


# AUGUST 2023 | MEMORY CARE CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
<div><p><b>BOURBONNAIS GROVE</b> Riverside Senior Life Communities</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><i>Please note that all programs are subject to change</i></p></div>	<p>VISITING PHYSICIANS:</p> <p><b>Dr. Guntunpalli-Psychiatrist</b> August 1, 2024</p> <p><b>Dr. Raley—Podiatrist</b> August 7, 2024</p> <p>To schedule a single or recurring appointment, Please contact The Concierge</p>	<p>VISITING PHYSICIANS:</p> <p><b>Liz Deck, NP</b> August 7, 2024 August 21, 2024</p> <p><b>Audiologist—TBD</b></p>	<p><b>MANICURES:</b> Available by Activities</p> <p><b>HAIR APPOINTMENTS:</b> Tuesdays: 9:00a—12:30p Wednesdays: 1:00p—4:00p</p> <p><b>BANKING SERVICES:</b></p> <p><b>First Trust Bank</b> Tuesday 1st &amp; 15th Available to cash checks, make deposits &amp; withdrawals Please contact the Concierge</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 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><b>Dimensions of Wellness Categories:</b> ● = Cognitive   ● = Emotional   ● = Physical   ● = Social   ● = Spiritual</p>		
				<p><b>1</b> 8:45am Morning Chronicles 9:30am Cardio 10:30am Country Drive</p> <p>1:30pm <b>Life Skills Social</b> 2:30pm Snack &amp; Chat 3:00pm IN2L Videos 4:00pm Music Meditation</p>	<p><b>2 Coloring Book Day</b> 8:45am Morning Chronicles 10:00am Dancercises 10:30am FRIYAY “You Tube Fun” 2:00pm <b>Coloring &amp; Sip</b> 2:30pm Chit Chat 3:00pm <b>HAPPY HOUR</b> 4:00pm Music Meditation</p>	<p><b>3</b> 8:45am Morning Greetings 11:00am <b>Chair YOGA</b></p> <p>1:30pm <b>B-I-N-G-O</b> 2:30pm Snack &amp; Chat 3:00pm Sing with Me 4:00pm Music Meditation</p>
<p><b>4 PEACHY KEEN WEEK</b></p> <p>9:30am Morning Chronicles</p> <p>10:00am Online Mass</p> <p>2:30pm <b>Popcorn Cart</b> 3:00pm Creative Coloring</p> <p>4:00pm Music Meditation</p>	<p><b>5 PEACH TEA DAY</b></p> <p>8:45am Morning Chronicles</p> <p>10:30am <b>Fitness Fun</b> 1:30pm Puzzle Huddle 2:30pm <b>Snack &amp; Chat</b> 3:00pm IN2L Games</p> <p>4:00pm Music Medita-</p>	<p><b>6 PEACH COBBLER DAY</b></p> <p>8:45am Morning Chroni- cles 9:30am <b>Pretty Nails</b> 10:00am Soccer Circle 10:30am <b>Mind Benders</b> 1:30pm <b>B-I-N-G-O</b> 2:30pm Snack &amp; Chat 3:00pm Sensory Garden and Sno Cones 4:00pm Music Medita-</p>	<p><b>7 PEACH SHAKE DAY</b></p> <p>8:45am Morning Chroni- cles 9:30am <b>Tai Chi</b> 10:15am Max &amp; Carol Worship 2:00pm <b>August Birthday Party</b> 3:00p Sing with Me 4:00p Music Meditation</p>	<p><b>8 FRESH PEACH SLICES</b></p> <p>8:45am Chronicles 9:00am Cardio 10:30am Country Drive 1:30pm <b>Pardon my Peach</b> 2:30pm Snack &amp; Chat 2:40pm Catholic Communion</p>	<p><b>9 PEACH DRINKS DAY</b></p> <p>8:45am Morning Chron- icles 10:00am Drum Circle 10:30am FRIYAY “You Tube Fun” 2:00pm <b>JERRY DOWNS</b> 2:30pm Chit Chat 3:00pm <b>HAPPY HOUR</b> 4:00pm Music Meditation</p>	<p><b>10</b></p> <p>8:45am Morning Greetings 11:00am <b>Chair Stretches</b> 1:30pm <b>B-I-N-G-O</b> 2:30pm Snack &amp; Chat 3:00pm Sing with Me 4:00pm Music Meditation</p>

