


JULY 2023 | CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
<div><p>BOURBONNAIS GROVE</p><p><small>Riverside Senior Life Communities</small></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: DR. NAGA GUNTUPALLI - Psychiatrist—Thursday, July 6th (every other month on the 1st Thursday)</p> <p>Dr. Raley—Podiatrist Wednesday, TBD</p> <p>To schedule a single or reoccurring appointment, please contact the Concierge.</p>	<p>VISITING PHYSICIANS: Dr. Ali—Primary Care Physician <u>Wednesdays June 7th & 21st</u></p> <p>Audiologist—TBD</p> <p>CAREGIVER SUPPORT GROUP: Second Tuesday of each month from 5-6pm in the Community Room.</p>	<p>SALON SERVICES: Manicures Currently unavailable Hair Appointments Available in the salon Mondays: 9:00a—12:00p Tuesdays: 9:00a—4:00p Wednesdays: 1:00p—4:00p</p> <p>BANKING SERVICES: First Trust Bank Tuesdays July 18th Available for cashing checks, making deposits & withdrawals. Please contact the Concierge if interested</p>	<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 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>Dimensions of Wellness Categories: ● = Cognitive ● = Emotional ● = Physical ● = Social ● = Spiritual</p>		
JDA: JAR: JLR: CDR: CAA: CLR: DDA: DAA: DLR: CNDA: CNAA: CNLR: ESP MSAR: NCY: SCY: DIS: JRN: CON: CEL:	Journey Dining Area Journey Activity Area Journey Living Room Celebration Dining Area Celebration Activity Area Celebration Living Room Discovery Dining Area Discovery Activity Area Discovery Living Room Connection Dining Area Connection Activity Area Connection Living Room East Screened Porch Main Street Activity Room North Courtyard South Courtyard Discovery Journey Connection Celebration	<p>HAPPY JULY BIRTHDAY'S</p> <p>PATRICIA R. 7/1</p> <p>MERLIN K. 7/17</p> <p>MARILYN P. 7/21</p> <p>MARY ANN S. 7/30</p>		<ul style="list-style-type: none">● 8:45 Coffee & Chronicle<ul style="list-style-type: none">● 10:30 Country Drive● 1:30 BINGO (CON)● 2:00 Let's Chat & Snack2:30 Catholic Communion (MDR)● 3:30 Drum Circle (MSAR) <p>6:00 Music in the park</p>	<ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Fitness Fun (MSAR)● 2:30 Let's Chat & Snack <p>3:00 Balloon Circle Toss (MSAR)</p> <p>3:30 Happy Hour</p>	<p>1</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle <p>10:00 Reminiscing (DLR)</p> <ul style="list-style-type: none">● 11:00 Fitness Fun (MSAR)● 2:00 Let's Chat & Snack
<p>2</p> <ul style="list-style-type: none">● 9:00 Online Catholic Mass Service (MSAR)● 2:30 Let's Chat & Snack● 3:15 Fitness Fun (MSAR)● 3:45 Reminiscing about Summer (MSAR)	<p>3</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:30 Move & Groove (MSAR) <p>11:00 Craft Let's be creative</p> <ul style="list-style-type: none">● 2:30 Let's Chat & Snack● 3:30 Tai Chi (MSAR)	<p>HAPPY 4TH OF JULY</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:15 IN2L Today in History● 11:00 Fitness Fun (MSAR)● 1:30 BINGO (CON)● 2:30 Let's Chat & Snack	<p>5</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:30 Dine out Mayberry Junction (BUS)● 11:00 Meditations (MSAR)● 1:15 Fill in the Blank (CON)● 2:00 June Birthday Social <p>3:00 Mark The Piano Player (CR)</p>	<p>6</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle<ul style="list-style-type: none">● 10:30 Country Drive● 1:30 BINGO (CON)● 2:00 Let's Chat & Snack2:30 Catholic Communion (MDR)● 3:30 Drum Circle (MSAR) <p>6:00 Music in the park</p>	<p>7</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Fitness Fun (MSAR)● 2:30 Let's Chat & Snack <p>3:00 Balloon circle Toss (MSAR)</p> <p>3:30 Happy Hour</p>	<p>8</p> <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:00 Reminiscing (DLR)● 11:00 Fitness Fun (MSAR)● 2:00 Let's Chat & Snack

