30p B-I-N-G-O 3:00p HAPPY HOUR 	<b>16</b>  9:30a Tai Chi  10:00a Table Talk  10:30a Helpers Corner  1:30p Puzzle Packets
<b>17</b>  9:00a Online Mass 9:15a Morning Greet & Coffee—Café 1:30p Popcorn Cart 	<b>18</b>  9:30a Cardio & Strength  10:30a Trivia Chat  1:30p B-I-N-G-O 2:45p BINGO Store  3:00p Euchre 4:00p Café Chat	<b>19</b>  9:30a Tai Chi (LLL)  10:30a Pretty Nails & Eye-Glass Cleaning (LLL) 1:30p Black Jack( LLL)  3:00p Pastor Chambers 5:00p Movie of Choice	<b>20 PEANUT BUTTER FUDGE DAY</b>  9:30a Cardio & Weights 10:30a OUTING—JIMMY JOE'S BBQ 2:00 Mick Porter 6:00p Pete's Band 	<b>21</b>  9:30a Tai Chi 10:15a Pastor Sam 11:00a Pretty Nails  2:00p Taste & Travel (Indonesia) 2:30p Communion  3:00p Country Drive	<b>22</b> 9:30a Cardio 10:00a Euchre  1:30p B-I-N-G-O 3:00p HAPPY HOUR 	<b>23</b>  9:30a Tai Chi  10:00a Table Talk  10:30a Helpers Corner  1:30p Puzzle Packets
<b>24</b>  9:00a Online Mass  9:15a Morning Greet & Coffee—Café  1:30p Popcorn Cart	<b>25 PARFAIT DAY</b>  9:30a Cardio & Strength 10:30a Turkey Craft   2:00p JERRY DOWNS 3:00p Euchre 4:00p Café Chat	<b>26</b>  9:30a Tai Chi  10:30a Pretty Nails  1:30p Black Jack  3:00p Pastor Chambers  3:30p Jeopardy	<b>27</b>  9:30a Cardio & Weights 10:30 Thankful thoughts  2:00p Mark the Piano Guy 3:00 Eyeglass Cleaning  4:00p Café Char	<b>28</b> 9:30 Macy's Thanksgiving Day Parade NBC TV 9-3 Turkey Hunt (around the building) 2:00 Pictionary 	<b>29</b> 9:30a Cardio 10:00a Euchre 1:30p B-I-N-G-O  3:00p HAPPY HOUR 	<b>30</b>  9:30a Tai Chi  10:00a Table Talk  10:30a Helpers Corner  1:30p Puzzle Packets