# AUGUST 2024| MEMORY CARE | CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
<b>11</b> <b>COUNTY FAIR WEEK</b>  9:30am Morning Chronicles  10:00am Online Mass  2:30pm <b>Popcorn Cart</b> 3:00pm Creative Coloring  4:00pm Music Meditation	<b>12</b>  8:45am Morning Chronicles 10:30am <b>Fitness Fun</b>  1:30pm Puzzle Huddle 2:30pm <b>Snack &amp; Chat</b> 3:00p IN2L Games  4:00p Music Meditation	<b>13</b> <b>CORN DOG DAY</b>  8:45am Morning Chronicles 9:30am <b>Pretty Nails</b> 10:00am Parachute Ball 10:30am <b>Old McDonald’s Farm</b> 1:30pm <b>B-I-N-G-O</b> 2:30pm Snack & Chat 3:00pm Sensory Garden & Sno Cones 4:00pm Music Meditation	<b>14</b>  8:45am Morning Chronicles 9:30am Tai Chi 10:00am Proverbs 10:30am <b>OUTING— HOBBY LOBBY</b> 11:30am <b>DEACON DALE</b> 1:30pm <b>BULLS EYE</b> 2:30pm Snack & Chat 3:00pm <b>Sing with Me</b>	<b>15</b> <b>WATERMELON DAY</b>  8:45am Morning Chronicles 9:30am Cardio 10:30am <b>Country Drive</b> 1:30pm <b>COUNTY FAIR GAMES</b> 2:30pm <b>Snack &amp; Chat</b> 2:40pm Catholic Comm. 3:00pm IN2L Videos 4:00pm Music Meditation	<b>16</b> <b>NATIONAL RUM DAY</b>  8:45am Morning Greet & Chronicles 10:00am <b>Senior Motown</b> 10:30am FRIYAY “You Tube Fun” 1:30pm Crafty Corner 2:30pm Chit Chat 3:00pm <b>HAPPY HOUR</b> 4:00pm Music Meditation	<b>17</b>  8:45am Morning Greetings 11:00am <b>Chair YOGA</b>  1:30pm <b>B-I-N-G-O</b> 2:30pm Snack & Chat 3:00pm Sing with Me 4:00pm Music Meditation
<b>18</b>  9:30am Morning Chronicles  10:00amOnline Mass  2:30pm <b>Popcorn Cart</b> 3:00pm Creative Coloring  4:00pm Music Meditation	<b>19</b> <b>NATL POTATO DAY</b>  8:45am Morning Chronicles 10:30am <b>Fitness Fun</b>  1:30pm Puzzle Huddle 2:30pm <b>Snack &amp; Chat</b> 3:00pm IN2L Games  4:00pm Music Meditation	<b>20</b>  8:45am Morning Chronicles 9:30am <b>Pretty Nails</b> 10:00am Soccer Games 10:30am <b>Finish My Line</b> 1:30pm <b>Pete’s Band</b> 2:30pm Snack & Chat 3:00pm Sensory Garden & Sno Cones 4:00pm Music Meditation	<b>21</b>  8:45am Morning Chronicles 9:30amTai Chi 10:30am <b>Down Memory Lane</b>  2:00pm <b>FEDORA’S</b>  3:00pm Snack & Chat 4:00pm Music Meditation	<b>22</b>  8:45am Morning Chronicles 9:30am Cardio 10:30am <b>Country Drive</b> 1:30pm Corn Hole 2:30pm <b>Snack &amp; Chat</b> 2:40pm Catholic Comm 3:00pm IN2L Videos 4:00pm Music Meditation	<b>23</b>  8:45am Morning Greet & Chronicles 10:00am <b>Sittercise</b> 10:30amFRIYAY “You Tube Fun” 1:30pm Crafty Corner 2:30pm Chit Chat 3:00pm <b>HAPPY HOUR- CHICKEN &amp; WAFFLES</b> 4:00pm Music Meditation	<b>24</b>  8:45am Morning Greetings 11:00am <b>Chair Stretches</b> 1:30pm <b>B-I-N-G-O</b> 2:30pm Snack & Chat 3:00pm Sing with Me 4:00pm Music Meditation
<b>25</b>  9:30am Morning Chronicles  10:00am Online Mass  2:30pm <b>Popcorn Cart</b> 3:00pm Creative Coloring  4:00pm Music Meditation	<b>26</b>  8:45am Morning Chronicles 10:30am <b>Fitness Fun</b>  1:30pm Puzzle Huddle 2:30pm <b>Snack &amp; Chat</b> 3:00pm IN2L Games  4:00pm Music Meditation	<b>27</b>  8:45am Morning Chronicles 9:30am <b>Pretty Nails</b> 10:00am Balloon Volley- ball 10:30am <b>Brain Busters</b> 1:30pm <b>B-I-N-G-O</b> 2:30pm Snack & Chat 3:00pm Sensory Garden & Sno Cones 4:00pm Music Meditation	<b>28</b> <b>CHERRY TURNOVER DAY</b>  8:45am Morning Chronicles 9:30am Tai Chi 10:30am <b>OUTING— STEAK N SHAKE</b>  2:00pm MARK Piano Man 2:30pm Snack & Chat 3:00pm <b>Sing with Me</b> 4:00pm Music Meditation	<b>29</b>  8:45am Morning Chronicles 9:30am Cardio 10:30am <b>Country Drive</b> 1:30pm Corn Hole 2:30pm <b>Snack &amp; Chat</b> 2:40pm Catholic Com- munion 3:00pm IN2L Videos 4:00pm Music Meditation	<b>30</b> <b>LABOR DAY BBQ</b>  8:45am Morning Greet & Chronicles 10:00am <b>Sittercise</b> 10:30am FRIYAY “You Tube Fun” 1:30pm Crafty Corner 2:30pm Chit Chat 3:00pm <b>HAPPY HOUR</b> 4:00pm Music Meditation	<b>31</b>  8:45am Morning Greetings 11:00am <b>Chair Stretches</b> 1:30pm <b>B-I-N-G-O</b> 2:30pm Snack & Chat 3:00pm Sing with Me 4:00pm Music Meditation