







JUNE 2023 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lyrics6:00 — Porch Sitters9:00 — Late Night Snacks	2 <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	3 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Coffee and Tea Time1:30 — Music Connections3:00 — Word Teasers (More Funny Sayings)6:00 — Color Therapy9:00 — Late Night Snacks <p><i>Happy Birthday Ruth Puffer!</i></p>
4 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Movie Matinee6:00 — Reminisce9:00 — Late Night Snacks	5 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Country Drive2:30 — Circle of Friends3:00 — Karaoke6:30 — Porch Radio9:00 — Late Night Snacks	6 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Porch Stories1:30 — Quiet Reflections in the Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks	7 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Creative Story Telling6:00 — A Dose of Devotion9:00 — Late Night Snacks	8 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Furry Friends Visit1:30 — Music Connections3:00 — Finish The Lines06:00 — Porch Sitters9:00 — Late Night Snacks	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	10 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Coffee and Tea Time1:30 — Music Connections3:00 — Word Teasers (More Funny Sayings)6:00 — Color Therapy9:00 — Late Night Snacks
11 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Movie Matinee6:00 — Reminisce9:00 — Late Night Snacks	12 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Country Drive2:30 — Circle of Friends3:00 — Karaoke6:30 — Porch Radio9:00 — Late Night Snacks	13 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Porch Stories1:30 — Quiet Reflections in the Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks	14 FLAG DAY <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Americana Music6:00 — A Dose of Devotion9:00 — Late Night Snacks	15 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lyrics6:00 — Porch Sitters9:00 — Late Night Snacks	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	17 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Coffee and Tea Time1:30 — Music Connections3:00 — Word Teasers (More Funny Sayings)6:00 — Color Therapy9:00 — Late Night Snacks

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18 FATHERS DAY <ul style="list-style-type: none"> 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 	19 <ul style="list-style-type: none"> 9:30 — Therapeutic Exercise 10:30 — Country Drive 2:30 — Circle of Friends 3:00 — Karaoke 6:30 — Porch Radio 9:00 — Late Night Snacks 	20 NATIONAL ICE CREAM DAY <ul style="list-style-type: none"> 9:30 — Stretch and Strengthen 10:30 — Porch Stories 3:00 — Ice Cream Social 6:00 — Lifetime Movie 9:00 — Late Night Snacks 	21 <ul style="list-style-type: none"> 9:30 — The Longest Day Bake Sale and All Day Rock-A-Thon (Proceeds will go to the Alzheimers Association) 10:30 — Pretty Nails 1:00 — Inspirational Melodies 3:00 — Creative Story Telling 6:00 — A Dose of Devotion 9:00 — Late Night Snacks 	22 <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 — Porch Sitters 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 	24 <ul style="list-style-type: none"> 9:30 — Therapeutic Exercise 10:30 — Coffee and Tea Time 1:30 — Music Connections 3:00 — Word Teasers (More Funny Sayings) 6:00 — Color Therapy 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 — Movie Matinee 6:00 — Reminisce 9:00 — Late Night Snacks 	26 <ul style="list-style-type: none"> 9:30 — Therapeutic Exercise 10:30 — Country Drive 2:30 — Circle of Friends 3:00 — Karaoke 6:30 — Porch Radio 9:00 — Late Night Snacks 	27 <ul style="list-style-type: none"> 9:30 — Stretch and Strengthen 10:30 — Porch Stories 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 — Creative Story Telling 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 Lyrics 6:00 — Porch Sitters 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 	
SUPPORT GROUP Alzheimer's Support Group <i>All community members, family, and friends are welcome to attend.</i> <ul style="list-style-type: none"> June 13th at 3:00pm in the Independent Living Theatre Room. <p>Please note that all programs are Subject to change.</p>	VISITING PHYSICIANS <ul style="list-style-type: none"> Dr. Raley, Podiatrist <ul style="list-style-type: none"> Second Week of June Erin Dean, FNP-BC <p>To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.</p>	 WESTWOOD  Riverside Senior Life Communities 1485 Butterfield Trail Kankakee, IL 60901 815-933-0793		<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>		