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9 <ul style="list-style-type: none">9:00 Online Catholic Mass Service (MSAR)2:30 Let's Chat & Snack3:45 Tai Chi (MSAR)	10 NATIONAL PEANUT BUTTER COOKIE DAY <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Move & Groove (MSAR)11:00 Craft Let's be Creative2:30 Let's Chat & Snack3:30 Tai Chi (MSAR)	11 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Exercising with Ribbons1:30 BINGO (CON)2:30 Let's Chat & Snack3:45 IN2L Trivia Identifying Money with staff	12 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Outing Dine Out Khol's/ Oliver Garden2:30 Let's Chat & Snack3:00 Bella Volunteer Dog3:45 Would you Rather?	13 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Country Drive1:30 BINGO (CON)2:00 Let's Chat & Snack2:30 Catholic Communion (MDR)3:30 Drum Circle (MSAR)	14 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Fitness & Fun2:30 Let's Chat & Snack3:00 Balloon Circle Toss3:30 Happy Hour	15 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Fitness Fun (MSAR)2:00 Let's Chat & Snack3:45 Non-Denominational Church Service (MSAR)
16 <ul style="list-style-type: none">9:00 Online Catholic Mass Service (MSAR)2:30 Let's Chat & Snack3:15 Fitness & Fun3:45 Reminiscing about Father's Day (MSAR)	17 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Move & Groove (MSAR)11:00 Craft let's be Creative2:30 Let's Chat & Snack3:30 Tai Chi (MSAR)	18 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Exercising with Ribbons1:30 BINGO (CON)2:30 Let's Chat & Snack3:45 IN2L Name that sound with staff	19 NATIONAL DAIQUIRI DAY <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Dine Out Culvers(Bus)1:15 Octoband with bags (MSAR)2:30 Let's Chat & Snack3:00 Mark The Piano Player	20 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Country Drive1:30 BINGO (CON)2:00 Let's Chat & Snack2:30 Catholic Communion (MDR)3:30 Drum Circle (MSAR)6:00 Music in the park	21 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Fitness Fun (MSAR)2:30 Let's Chat & Snack3:00 Balloon Circle Toss3:30 Happy Hour	22 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Fitness Fun (MSAR)2:00 Let's Chat & Snack3:45 Non Denominational Church Service (MSAR)
23 <ul style="list-style-type: none">9:00 Online Catholic Mass Service (MSAR)2:30 Let's Chat & Snack3:15 Fitness & Fun3:45 Tai Chi (MSAR)	24 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Move & Groove (MSAR)11:00 Craft Let's be Creative2:30 Let's Chat & Snack3:30 Tai Chi (MSAR)	25 NATIONAL WINE & CHEESE DAY <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 IN2L Brain fitness Around the house1:30 BINGO (CON)2:30 Let's Chat & Snack3:45 Exercising with Ribbons	26 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Taste & Travel Explore Italy1:15 Fill in the Blank (MSAR)2:30 Let's Chat & Snack3:00 Bella Volunteer Dog	27 <ul style="list-style-type: none">8:45 Coffee & Chronicle10:30 Country Drive1:30 BINGO (CON)2:00 Let's Chat & Snack2:30 Catholic Communion (MDR)3:30 Drum Circle (MSAR)6:00 Music in the park	28 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Fitness Fun (MSAR)2:30 Let's Chat & Snack3:00 Balloon Circle Toss3:30 Happy Hour	29 <ul style="list-style-type: none">8:45 Coffee & Chronicle11:00 Fitness Fun (MSAR)2:00 Let's Chat & Snack3:45 Non Denominational Church Service (MSAR)
30	31 National Avocado Day					