




MARCH 2025 | MEMORY CARE CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT	
 <p>BOURBONNAIS GROVE Riverside Senior Life Communities 55 W. South Road Bourbonnais, IL 60914 815-935-3332</p> <p>Contact the Concierge to sign up for any Outings or Special Events</p>	<p>VISITING PHYSICIANS:</p> <p>Dr. Guntunpalli-Psychiatrist March 6, 2025</p> <p>Dr. Raley—Podiatrist March 19, 2025</p> <p>To schedule An appointment Please contact the Concierge at the Front Desk</p>	<p>VISITING PHYSICIANS:</p> <p>Liz Deck, NP March 3, 2025 March 19, 2025</p> <p>Audiologist—TBD</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>MANICURES: Available by Activities</p> <p>HAIR APPOINTMENTS: Tuesdays: 8:00a—12:30p Wednesdays: 12:30p—2:00p</p> <p>BANKING SERVICES:</p> <p>First Trust Bank March 11, 2025 Available to cash checks, make deposits & withdrawals Please contact the Concierge</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>2</p> <p>9:30am Online Mass 10:00 Chair Yoga 10:30 Hydration Time 1:30 Shamrock Punch 2:30 Popcorn Cart 3:00 Creative Coloring</p> 	<p>3</p> <p>9:30 Soccer Circle 10:00 Hydration Time 10:30 Cranium Crunches 1:30 Crafty Corner 2:30 Snack & Chat 3:00 Wii Games 3:30 One On Ones</p>	<p>4 Happy Mardi Gras</p> <p>9:00 Pretty Nails 10:00 Hydration Time 10:30 Memory Game 1:30pm Mardas Gras Parade 2:00 Bingo </p> <p>3:00pm Snack & Chat 5:00p—7:00p One On Ones</p>	<p>5 Ash Wednesday</p> <p>9:30 Cardio 10:00 Hydration Time 10:15 Max & Carol 2:00 Birthday Party 3:00 Communion 3:30 One On Ones 4:00p Music Meditation</p>	<p>6 National Frozen Food Day</p> <p>9:30 Sittercises 10:00 Hydration Time 10:30am Country Drive cc Movie JD 1:30pm Sqwirkle 2:30pm Snack & Chat 3:30pm IN2L Games 5:00 -7:00 One On Ones</p>	<p>7</p> <p>9:30 Motown Senior Ex 10:00 Hydration Time 10:30 You Tube Fun 1:30pm Jolly Joggers 2:00 Armchair Detectives 2:30pm Chit Chat 3:00 Happy Hour</p>	<p>8</p> <p>9:30 Gentle Stretch Exercises 10:00 Hydration Time 10:30 Memory Game 1:30 Bingo 2:30 Snack & Chat 3:00 Sing with Me</p>
<p>9 Daylight Saving Time</p> <p>9:30am Online Mass 10:00 Stretch Ex 10:30 Hydration Time 1:30 A-Z Game 2:30 Popcorn Cart 3:00 Creative Coloring</p> 	<p>10 National Blueberry Popover</p> <p>9:30 Bowling 10:00 Hydration Time 10:30 Cranium Crunches 1:30 Crafty Corner 2:30 Snack & Chat 3:00 IN2L Videos 3:30 One On Ones</p>	<p>11</p> <p>9:00 Pretty Nails 10:00 Hydration Time 10:30 Memory Game 1:30pm BINGO 2:30pm Snack & Chat 3:30pm IN2L Animals 5:00pm -7:00 p.m. One on Ones</p>	<p>12</p> <p>9:30 Cardio 10:00 Hydration Time 10:45am Outing Meijer 2:00p Dave Deneau 3:00p Snack & Chat 3:30 One On Ones</p>	<p>13</p> <p>9:30 Sittercises 10:00 Hydration Time 10:30am C-Drive JD Movie CC 1:30pm Table Hockey 2:15 Catholic Communion 2:30pm Snack & Chat 3:30pm IN2L Videos 5:00pm -7:00 p.m One On Ones</p>	<p>14 Potato Chip Day</p> <p>9:30 Motown Senior Ex 10:00 Hydration Time 10:30 You Tube Fun 1:30pm Jolly Joggers 2:00 Armchair Detective 2:30pm Chit Chat 3:00 Happy Hour</p>	<p>15</p> <p>9:30 Gentle Stretch Exercises 10:00 Hydration Time 10:30 Memory Game 1:30 Bingo 2:30 Snack & Chat 3:00 Sing with Me</p>

