

# JANUARY 2026 | MEMORY CARE | CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
<div><b>RIVERSIDE</b> SENIOR LIFE COMMUNITIES Assisted Living &amp; Memory Care</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><i>*Please note that all programs are subject to change.</i></div>	<div>VISITING PHYSICIANS:</div> <div><b>Dr. Guntunpalli—Psychiatrist</b> JANUARY 8, 2025</div> <div><b>Dr. Raley—Podiatrist</b> NO JANUARY VISIT</div> <div>To schedule a single or reoccurring appointment, please contact the Concierge.</div>	<div>VISITING PHYSICIANS:</div> <div><b>Liz Deck, NP</b> JANUARY 7, 2025 JANUARY 21, 2025</div>	<div>SALON SERVICES:</div> <div><b>Manicures</b> Available by Activities</div> <div><b>Hair Appointments</b> Tuesdays: 8:00a—1:30</div> <div>BANKING SERVICES: JANUARY 13, 2025 <b>First Trust Bank</b> Every other Tuesday Available to cash checks, make deposits &amp; withdrawals. Please contact the Concierge</div>	<div>Riverside Senior Life Communities</div> <div>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.</div> <div><u>Dimensions of Wellness Categories:</u></div> <div>● = Cognitive   ● = Emotional   ● = Physical   ● = Social   ● = Spiritual</div>		
						
				<div>1 <b>Happy New Year</b></div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>● 9:30 Cardio Exercises</div> <div>10:00 Hydration Time</div> <div>● 10:30 Gramma's Attic?</div> <div>● 1:30 Crazy Eights</div> <div>● 2:30 Snack &amp; Chat</div> <div>● 3:00 In2I Word Game</div>	<div>2</div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicles</div> <div>● 9:00– 11</div> <div>Pretty Nails</div> <div>10:30 Hydration Time</div> <div>● 1:30 Jolly Joggers</div> <div>● 2:00 Armchair Detect.</div> <div>● 3:00 Snack Happy</div> <div>HappyBday Terry B.</div>	<div>3</div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>10:30 Gentle Stretch Ex</div> <div>● 1:30 Jigsaw Jam</div> <div>● 2:30 Snack &amp; Chat</div> <div>● 3:00 Dance,Dance,Dance Music Therapy</div>
<div>4</div> <div>● 9:00 Morning Greeting</div> <div>● 9:05 Daily Chronicle</div> <div>● 9:30 Online Mass Holy Name Cathedral</div> <div>● 10:30 ROM Exercises</div> <div>● 2:30 Popcorn Cart</div> <div>● 3:00 Scrap Book Club</div> <div></div>	<div>5</div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>● 9:30 Chair Yoga</div> <div>10:00 Hydration Time</div> <div>● 10:30 A-Z Game</div> <div>● 1:30 Crafty Corner</div> <div>● 2:30 Snack &amp; Chat</div> <div>● 3:00 Balloon Volleyball</div>	<div>6 <b>National Bean Day</b></div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>● 9:30 Motown Senior EX</div> <div>10:00 Hydration Time</div> <div>● 10:30 Cranium Crunches</div> <div>● 1:30 Bingo</div> <div>● 2:30 Snack &amp; Chat</div> <div>● 3:00 Dance, Dance, Dance Music Therapy</div> <div></div>	<div>7</div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>9:30 Gentle Stretch ex</div> <div>10:15 Max &amp; Carol</div> <div>2:00 January Birthday Social</div> <div>3:00 Rhythm Band /Music Therapy</div> <div>5:00 One on One PRN</div>	<div>8 <b>Elvis' Birthday</b></div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>● 9:30 Cardio Ex</div> <div>10:00 Hydration Time</div> <div>10:30 C-Drive cc</div> <div>● 1:30 Elvis Birthday social</div> <div>● 2:15 Holy Communion</div> <div>● 2:30 Snack &amp; Chat</div> <div>Happy BDay Delores D.</div>	<div>9</div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>● 9-11 Pretty Nails</div> <div>10:30 Hydration Time</div> <div>● 1:30 Jolly Joggers</div> <div>● 2:00 Armchair Detect.</div> <div>● 3:00 Happy Hour</div> <div></div>	<div>10</div> <div>● 9:00 Morning Greetings</div> <div>● 9:05 Daily Chronicle</div> <div>10:30Gentle Stretch EX</div> <div>1:30 Bakers Joy</div> <div>2:30 Snack &amp; Chat</div> <div>3:00Dance,Dance,Dance</div> <div></div>

