

# MAY 2023 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
				<p>Riverside Senior Life Communities</p> <p>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 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:</p> <p>● = Cognitive   ● = Emotional   ● = Physical   ● = Social   ● = Spiritual</p>		<p><b>SUPPORT GROUP</b></p> <p>Alzheimer's Support Group</p> <p>All community members, family, and friends are welcome to attend.</p> <ul style="list-style-type: none"><li>April 11th at 3:00pm in the Independent Living Theatre Room.</li></ul> <p>Please note that all programs are Subject to change.</p>
	<p><b>1</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — <b>Country Drive</b></li><li>● 2:30 — Circle of Friends</li><li>● 3:00 — Karaoke</li><li>● 6:30 — Game Show Network</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>2</b></p> <ul style="list-style-type: none"><li>● 9:30 — Stretch and Strengthen</li><li>● 10:30 — Porch Stories</li><li>● 1:30 — Quiet Reflections in the Sensory Room</li><li>● 6:00 — Lifetime Movie</li><li>● 9:00 — Late Night Snacks</li></ul> <p>Happy Birthday Doris Dickey! 🎉</p>	<p><b>3</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — Pretty Nails</li><li>● 1:00 — Inspirational Melodies</li><li>● 3:00 — Creative Story Telling</li><li>● 6:00 — A Dose of Devotion</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>4</b></p> <ul style="list-style-type: none"><li>● 9:30 — Stretch and Strengthen</li><li>● 10:30 — Table Games</li><li>● 1:30 — Music Connections</li><li>● 3:00 — Finish The Lyrics</li><li>● 6:00 — One to One Visit</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>5 CINCO DE MAYO</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — Starving Artists</li><li>● 3:00 — Cinco De Mayo Party</li><li>● 6:00 — IN2L Computer (Reminisce)</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>6</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — Coffee and Tea Time</li><li>● 1:30 — Music Connections</li><li>● 3:00 — Word Teasers (More Funny Sayings)</li><li>● 6:00 — Color Therapy</li><li>● 9:00 — Late Night Snacks</li></ul>
	<p><b>7</b></p> <ul style="list-style-type: none"><li>● 9:00 — Morning Worship</li><li>● 10:30 — One to One Visits</li><li>● 1:00 — IN2L (Spiritual Videos)</li><li>● 3:00 — Movie Matinee</li><li>● 6:00 — Reminisce</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>8</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — <b>Country Drive</b></li><li>● 2:30 — Circle of Friends</li><li>● 3:00 — Karaoke</li><li>● 6:30 — Game Show Network</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>9</b></p> <ul style="list-style-type: none"><li>● 9:30 — Stretch and Strengthen</li><li>● 10:30 — Porch Stories</li><li>● 1:30 — Quiet Reflections in the Sensory Room</li><li>● 6:00 — Lifetime Movie</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>10</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — Pretty Nails</li><li>● 1:00 — Inspirational Melodies</li><li>● 3:00 — Creative Story Telling</li><li>● 6:00 — A Dose of Devotion</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>11</b></p> <ul style="list-style-type: none"><li>● 9:30 — Stretch and Strengthen</li><li>● 10:30 — Table Games</li><li>● 1:30 — Music Connections</li><li>● 3:00 — Finish The Lyrics</li><li>● 6:00 — One to One Visit</li><li>● 9:00 — Late Night Snacks</li></ul>	<p><b>12</b></p> <ul style="list-style-type: none"><li>● 9:30 — Therapeutic Exercise</li><li>● 10:30 — Starving Artists</li><li>● 3:00 — Happy Hour Sing A Long</li><li>● 6:00 — IN2L Computer (Reminisce)</li><li>● 9:00 — Late Night Snacks</li></ul>
