

OCTOBER 2024 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|--|---|---|
|  | | | <div>SUPPORT GROUP</div> <div>Alzheimer's Support Group</div> <div>All community members, family, and friends are welcome to attend.</div> <ul style="list-style-type: none">October 15th at 3:00pm in the Independent Living Theatre Room.  | <div>Riverside Senior Life Communities</div> <div>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.</div> <div>Dimensions of Wellness Categories:</div> <div>● = Cognitive ● = Emotional ● = Physical ● = Social ● = Spiritual</div> | | |
| <div>VISITING PHYSICIANS</div> <div>Dr. Raley, Podiatrist</div> <ul style="list-style-type: none">November 6th <div>Erin Dean, FNP-BC</div> <div>(You must switch over to her as your primary care giver)</div> <div>See Rosa Rodriguez for details.</div> <div>To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.</div> | <div>October Bucket List</div> <div>1. Make Caramel Apples</div> <div>2. Carve pumpkins</div> <div>3. Take a Family bike ride to enjoy the weather</div> <div>4. Eat pumpkin pancakes, pumpkin cookies, + pumpkin doughnuts</div> <div>5. Jump in the leaves</div> <div>6. Tailgate + cheer on your favorite football team</div> <div>7. Have a Bonfire</div> <div>8. Go Star Gazing</div> <div>9. Go apple picking</div> <div>10. Decorate with mums</div> <div>Please note that all programs are Subject to change.</div> | <div>1</div> <div>● 9:30 — Stretch and Strengthen</div> <div>● 10:30 — Trivia Collection</div> <div>● 1:30 — Quiet Reflections In The Sensory Room</div> <div>● 6:00 — Lifetime Movie</div> <div>● 9:00 — Late Night Snacks</div> | <div>2</div> <div>● 9:30 — Stretch and Strengthen</div> <div>● 10:30 — Table Games</div> <div>● 1:30 — Music Connections</div> <div>● 3:00 — Finish The Lines</div> <div>● 6:00 — One to One Visit</div> <div>● 9:00 — Late Night Snacks</div> | <div>3</div> <div>9:30 — Jade's Hair Salon</div> <div>● 10:30 — Pretty Nails</div> <div>● 1:00 — Inspirational Melodies</div> <div>● 3:00 — Mind Joggers</div> <div>● 6:00 — A Dose of Devotion</div> <div>● 9:00 — Late Night Snacks</div> | <div>4</div> <div>● 9:30 — Therapeutic Exercise</div> <div>● 10:30 — Starving Artists</div> <div>● 3:00 — Happy Hour Sing A Long</div> <div>● 6:00 — IN2L Computer (Reminisce)</div> <div>● 9:00 — Late Night Snacks</div> | <div>5</div> <div>● 9:30 — Therapeutic Exercise</div> <div>● 10:30 — Morning News</div> <div>● 1:30 — Music Connections</div> <div>● 3:00 — Afternoon Refresher</div> <div>● 6:00 — Porch Sitters</div> <div>● 9:00 — Late Night Snacks</div> <div>Happy Birthday Colette Sullivan!</div> |
| <div>6</div> <div>● 9:00 — Morning Worship</div> <div>● 10:30 — One to One Visits</div> <div>● 1:00 — IN2L (Spiritual Videos)</div> <div>● 3:00 — Porch Radio</div> <div>● 6:00 — Reminisce</div> <div>● 9:00 — Late Night Snacks</div> | <div>7</div> <div>● 9:30 — Therapeutic Exercise</div> <div>● 10:30 — Karaoke</div> <div>● 2:15 — Country Drive</div> <div>● 6:30 — Birdwatchers</div> <div>● 9:00 — Late Night Snacks</div> <div>Happy Birthday Lola Curtis!</div> | <div>8</div> <div>● 9:30 — Stretch and Strengthen</div> <div>● 10:30 — Baking 101</div> <div>● 1:30 — Quiet Reflections In The Sensory Room</div> <div>● 6:00 — Lifetime Movie</div> <div>● 9:00 — Late Night Snacks</div> <div>Happy Birthday Leah Vercellono!</div> | <div>9</div> <div>● 9:30 — Stretch and Strengthen</div> <div>● 10:30 — Table Games</div> <div>● 1:30 — Music Connections</div> <div>● 3:00 — Finish The Lines</div> <div>● 6:00 — One to One Visit</div> <div>● 9:00 — Late Night Snacks</div> | <div>10</div> <div>9:30 — Jade's Hair Salon</div> <div>● 10:30 — Pretty Nails</div> <div>● 1:00 — Inspirational Melodies</div> <div>● 3:00 — Answer Me Trivia</div> <div>● 6:00 — A Dose of Devotion</div> <div>● 9:00 — Late Night Snacks</div> | <div>11</div> <div>● 9:30 — Therapeutic Exercise</div> <div>● 10:30 — Starving Artists</div> <div>● 3:00 — Happy Hour Sing A Long</div> <div>● 6:00 — IN2L Computer (Reminisce)</div> <div>● 9:00 — Late Night Snacks</div> | <div>12</div> <div>● 9:30 — Therapeutic Exercise</div> <div>● 10:30 — Morning News</div> <div>● 1:30 — Music Connections</div> <div>● 3:00 — Afternoon Refresher</div> <div>● 6:00 — Sing A Long w/Susie On the IN2L Computer</div> <div>● 9:00 — Late Night Snacks</div> |

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| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|--|--|---|
| 13 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks | 14 COLUMBUS DAY <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Hallmark T.V.9:00 — Late Night Snacks  | 15 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Baking 1011:30 — Quiet Reflections In The Sensory Room3:30 — October Birthday Birthday Party with Kelly Benono6:00 — Lifetime Movie9:00 — Late Night Snacks | 16 <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 | 17 <ul style="list-style-type: none">9:30 — Jade’s Hair Salon10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Mind Joggers6:00 — A Dose of Devotion9:00 — Late Night Snacks | 18 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Starving Artists3:00 — Happy Hour Sing A Long6:00 — IN2L Computer (Reminisce)9:00 — Late Night Snacks | 19 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Music with Mary Sue On the IN2L Computer9:00 — Late Night Snacks |
| 20 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks | 21 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Hallmark T.V.9:00 — Late Night Snacks | 22 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Trivia Collection1:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks | 23 <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 | 24 <ul style="list-style-type: none">9:30 — Jade’s Hair Salon10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Answer Me Trivia6:00 — A Dose of Devotion9:00 — Late Night Snacks | 25 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Starving Artists3:00 — Happy Hour Sing A Long6:00 — Trick or Treaters9:00 — Late Night Snacks  | 26 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Pastimes on the IN2L Computer9:00 — Late Night Snacks |
| 27 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks | 28 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Hallmark T.V.9:00 — Late Night Snacks | 29 <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 | 30 <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 | 31 <ul style="list-style-type: none">9:30 — Jade’s Hair Salon10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Mind Joggers6:00 — A Dose of Devotion9:00 — Late Night Snacks  |  <p>1485 Butterfield Trail Kankakee, IL 60901 815-933-0793</p> | |