

AUGUST 2024 | MEMORY CARE CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
<div><div><div>B</div><div>BOURBONNAIS GROVE</div><div>Riverside Senior Life Communities</div></div><div>85 E. Burn Road Bourbonnais, IL 60914 815-935-3332</div><div>Contact the Concierge to sign up for any Outings or Special Events</div><div>Please note that all programs are subject to change</div></div>	<div>VISITING PHYSICIANS:</div> <div>Dr. Guntunpalli-Psychiatrist August 1, 2024</div> <div>Dr. Raley—Podiatrist August 7, 2024</div> <div>To schedule a single or recurring appointment, Please contact The Concierge</div>	<div>VISITING PHYSICIANS:</div> <div>Liz Deck, NP August 7, 2024 August 21, 2024</div> <div>Audiologist—TBD</div>	<div>MANICURES: Available by Activities</div> <div>HAIR APPOINTMENTS: Tuesdays: 9:00a—12:30p Wednesdays: 1:00p—4:00p</div> <div>BANKING SERVICES: First Trust Bank Tuesday 1st & 15th Available to cash checks, make deposits & withdrawals Please contact the Concierge</div>	<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 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.</div> <div>Dimensions of Wellness Categories:</div> <div>● = Cognitive ● = Emotional ● = Physical ● = Social ● = Spiritual</div>		
				<div>1</div> <div>8:45am Morning Chronicles</div> <div>9:30am Cardio</div> <div>10:30am Country Drive</div> <div>1:30pm Life Skills Social</div> <div>2:30pm Snack & Chat</div> <div>3:00pm IN2L Videos</div> <div>4:00pm Music Meditation</div>	<div>2 Coloring Book Day</div> <div>8:45am Morning Chronicles</div> <div>10:00am Dancercises</div> <div>10:30am FRIYAY “You Tube Fun”</div> <div>2:00pm Coloring & Sip</div> <div>2:30pm Chit Chat</div> <div>3:00pm HAPPY HOUR</div> <div>4:00pm Music Medita-tion</div>	<div>3</div> <div>8:45am Morning Greetings</div> <div>11:00am Chair YOGA</div> <div>1:30pm B-I-N-G-O</div> <div>2:30pm Snack & Chat</div> <div>3:00pm Sing with Me</div> <div>4:00pm Music Meditation</div>
<div>4 PEACHY KEEN WEEK</div> <div>9:30am Morning Chronicles</div> <div>10:00am Online Mass</div> <div>2:30pm Popcorn Cart</div> <div>3:00pm Creative Coloring</div> <div>4:00pm Music Meditation</div>	<div>5 PEACH TEA DAY</div> <div>8:45am Morning Chronicles</div> <div>10:30am Fitness Fun</div> <div>1:30pm Puzzle Huddle</div> <div>2:30pm Snack & Chat</div> <div>3:00pm IN2L Games</div> <div>4:00pm Music Medita-</div>	<div>6 PEACH COBBLER DAY</div> <div>8:45am Morning Chroni-cles</div> <div>9:30am Pretty Nails</div> <div>10:00am Soccer Circle</div> <div>10:30am Mind Benders</div> <div>1:30pm B-I-N-G-O</div> <div>2:30pm Snack & Chat</div> <div>3:00pm Sensory Garden and Sno Cones</div> <div>4:00pm Music Medita-</div>	<div>7 PEACH SHAKE DAY</div> <div>8:45am Morning Chroni-cles</div> <div>9:30am Tai Chi</div> <div>10:15am Max & Carol Worship</div> <div>2:00pm August Birthday Party</div> <div>3:00p Sing with Me</div> <div>4:00p Music Meditation</div>	<div>8 FRESH PEACH SLICES</div> <div>8:45am Chronicles</div> <div>9:00amCardio</div> <div>10:30am Country Drive</div> <div>1:30pmPardon my Peach</div> <div>2:30pm Snack & Chat</div> <div>2:40pm Catholic Communion</div>	<div>9 PEACH DRINKS DAY</div> <div>8:45am Morning Chron-icles</div> <div>10:00am Drum Circle</div> <div>10:30am FRIYAY “You Tube Fun”</div> <div>2:00pm JERRY DOWNS</div> <div>2:30pm Chit Chat</div> <div>3:00pm HAPPY HOUR</div> <div>4:00pm Music Medita-tion</div>	<div>10</div> <div>8:45am Morning Greetings</div> <div>11:00am Chair Stretches</div> <div>1:30pm B-I-N-G-O</div> <div>2:30pm Snack & Chat</div> <div>3:00pm Sing with Me</div> <div>4:00pm Music Meditation</div>

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