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SUN	MON	TUE	WED	THU	FRI	SAT
<div>11</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Online Mass Holy Name Cathedral</div><div>10:30 ROM Exercises</div><div>2:30 Popcorn Cart</div><div>3:00 Scrap Book Club</div></div></div> <div></div>	<div>12</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Chair Yoga</div><div>10:00 Hydration Time</div><div>10:30 Name the Fruit</div><div>1:30 Crafty Corner</div><div>2:30 Snack &amp; Chat</div><div>3:00 Putt Putt Golf</div></div></div> <div></div>	<div>13</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Motown Senior EX</div><div>10:00 Hydration Time</div><div>10:30 Mind Bender</div><div>1:30 Bingo</div><div>2:30 Snack &amp; Chat</div><div>3:00 Dance, Dance, Dance</div><div>Music Therapy</div></div></div> <div></div>	<div>14</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Stretch Ex</div><div>10:30 Brickstone Outing</div><div>1:30 Dickey Dice</div><div>2:00 Dan's Therapy Dog</div><div>2:30 Snack &amp; Chat</div><div>3:00 Card Club</div><div>5:00 One on Ones PRN</div></div></div> <div></div>	<div>15 National Bagel Day</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Cardio Ex</div><div>10:00 Hydration Time</div><div>10:30 C-Drive JD</div><div>1:30 Table book Hockey</div><div>2:15 Holy Communion</div><div>2:30 Snack &amp; Chat</div></div></div> <div></div>	<div>16</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9-11 Pretty Nails</div><div>10:30 Hydration Time</div><div>1:00 St. Paul's Choir</div><div>2:00 Armchair Detect.</div><div>3:00 Snack Happy</div></div></div> <div></div>	<div>17</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>10:30Gentle Stretch EX</div><div>1:30 Bakers Joy</div><div>2:30 Snack &amp; Chat</div><div>3:00Dance,Dance,Dance</div></div></div> <div></div>
<div>18</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Online Mass Holy Name Cathedral</div><div>10:30 ROM Exercises</div><div>2:30 Popcorn Cart</div><div>3:00 Scrap Book Club</div></div></div> <div></div>	<div>19 National Popcorn Day</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Chair Yoga</div><div>10:00 Hydration Time</div><div>10:30 Name the Animal</div><div>1:30 Crafty Corner</div><div>2:30 Snack &amp; Chat</div><div>3:00 Funny Videos</div></div></div> <div></div>	<div>20</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Motown Senior EX</div><div>10:00 Hydration Time</div><div>10:30 Cranium Crunches</div><div>1:30 Bingo</div><div>2:30 Snack &amp; Chat</div><div>3:00 Dance, Dance, Dance</div><div>Music Therapy</div></div></div> <div></div>	<div>21</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Stretch Ex</div><div>10:30 Proverbs</div><div>2:00 Mick Porter</div><div>2:15 Armchair Detective</div><div>2:30 Snack &amp; Chat</div><div>3:00 Card Club</div><div>5:00 One on Ones PRN</div></div></div> <div></div>	<div>22</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Cardio Ex</div><div>10:00 Hydration Time</div><div>10:30 C-Drive CC</div><div>1:30 Skittle ball</div><div>2:15 Holy Communion</div><div>2:30 Snack &amp; Chat</div></div></div> <div></div>	<div>23 National Pie Day</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9-11 Pretty Nails</div><div>10:30 Hydration Time</div><div>1:30 Jolly Joggers</div><div>2:00 Armchair Detect.</div><div>3:00 Happy Hour</div></div></div> <div></div>	<div>24</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>10:30Gentle Stretch EX</div><div>1:30 Bakers Joy</div><div>2:30 Snack &amp; Chat</div><div>3:00 Dance,Dance,Dance</div></div></div> <div></div>
<div>25</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Online Mass Holy Name Cathedral</div><div>10:30 ROM Exercises</div><div>2:30 Popcorn Cart</div><div>3:00 Scrap Book Club</div></div></div> <div></div>	<div>26</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Chair Yoga</div><div>10:00 Hydration Time</div><div>10:30 Words with friends</div><div>1:30 Crafty Corner</div><div>2:30 Snack &amp; Chat</div><div>3:00 Classic Tv</div></div></div> <div></div>	<div>27</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Motown Senior EX</div><div>10:00 Hydration Time</div><div>10:30 Mind Bender</div><div>1:30 Bingo</div><div>2:30 Snack &amp; Chat</div><div>3:00 Dance, Dance, Dance</div><div>Music Therapy</div></div></div> <div></div>	<div>28</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Stretch Ex</div><div>10:30 Dollar General Outing</div><div>1:30 Life Skills social</div><div>2:30 Snack &amp; Chat</div><div>3:00 Card Club</div><div>5:00 One on Ones PRN</div></div></div> <div></div>	<div>29</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9:30 Cardio Ex</div><div>10:00 Hydration Time</div><div>10:30 C-Drive JD</div><div>1:30 table pin ball</div><div>2:15 Holy Communion</div><div>2:30 Snack &amp; Chat</div></div></div> <div></div>	<div>30 National Croissant Day</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>9-11 Pretty Nails</div><div>10:30 Hydration Time</div><div>1:30 Jolly Joggers</div><div>2:00 Armchair Detect.</div><div>3:00 Snack Happy</div></div></div> <div></div>	<div>31</div> <div><div><div></div><div></div><div></div><div></div><div></div></div><div><div>9:00 Morning Greetings</div><div>9:05 Daily Chronicle</div><div>10:30Gentle Stretch EX</div><div>1:30 Bakers Joy</div><div>2:30 Snack &amp; Chat</div><div>3:00 Dance,Dance,Dance</div></div></div> <div></div>