JULY 2023 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

Adult Living For Those Who Seek More.										
Sun	Мом	Tue	WED	Тни	FRI	SAT				
				VISITING PHYSICIANS Dr. Raley, Podiatrist The Third Week of Aug. Erin Dean, FNP-BC To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.	Alzheimer's Support Group All community members, family, and friends are welcome to attend. July 11th at 3:00pm in the Independent Living Theatre Room. Please note that all programs are Subject to change.	 9:30 — Therapeutic Exercise 10:30 — Coffee and Tea Time 1:30 — Music Connections 3:00 — Porch Radio 6:00 — Color Therapy 9:00 — Late Night Snacks 				
2	3	4 INDEPENDENCE DAY	5	6	7	8				
 9:00 — Morning Worship 10:30 — One to One Visits 1:00 — IN2L (Spiritual Videos) 3:00 — Movie Matinee 6:00 — Reminisce 9:00 — Late Night Snacks 	 9:30 - Therapeutic Exercise 10:30 - Country Drive 1:30 - Entertainment by "The Silhouettes" 3:00 - Choices Game 6:30 - Game Show Network 9:00 - Late Night Snacks 	 9:00 — Patriotic Coloring Pages 11:00 — Americana Karaoke 8:00 — Macy's 4th of July Fireworks on the Living Room T.V. Happy 4th of July 	 9:30 — Therapeutic Exercise 10:30 — Pretty Nails 1:00 — Inspirational Melodies 3:00 — Creative Story Telling 6:00 — A Dose of Devotion 9:00 — Late Night Snacks 	 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 	 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 	 9:30 — Therapeutic Exercise 10:30 — Coffee and Tea Time 1:30 — Music Connections 3:00 — Porch Radio 6:00 — Color Therapy 9:00 — Late Night Snacks 				
 9:00 – 10:30 – One to One Visits 1:00 – IN2L (Spiritual Videos) 3:00 – Movie Matinee 6:00 – Reminisce 9:00 – Late Night Snacks 	 10 9:30 – Therapeutic Exercise 10:30 – Country Drive 2:30 – Perfect Sense Game 6:30 – Game Show Network 9:00 – Late Night Snacks 	 9:30 – Stretch and Strengthen 11:00 – Picnic at The Park 1:30 – Quiet Reflections in the Sensory Room 6:00 – Lifetime Movie 9:00 – Late Night Snacks 	 9:30 — Therapeutic Exercise 10:30 — Pretty Nails 1:00 — Inspirational Melodies 3:00 — Creative Story Telling 6:00 — A Dose of Devotion 9:00 — Late Night Snacks 	 9:30 – Stretch and Strengthen 10:30 – Table Games 1:30 – Music Connections 3:00 – Finish The Lyrics 6:00 – One to One Visit 9:00 – Late Night Snacks 	 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 	 9:30 — Therapeutic Exercise 10:30 — Coffee and Tea Time 1:30 — Music Connections 3:00 — Porch Radio 6:00 — Color Therapy 9:00 — Late Night Snacks 				

JULY 2023 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	Mon	TUE	WED	Тни	FRI	SAT
16	17	18	19	20	21	22
 9:00 — Morning Worship 10:30 — One to One Visits 1:00 — IN2L (Spiritual Videos) 3:00 — Movie Matinee 6:00 — Reminisce 9:00 — Late Night Snacks 	 9:30 - Therapeutic Exercise 10:30 - Country Drive 2:30 - Circle of Friends 3:00 - Word Teasers "Old Wives Tales" 6:30 - Game Show Network 9:00 - Late Night Snacks 	 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 	 9:30 — Therapeutic Exercise 10:30 — Pretty Nails 1:00 — Inspirational Melodies 3:00 — Creative Story Telling 6:00 — A Dose of Devotion 9:00 — Late Night Snacks 	 9:30 — Stretch and Strengthen 10:30 — Table Games 1:30 — Music Connections 3:00 — Finish The Lyrics 6:00 — One to One Visit 9:00 — Late Night Snacks 	 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 	 9:30 — Therapeutic Exercise 10:30 — Coffee and Tea Time 1:30 — Music Connections 3:00 — Porch Radio 6:00 — Color Therapy 9:00 — Late Night Snacks
 9:00 – Morning Worship 10:30 – One to One Visits 1:00 – IN2L (Spiritual Videos) 3:00 – Movie Matinee 6:00 – Reminisce 9:00 – Late Night Snacks 	 9:30 – Therapeutic Exercise 10:30 – Country Drive 2:30 – Circle of Friends 3:00 – Word Teasers (More Funny Sayings 6:30 – Game Show Network 9:00 – Late Night Snacks 	 9:30 – Stretch and Strengthen 10:30 – Picture Cards 1:30 – Quiet Reflections in the Sensory Room 6:00 – Lifetime Movie 9:00 – Late Night Snacks 	 9:30 — Therapeutic Exercise 10:30 — Pretty Nails 1:00 — Inspirational Melodies 3:00 — Creative Story Telling 6:00 — A Dose of Devotion 9:00 — Late Night Snacks 	 Happy Birthday Bobbie Warren! 27 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 	 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 	 9:30 — Therapeutic Exercise 10:30 — Coffee and Tea Time 1:30 — Music Connections 3:00 — Porch Radio 6:00 — Color Therapy 9:00 — Late Night Snacks
 9:00 – Morning Worship 10:30 – One to One Visits 	 9:30 – Therapeutic Exercise 10:30 – Country Drive 			partners with reside	Riverside Senior Life Communities ents & their families to identify the g those needs, passions, & abilities to assure our residents are provide	eir desires & dreams, s to life. We focus on the

10:30 — One to One Visits

•1:00 - IN2L

(Spiritual Videos)

• 3:00 — Movie Matinee

• 6:00 — Reminisce

• 9:00 — Late Night Snacks

• 10:30 — Country Drive

• 2:30 — Circle of Friends

3:00 — Porch Stories

• 6:30 — Game Show Network

• 9:00 — Late Night Snacks

WESTWOOD

Riverside Senior Life Communities

1485 Butterfield Trail Kankakee, IL 60901 815-933-0793

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 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.

Dimensions of Wellness Categories:
 = Cognitive
 = Emotional
 = Physical
 = Spiritual