









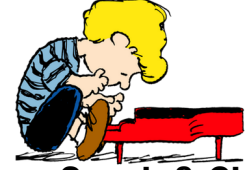



OCTOBER 2024 | MEMORY CARE CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
<div><p>BOURBONNAIS GROVE</p><p><small>Riverside Senior Life Communities</small></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><small>*Please note that all programs are subject to change</small></p></div>	<p>VISITING PHYSICIANS:</p> <p>Dr. Guntunpalli-Psychiatrist</p> <p>October 17, 2024</p> <p>Dr. Raley—Podiatrist</p> <p>October 11, 2024</p> <p>To schedule a single or re-occurring appointment, Please contact The Concierge</p>	<p>VISITING PHYSICIANS:</p> <p>Liz Deck, NP</p> <p>October 2, 2024 October 16, 2024 October 28, 2024</p> <div></div>	<p>MANICURES: Available by Activities</p> <p>HAIR APPOINTMENTS: Tuesdays: 8:00a—2:00p Wednesdays: 12:30p—2:00p</p> <p>BANKING SERVICES:</p> <p>First Trust Bank 1st and 4th Tuesday Available to cash checks, make deposits & withdrawals Please contact the Concierge</p> <div></div>	<p>Riverside Senior Life Communities</p> <p>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 programing. 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 have a suggestion for something your loved one may enjoy, please do not hesitate to let us know.</p> <p>Dimensions of Wellness Categories:</p> <p>● = Cognitive ● = Emotional ● = Physical ● = Social ● = Spiritual</p>		
		<p>1</p> <p>8:45am Morning Chronicles</p> <p>9:00am Pretty Nails</p> <p>10:00am Balloon Volleyball</p> <p>10:30am Brain Busters</p> <p>1:30pm B-I-N-G-O</p> <p>2:30pm Snack & Chat</p> <p>3:00pm In2L Videos</p> <p>3:30 Gabriel Piano Player</p> <div></div>	<p>2</p> <p>8:45am Morning Chronicles</p> <p>9:30am Tai Chi</p> <p>10:15am Max and Carol</p> <p>2:00pm Social Birthday</p> <div></div> <p>3:00pm Snack & Chat</p> <p>4:00pm Music Meditation</p>	<p>3</p> <p>8:45am Morning Chronicles</p> <p>9:30am Cardio</p> <p>10:30am Country DriveCC</p> <div></div> <p>1:30pm Pokeno</p> <p>2:30pm Snack & Chat</p> <p>2:40pm Catholic Comm</p> <p>3:00pm IN2L Videos</p>	<p>4 World Smile Day</p> <p>8:45am Morning Greet</p> <p>10:00am Senior Motown</p> <p>10:30am FRIYAY “You Tube Fun”</p> <p>1:30pm Crafty Corner</p> <p>2:30pm Chit Chat</p> <p>3:00pm HAPPY HOUR</p> <p>4:00pm Music Meditation</p> <div></div> <p>Wauneta</p>	<p>5</p> <p>8:45am Morning Greetings</p> <p>1:30pm B-I-N-G-O</p> <div></div> <p>3:00pm Sing with Me</p> <p>4:00pm Music Meditation</p>
		<p>8</p> <p>8:45am Morning Chronicles</p> <p>9:00am Pretty Nails</p> <p>10:30am A- Z Game</p> <p>1:30pm B-I-N-G-O</p> <p>2:30pm Snack & Chat</p> <p>3:00pm Sensory Garden</p> <p>4:00pm Music Meditation</p> <div></div>	<p>9</p> <p>8:45am Morning Chronicles</p> <p>9:30am Tai Chi</p> <p>10:30am OUTING Shopping Kohls</p> <p>1:30 Table Games</p> <p>2:30pm Snack & Chat</p> <p>3:00pm Sing with me</p> <p>4:00pm Music Meditation</p>	<p>10</p> <p>8:45am Morning Chronicles</p> <p>9:30am Cardio</p> <p>10:30am Country DriveJD</p> <p>1:30pm Sawirkle</p> <p>2:30pm Snack & Chat</p> <p>2:40pm Catholic Comm</p> <p>3:00pm IN2L Videos</p> <p>Winkie</p> <div></div>	<p>11</p> <p>8:45am Morning Greet Chronicles</p> <p>10:00 Senior Motown</p> <p>10:30am FRIYAY “You Tube Fun”</p> <p>2:00pm Jerry Downs</p> <p>3:00pm HAPPY HOUR</p> <p>4:00 Music Meditation</p> <div></div>	<p>12</p> <p>8:45am Morning Greetings</p> <p>1:30pm B-I-N-G-O</p> <div></div> <p>3:00pm Sing with Me</p> <p>4:00pm Music Meditation</p>

