



MAY 2023 | CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>BOURBONNAIS GROVE Riverside Senior Life Communities</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>	<p>VISITING PHYSICIANS: DR. NAGA GUNTUPALLI <i>Psychiatrist</i>—Thursday, May 4th (every other month on the 1st Thursday)</p> <p>Dr. Raley—Podiatrist Wednesday, May 4th</p> <p>To schedule a single or reoccurring appointment, please contact the Concierge.</p>	<p>VISITING PHYSICIANS: Dr. Ali—Primary Care Physician <u>Wednesdays May 10 Starting May 23 every other Tuesday</u></p> <p>Audiologist—TBD</p> <p>CAREGIVER SUPPORT GROUP: Second Tuesday of each month from 5-6pm in the Community Room.</p> <p> Happy Birthday Karen! Donna!</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 <u>Tuesdays May 9h & 23h</u> 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 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 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>		
	<p>1</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 10:30 Move & Groove (MSAR) 2:30 Let's Chat & Snack 3:15 Tai Chi 3:45 Bible Trivia 	<p>2 WORLD TUNA DAY</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 3:15 Exercising with Ribbons 3:45 IN2L Travel Videos 	<p>3</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 11:00 Fitness Fun (MSAR) 1:15 Hymns and Scriptures 3:30 Volunteer Dog Bella 4:00 Movie of choice 	<p>4 NATIONAL ORANGE JUICE DAY</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle (C/C) 9:30 Move & Groove (MSAR) 10:30 Country Drive 1:30 BINGO (CON) 2:30 Catholic Communion (MDR) 2:30 Let's Chat & Snack 3:30 Drum Circle (MSAR) 	<p>5 CINCO DE MAYO</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 11:00 Fitness Fun (MSAR) 2:30 Let's Chat & Snack 3:00 Tai Chi (MSAR) 3:30 Happy Hour 	<p>6</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 10:30 Fitness Fun (MSAR) 11:00 Reminiscing (CLR) 2:30 Let's Chat & Snack 3:30 Non-Denominational Church Service (MSAR)
<p>7</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 Mother's Day Reminiscing (MSAR) 	<p>8</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 10:30 Move & Groove (MSAR) 11:00 Call out the Answer (MSAR) 2:30 Let's Chat & Snack 3:45 Bible Trivia 	<p>9</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 3:15 Exercising with Ribbons 3:45 IN2L Travel Videos 	<p>10</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 10:30 Dine Out Mayberry Junction (BUS) 11:00 Meditations (MSAR) 1:15 Left, Right, Center (CON) 2:00 Birthday Social 3:00 Mark Piano Player (CR) 	<p>11 NATIONAL APPLE DAY</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle (C/C) 10:30 Country Drive 1:30 BINGO (CON) 2:30 Catholic Communion (MDR) 2:30 Let's Chat & Snacks 3:30 Drum Circle (MSAR) 	<p>12</p> <ul style="list-style-type: none"> 8:45 Coffee & Chronicle 11:00 Mother's day Brunch 1:45 Tai Chi (MSAR) 2:30 Let's Chat & Snack 3:30 Happy Hour 	<p>13</p> <ul style="list-style-type: none"> 8:45 On This Day 10:30 Reminiscing (DLR) 11:00 Fitness Fun (MSAR) 2:30 Let's Chat & Snack 3:15 Balloon Circle 3:45 Good old days Stories

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SUN	MON	TUE	WED	THU	FRI	SAT