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<p>14 <b>MOTHERS DAY</b></p> <ul style="list-style-type: none"> <li>9:00 — Morning Worship</li> <li>10:30 — One to One Visits</li> <li>1:00 — IN2L (Spiritual Videos)</li> <li>3:00 — Movie Matinee</li> <li>6:00 — Reminisce</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — <b>Country Drive</b></li> <li>2:30 — Circle of Friends</li> <li>3:00 — Karaoke</li> <li>6:30 — Game Show Network</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>9:30 — Stretch and Strengthen</li> <li>10:30 — Porch Stories</li> <li>1:30 — Quiet Reflections in the Sensory Room</li> <li>6:00 — Lifetime Movie</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Pretty Nails</li> <li>1:00 — Inspirational Melodies</li> <li>3:00 — Creative Story Telling</li> <li>6:00 — A Dose of Devotion</li> <li>9:00 — Late Night Snacks</li> </ul> <p><i>Happy Birthday Pat Sharp!</i></p> 	<p>18</p> <ul style="list-style-type: none"> <li>9:30 — Stretch and Strengthen</li> <li>10:30 — Table Games</li> <li>1:30 — Music Connections</li> <li>3:00 — Finish The Lyrics</li> <li>6:00 — One to One Visit</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Starving Artists</li> <li>3:00 — Happy Hour Sing A Long</li> <li>6:00 — IN2L Computer (Reminisce)</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Coffee and Tea Time</li> <li>1:30 — Music Connections</li> <li>3:00 — Word Teasers (More Funny Sayings)</li> <li>6:00 — Color Therapy</li> <li>9:00 — Late Night Snacks</li> </ul>
<p>21</p> <ul style="list-style-type: none"> <li>9:00 — Morning Worship</li> <li>10:30 — One to One Visits</li> <li>1:00 — IN2L (Spiritual Videos)</li> <li>3:00 — Movie Matinee</li> <li>6:00 — Reminisce</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — <b>Country Drive</b></li> <li>2:30 — Circle of Friends</li> <li>3:00 — Karaoke</li> <li>6:30 — Game Show Network</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>9:30 — Stretch and Strengthen</li> <li>10:30 — Porch Stories</li> <li>1:30 — Quiet Reflections in the Sensory Room</li> <li>6:00 — Lifetime Movie</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Pretty Nails</li> <li>1:00 — Inspirational Melodies</li> <li>3:00 — Creative Story Telling</li> <li>6:00 — A Dose of Devotion</li> <li>9:00 — Late Night Snacks</li> </ul> <p><i>Happy Birthday Marlene Lower!</i></p> 	<p>25</p> <ul style="list-style-type: none"> <li>9:30 — Stretch and Strengthen</li> <li>10:30 — Table Games</li> <li>1:30 — Music Connections</li> <li>3:00 — Finish The Lyrics</li> <li>6:00 — One to One Visit</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Starving Artists</li> <li>3:00 — Happy Hour Sing A Long</li> <li>6:00 — IN2L Computer (Reminisce)</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Coffee and Tea Time</li> <li>1:30 — Music Connections</li> <li>3:00 — Word Teasers (More Funny Sayings)</li> <li>6:00 — Color Therapy</li> <li>9:00 — Late Night Snacks</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>9:00 — Morning Worship</li> <li>10:30 — One to One Visits</li> <li>1:00 — IN2L (Spiritual Videos)</li> <li>3:00 — Movie Matinee</li> <li>6:00 — Reminisce</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>29 <b>MEMORIAL DAY</b></p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 —</li> <li>2:30 — Circle of Friends</li> <li>3:00 — Karaoke</li> <li>6:30 — Game Show Network</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>9:30 — Stretch and Strengthen</li> <li>10:30 — Porch Stories</li> <li>1:30 — Quiet Reflections in the Sensory Room</li> <li>6:00 — Lifetime Movie</li> <li>9:00 — Late Night Snacks</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>9:30 — Therapeutic Exercise</li> <li>10:30 — Pretty Nails</li> <li>1:00 — Inspirational Melodies</li> <li>3:00 — Creative Story Telling</li> <li>6:00 — A Dose of Devotion</li> <li>9:00 — Late Night Snacks</li> </ul>			 <p>1485 Butterfield Trail Kankakee, IL 60901</p>