OCTOBER 2024| MEMORY CARE | CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
13 9:30am Morning Chronicles 10:00am Online Mass 2:30pm Popcorn Cart  3:00pm Creative Coloring 4:00p Music Meditation	14 8:45am Morning Chronicles 10:30am Fitness Fun 1:30pm Puzzle Huddle 2:30pm Snack & Chat 3:00pm IN2L Games 4:00pm Music Meditation  Happy Birthday Gracie	15 8:45am Morning Chronicles 9:00am Pretty Nails 10:30am Soccer Circle 1:30 Men's Group 1:30pm B-I-N-G-O 2:30pm Snack & Chat 3:00pm Sensory Garden & Song 4:00pm Music Meditation	16 8:45am Morning Chronicles 9:30am Tai Chi 10:30am Down Memory Lane 2:00pm Jolly Joggers  3:00pm Snack & Chat 4:00pm Music Meditation	17 8:45am Morning Chronicles 9:30am Cardio 10:30am Country Drive CC  1:30p Table Book Hockey 2:30pm Snack & Chat 2:40pm Catholic Comm 3:00pm IN2L Videos 4:00pm Music Meditation	18 8:45am Morning Greet & Chronicles 10:00am Motown Easy Sketchers 10:30am FRIYAY "You Tube Fun" 1:30pm Crafty Corner 2:30pm Chit Chat 3:00pm HAPPY HOUR 4:00pm Music Meditation	19 8:45am Morning Greetings 1:30pm B-I-N-G-O  2:30pm Snack & Chat 3:00pm Sing with Me 4:00pm Music Meditation
20 9:30am Morning Chronicles 10:00am Online Mass 2:30pm Popcorn Cart 3:00p Creative Coloring 4:00p Music Meditation  Sherry	21 8:45am Morning Chronicles 10:30am Fitness Fun 1:30pm Puzzle Huddle 2:30pm Snack & Chat 3:00pm IN2L Games 4:00pm Music Meditation	22 8:45am Morning Chronicles 9:00am Pretty Nails 10:30am Balloon Volleyball 1:30pm Men's Group 1:30 B-I-N-G-O 2:30pm Snack & Chat 3:00pm Sensory & Song 4:00pm Music Meditation	23 8:45am Morning Chronicles 9:30am Tai Chi 10:30am OUTING Village Diner 2:00 Mick Porter  3:00pm Snack & Chat 4:00pm Music Meditation	24 8:45am Morning Chronicles 9:30am Cardio 10:30am Country Drive JD  1:30pm Pokeno 2:30pm Snack & Chat 2:40pm Catholic Comm 3:00pm IN2L Videos 4:00pm Music Meditation	25 8:45am Morning Greet & Chronicles 10:00am Chair Yoga 10:30am FRIYAY "You Tube Fun" 1:30pm Crafty Corner 2:30pm Chit Chat 3:00pm HAPPY HOUR Symbria Pharmacy Forum 4:30pm Trick or Treat Community	26 8:45am Morning Greetings 1:30pm B-I-N-G-O  2:30pm Snack & Chat 3:00pm Sing with Me 4:00pm Music Meditation
27 9:30am Morning Chronicles 10:00am Online Mass 2:30pm Popcorn Cart  3:00pm Creative Coloring 4:00p Music Meditation	28 8:45am Morning Chronicles 10:30am Fitness Fun 1:30pm Puzzle Huddle 2:30pm Snack & Chat 3:00pm IN2L Games 4:00pm Music Meditation	29 8:45am Morning Chronicles 9:00am Pretty Nails 10:30am Soccer Circle 1:30 Men's Group 1:30pm B-I-N-G-O 2:30pm Snack & Chat 3:00pm Sensory & Song 4:00pm Music Meditation	30 8:45am Morning Chronicles 9:30am Tai Chi 10:30am Down Memory Lane 2:00p Mark on the Piano  3:00pm Snack & Chat 4:00pm Music Meditation	31 8:45am Morning Chronicles 9:30am Cardio 10:30am Country Drive CC  1:30p Table Book Hockey 2:00p Halloween Social 2:40pm Catholic Comm 3:00pm IN2L Videos 4:00pm Music Meditation	