








AUGUST 2023 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
	<div><h1>WESTWOOD</h1><p> Riverside Senior Life Communities</p><p>1485 Butterfield Trail Kankakee, IL 60901 815-933-0793</p></div>			<div>1<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</div>	<div>2 NATIONAL ICE CREAM SANDWICH DAY<ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Make Your Own Ice Cream Sandwich3:00 — Happy Hour Sing A Long6:00 — IN2L Computer (Reminisce)9:00 — Late Night Snacks</div>	<div>3<ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Porch Sitters9:00 — Late Night Snacks</div>
	<div>4<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</div>	<div>5<ul style="list-style-type: none">9:30 — Morning Walk to the Pond10:30 — Answer Me Trivia2:15 — Country Drive6:30 — Bird Watchers9:00 — Late Night Snacks</div>	<div>6<ul style="list-style-type: none">9:30 — Morning Walk to the Pond11:00 — Picnic in the Park1:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks</div>	<div>7<ul style="list-style-type: none">9:30 — Therapeutic Exercise10:00 — Westwood Craft Show1:00 — Inspirational Melodies3:00 — Pretty Nails6:00 — A Dose of Devotion9:00 — Late Night Snacks</div>	<div>8<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</div>	<div>9<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</div>
<div>11<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</div>	<div>12<ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Trivia Ball Toss2:15 — Country Drive6:30 — Bird Watchers9:00 — Late Night Snacks</div>	<div>13<ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Reminisce Stories1:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks</div>	<div>14<ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Mind Joggers6:00 — A Dose of Devotion9:00 — Late Night Snacks</div>	<div>15<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</div>	<div>16<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</div>	<div>17<ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Porch Sitters9:00 — Late Night Snacks</div>

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Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
18 <ul style="list-style-type: none">● 9:00 — Morning Worship● 10:30 — One to One Visits● 1:00 — IN2L (Spiritual Videos)● 3:00 — Porch Radio● 6:00 — Reminisce● 9:00 — Late Night Snacks	19 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Answer Me Trivia● 2:15 — Country Drive● 6:30 — Bird Watchers● 9:00 — Late Night Snacks	20 <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 — Reminisce Stories● 1:30 — Quiet Reflections In The Sensory Room● 3:30 — Happy August Birthday with Tim Rehmer● 6:00 — Lifetime Movie● 9:00 — Late Night Snacks	21 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Pretty Nails● 1:00 — Inspirational Melodies● 3:00 — Mind Joggers● 6:00 — A Dose of Devotion● 9:00 — Late Night Snacks	22 NATIONAL SPUMONI DAY <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 — Table Games● 1:30 — Music Connections● 3:15 — Lets Have Spumoni!● 6:00 — One to One Visit● 9:00 — Late Night Snacks 	23 <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 (Reminisce)● 9:00 — Late Night Snacks  <p>Happy Birthday Sharon Sills!</p>	24 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Morning News● 1:30 — Music Connections● 3:00 — Afternoon Refresher● 6:00 — Porch Sitters● 9:00 — Late Night Snacks
25 <ul style="list-style-type: none">● 9:00 — Morning Worship● 10:30 — One to One Visits● 1:00 — IN2L (Spiritual Videos)● 3:00 — Porch Radio● 6:00 — Reminisce● 9:00 — Late Night Snacks	26 NATIONAL DOG DAY <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Puppy Dog Visits● 2:15 — Country Drive● 6:30 — Bird Watchers● 9:00 — Late Night Snack 	27 <ul style="list-style-type: none">● 9:30 — Stretch and Strengthen● 10:30 — Drum Circle● 1:30 — Quiet Reflections In The Sensory Room● 6:00 — Lifetime Movie● 9:00 — Late Night Snacks	28 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Pretty Nails● 1:00 — Inspirational Melodies● 3:00 — Name Ten● 6:00 — A Dose of Devotion● 9:00 — Late Night Snacks	29 <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	30 <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 (Reminisce)● 9:00 — Late Night Snacks	31 <ul style="list-style-type: none">● 9:30 — Therapeutic Exercise● 10:30 — Morning News● 1:30 — Music Connections● 3:00 — Afternoon Refresher● 6:00 — Porch Sitters● 9:00 — Late Night Snacks  <p>Happy Birthday Lee Laskonis!</p>
		VISITING PHYSICIANS Dr. William Grant, Optometrist <ul style="list-style-type: none">• TBD Dr. Raley, Podiatrist <ul style="list-style-type: none">• The third week of August OTHER Hearing Aid Checks <ul style="list-style-type: none">• TBD To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.	SUPPORT GROUP Alzheimer's Support Group All community members, family, and friends are welcome to attend. <ul style="list-style-type: none">• August 13th at 3:00 in the Independent Living Movie Room. Please note that all programs are Subject to change.	<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>		