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<p>16</p> <p>9:30 Online Mass 10:00 Hydration Time 10:30 Gentle Stretching 1:30 A-Z Game 2:30 Popcorn Cart 3:00 Creative Coloring</p>	<p>17 </p> <p>9:30 Drummercises 10:00 Hydration Time 10:30 Proverbs 2:00 St Paddys Day Social /Race to Gold Game 3:00 Wii Games 3:30 One on Ones Happy B-day Bretta! </p>	<p>18 National Oatmeal Cookie Day</p> <p>9:00 Pretty Nails 10:00 Hydration 10:30 Memory Game 1:30pm BINGO 2:30pm Snack & Chat 3:30pm IN2L Animals 5:00pm – 7:00 p.m. One on Ones</p> <p></p>	<p>19</p> <p>9:30 Stretch Exercises 10:00 Hydration Time 10:30 A-Z Game 2:00pm Mick Porter 3:00pm Snack & Chat 3:30 One On Ones 4:00 Music Meditation</p> <p></p>	<p>20</p> <p>9:30 Cardio 10:00 Hydration Time 10:30am C- Drive CC Movie JD 1:30pm Arm Chair Travel 2:15 Communion 2:30pm Snack & Chat 3:30pm IN2L Videos 5:00pm One on Ones Jayne B. </p>	<p>21 National French Bread Day</p> <p>9:30 Senior Motown Ex 10:00 Hydration Time 10:30 You Tube Fun 1:30pm Jolly Joggers 2:00 ArmchairDetective 2:30pm Chit Chat 3:00 Happy Hour</p> <p></p>	<p>22</p> <p>9:30 Gentle Stretch Exercises 10:00 Hydration Time 10:30 Memory Games 2:00pm John & Dennis Musical Entertainment 3:00pm Snack&Chat 3:30 IN2L Games</p>
<p>23</p> <p>9:30am Online Mass 10:00 Chair Yoga 10:30 Hydration Time 1:30 Putt Putt Golf 2:30 Popcorn Cart 3:00 IN2L Family Feud</p> <p></p>	<p>24</p> <p>9:30 Balloon Volleyball 10:00 Hydration Time 10:30 Cranium Crunches 1:30 Crafty Corner 2:30 Snack & Chat 3:00 IN2L Games 3:30 One On Ones</p> <p></p>	<p>25</p> <p>9:00 Pretty Nails 10:00 Hydration 10:30 Memory Game 1:30pm BINGO 2:30pm Snack & Chat 3:30pm IN2L Animals 5:00pm – 7:00 p.m. One on Ones</p> <p></p>	<p>26 National Nougat Day</p> <p>9:30 Stretch Exercises 10:00 Hydration Time 10:45am Outing Village Diner 1:30 Scrap Booking 2:30 Snack & Chat 3:30 One On Ones 4:00 Music Meditation</p>	<p>27</p> <p>9:30 Cardio 10:00 Hydration Time 10:30am C- Drive JD Movie CC 1:30pm POKENO 2:15 Communion 2:30pm Snack & Chat 3:30pm Creative Coloring 5:00pm One On Ones</p> <p></p>	<p>28 Something on a stick day</p> <p>9:30 Senior Motown EX 10:00 Hydration Time 10:30 You Tube Fun 1:30pm Jolly Joggers 2:00 Armchair Detective 2:30pm Chit Chat 3:00 Happy Hour</p>	<p>29</p> <p>9:30 Gentle Stretch Exercises 10:00 Hydration Time 10:30 Memory Game 1:30 Bingo 2:30 Snack & Chat 3:00 Sing with Me</p> <p></p>
<p>30</p> <p>9:30am Online Mass 10:00 Gentle Ex 10:30 Hydration Time 1:30 Table Game of Choice 2:30 Popcorn Cart 3:00 Creative Coloring</p>	<p>31</p> <p>9:30 Dancercises 10:00 Hydration Time 10:30 Cranium Crunches 1:30 Crafty Corner 2:30 Snack & Chat 3:00 Wii Games 3:30 One On Ones</p> <p></p>	<p></p>				<p>DAILY 8:45 A.M. MORNING GREETINGS & DAILY CHRONICLES</p>