










SEPTEMBER 2024 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
	<div><h1>WESTWOOD</h1><p>Riverside Senior Life Communities</p><p>1485 Butterfield Trail Kankakee, IL 60901 815-933-0793</p></div>				<h3>SUPPORT GROUP</h3> <p>Alzheimer's Support Group <i>All community members, family, and friends are welcome to attend.</i></p> <ul style="list-style-type: none">Sept. 10th at 3:00 in the Independent Living Movie Room. <p>Please note that all programs are Subject to change</p>	<h3>VISITING PHYSICIANS</h3> <p>Dr. William Grant, Optometrist</p> <ul style="list-style-type: none">TBD <p>Dr. Raley, Podiatrist</p> <ul style="list-style-type: none">September 4th at 1:30 <h3>OTHER</h3> <p>Hearing Aid Checks</p> <ul style="list-style-type: none">TBD <p>To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.</p>
1 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks	2 LABOR DAY <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke (Patriotic Songs)2:15 — Movie Matinee6:30 — Bird Watchers9:00 — Late Night Snacks 	3 <ul style="list-style-type: none">9:30 — Jades Hair Salon10:30 — Reminisce Stories1:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks	4 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Jewelry Sale1:30 — Music Connections3:00 — Finish The Lines6:00 — One to One Visit9:00 — Late Night Snacks 	5 <ul style="list-style-type: none">10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Mind Joggers6:00 — A Dose of Devotion9:00 — Late Night Snacks	6 <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	7 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Porch Sitters9:00 — Late Night Snacks <p>Happy Birthday Barb Hemle!</p> 
8 GRANDPARENTS DAY <ul style="list-style-type: none">9:00 — Morning Worship10:30 — Tea Time W/ Scones and Jam1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks 	9 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Birdwatchers9:00 — Late Night Snacks	10 NATIONAL PEANUT DAY <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Chocolate Peanut Butter No Bake Cookies1:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks 	11 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lines6:00 — One to One Visit9:00 — Late Night Snacks	12 <ul style="list-style-type: none">9:30 — Jade's Hair Salon10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Mind Joggers6:00 — A Dose of Devotion9:00 — Late Night Snacks	13 <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	14 <ul style="list-style-type: none">9:30 — Alzheimers Walk1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Porch Sitters9:00 — Late Night Snacks 

SEPTEMBER 2024 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
15 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks	16 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Hallmark T.V.9:00 — Late Night Snacks	17 APPLE DUMPLING DAY <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:00 — Make and Bake Apple Dumplings1:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks	18 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lines6:00 — One to One Visit9:00 — Late Night Snacks	19 <ul style="list-style-type: none">9:30 — Jade’s Hair Salon10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Mind Joggers6:00 — A Dose of Devotion9:00 — Late Night Snacks	20 <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	21 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Porch Sitters9:00 — Late Night Snacks 
22 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks  <p>Happy Birthday Liz Clegg!</p>	23 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Hallmark T.V.9:00 — Late Night Snacks	24 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Baking 1011:30 — Quiet Reflections In The Sensory Room6:00 — Lifetime Movie9:00 — Late Night Snacks	25 <ul style="list-style-type: none">9:30 — Stretch and Strengthen10:30 — Table Games1:30 — Music Connections3:00 — Finish The Lines6:00 — One to One Visit9:00 — Late Night Snacks	26 <ul style="list-style-type: none">9:30 — Jade’s Hair Salon10:30 — Pretty Nails1:00 — Inspirational Melodies3:00 — Choices Game6:00 — A Dose of Devotion9:00 — Late Night Snacks	27 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Baby Day Visitors3:00 — Happy Hour Sing A Long6:00 — IN2L Computer (Reminisce)9:00 — Late Night Snacks 	28 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Morning News1:30 — Music Connections3:00 — Afternoon Refresher6:00 — Porch Sitters9:00 — Late Night Snacks
29 <ul style="list-style-type: none">9:00 — Morning Worship10:30 — One to One Visits1:00 — IN2L (Spiritual Videos)3:00 — Porch Radio6:00 — Reminisce9:00 — Late Night Snacks	30 <ul style="list-style-type: none">9:30 — Therapeutic Exercise10:30 — Karaoke2:15 — Country Drive6:30 — Hallmark T.V.9:00 — Late Night Snacks	 <p>HELLO September</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 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>		