14 HAPPY MOTHER'S DAY <ul style="list-style-type: none">● 9:00 Online Catholic Mass Service (MSAR)● 2:30 Let's Chat & Snack● 3:45 Chocolate Chip Day Snack and History	15 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Move & Groove (MSAR)● 2:30 Let's Chat & Snack● 3:30 Tai Chi (MSAR)	16 National BBQ Day <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:15 IN2L Today in History● 11:00 Outing State Park BBQ (BUS) Sign up Front Desk● 1:30 BINGO (CON)● 2:30 Let's Chat & Snack● 3:15 Exercising with Ribbons● 3:45 IN2L Travel Videos	17 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:15 Fitness Fun (MSAR)● 10:30 Shopping Kohl's and Lunch● 11:00 Meditations● 1:15 Basketball● 2:30 Let's Chat & Snack● 3:30 Volunteer Dog Bella● 3:45 Would you Rather?	18 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 9:30 Move & Groove (MSAR)● 10:30 Country Drive● 1:30 BINGO (CON)● 2:30 Catholic Communion(MDR)● 2:30 Let's Chat & Snack● 3:30 Call out the Answer (MSAR)	19 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Fitness Fun (MSAR)● 2:30 Let's Chat & Snack● 3:30 Tai Chi (MSAR)● 3:45 Happy Hour	20 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:30 Fitness Fun (MSAR)● 11:00 Military Puzzles & Games (MSAR)● 2:30 Let's Chat & Snack● 3:30 Non-Denominational Church Service (MSAR)
21 <ul style="list-style-type: none">● 9:00 Online Catholic Mass Service (MSAR)● 2:30 Let's Chat & Snack● 3:45 Backyard Games Day: Yard Games (MSAR)	15 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Move & Groove (MSAR)● 2:30 Let's Chat & Snack● 3:30 Tai Chi (MSAR)	23 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:15 IN2L Today in History● 11:00 Fitness Fun (MSAR)● 1:00 Visit Maggie Moo Volunteer Dog● 1:30 BINGO (CON)● 2:30 Let's Chat & Snack● 3:15 Exercising with Ribbons● 3:45 IN2L Travel Videos	24 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:15 Fitness Fun (MSAR)● 10:30 Outing Jaenike's Hot Dogs● 11:00 Meditations (MSAR)● 1:15 Octoband with bags (MSAR)● 2:30 Let's Chat & Snack● 3:00 Mark Piano Player (CR)	25 NATIONAL WINE DAY <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 9:30 Move & Groove (MSAR)● 10:30 Country Drive● 1:30 BINGO (CON)● 2:30 Catholic Communion (MDR)● 2:30 Let's Chat & Snack● 3:30 Call out the Answer (MSAR)	26 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Fitness Fun (MSAR)● 2:30 Let's Chat & Snack● 3:30 Tai Chi (MSAR)● 3:45 Happy Hour	27 <ul style="list-style-type: none">● 8:45 On This Day● 10:30 Reminiscing● 11:00 Fitness Fun (MSAR)● 2:30 Let's Chat & Snack● 3:15 Balloon Circle● 3:45 Good old days Stories
28 NATIONAL HAMBURGER DAY <ul style="list-style-type: none">● 9:00 Online Catholic Mass Service (MSAR)● 2:30 Let's Chat & Snack● 3:45 Rosie the Riveter Trivia (MSAR)	15 HAPPY MEMORIAL DAY <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 11:00 Move & Groove (MSAR)● 2:30 Let's Chat & Snack● 3:30 Tai Chi (MSAR)	30 <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● 3:15 Exercising with Ribbons● 3:45 IN2L Travel Videos	31 <ul style="list-style-type: none">● 8:45 Coffee & Chronicle● 10:15 Fitness Fun (MSAR)● 10:30 Shopping Meijer● 11:00 Meditations (MSAR)● 1:15 Octoband with bags (MSAR)● 2:30 Let's Chat & Snacks● 3:30 Volunteer Dog Bella			JDA: Journey Dining Area JAR: Journey Activity Area JLR: Journey Living Room CDR: Celebration Dining Area CAA: Celebration Activity Area CLR: Celebration Living Room DDA: Discovery Dining Area DAA: Discovery Activity Area DLR: Discovery Living Room CNDA: Connection Dining Area CNAA: Connection Activity Area CNLR: Connection Living Room ESP: East Screened Porch MSAR: Main Street Activity Room NCY: North Courtyard SCY: South Courtyard DIS: Discovery JRN: Journey CON: Connection CEL: Celebration