











JANUARY 2025 MEMORY CARE CALENDAR OF EVENTS

Adult Living For Those Who Seek More.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 NEW YEARS DAY <ul style="list-style-type: none"> 9:00 – The Rose Bowl Parade 1:30 – Music Connections 6:00 – Hallmark Movie Time 9:00 – Late Night Snacks 	2 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Manicures 1:00 – Inspirational Melodies 3:00 – IN2L Did You Know? 6:00 – A Dose of Devotion 9:00 – Late Night Snacks 	3 <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 (Funny Videos) 9:00 – Late Night Snacks 	4 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Coffee and Tea Time 1:30 – Music Connections 3:00 – Afternoon Refresher 6:00 – T.V. Land (60.2) 9:00 – Late Night Snacks
5 <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 <p>Happy Birthday Bob Woudema!</p>	6 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Karaoke Sing A Long 2:15 – Country Drive 6:30 – Game Show Network 9:00 – Late Night Snacks 	7 <ul style="list-style-type: none"> 9:30 – Stretch and Strengthen 10:30 – IN2L Trivia 1:30 – Quiet Reflections In The Sensory Room 6:00 – Lifetime Movie 9:00 – Late Night Snacks 	8 <ul style="list-style-type: none"> 9:30 – Stretch and Strengthen 10:30 – Table Games (Elvis Trivia) 1:30 – Dr. Raley (Podiatrist) 3:00 – Finish The Lyrics 6:00 – One to One Visit 9:00 – Late Night Snacks 	9 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Manicures 1:00 – Inspirational Melodies 3:00 – IN2L Trivia Time 6:00 – A Dose of Devotion 9:00 – Late Night Snacks 	10 <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 (Funny Videos) 9:00 – Late Night Snacks 	11 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Coffee and Tea Time 1:30 – Music Connections 3:00 – Afternoon Refresher 6:00 – T.V. Land (60.2) 9:00 – Late Night Snacks
12 <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 	13 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Karaoke Sing A Long 2:15 – Country Drive 6:30 – Game Show Network 9:00 – Late Night Snacks 	14 <ul style="list-style-type: none"> 9:30 – Stretch and Strengthen 10:30 – Baking 101 1:30 – Quiet Reflections In The Sensory Room 6:00 – Lifetime Movie 9:00 – Late Night Snacks 	15 <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 – One to One Visit 9:00 – Late Night Snacks 	16 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Manicures 1:00 – Inspirational Melodies 3:00 – IN2L Entertainment 6:00 – A Dose of Devotion 9:00 – Late Night Snacks 	17 <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 (Funny Videos) 9:00 – Late Night Snacks 	18 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Coffee and Tea Time 1:30 – Music Connections 3:00 – Afternoon Refresher 6:00 – T.V. Land (60.2) 9:00 – Late Night Snacks

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SUN	MON	TUE	WED	THU	FRI	SAT
19 <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 	20 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Karaoke Sing A Long 2:15 – Country Drive 6:30 – Game Show Network 9:00 – Late Night Snacks 	21 <ul style="list-style-type: none"> 9:30 – Stretch and Strengthen  10:30 – IN2L Trivia 1:30 – Quiet Reflections In The Sensory Room 3:00 – Entertainment with ELVIS 6:00 – Lifetime Movie 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 Lyrics 6:00 – One to One Visit 9:00 – Late Night Snacks 	23 NATIONAL PIE DAY <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Manicures 1:00 – Inspirational Melodies 3:00 – Pie Puzzles 6:00 – A Dose of Devotion 9:00 – Late Night Snacks 	24 <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 (Funny Videos) 9:00 – Late Night Snacks 	25 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Coffee and Tea Time 1:30 – Music Connections 3:00 – Afternoon Refresher 6:00 – T.V. Land (60.2) 9:00 – Late Night Snacks
26 <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 	27 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Karaoke Sing A Long 2:15 – Country Drive 6:30 – Game Show Network 9:00 – Late Night Snacks 	28 <ul style="list-style-type: none"> 9:30 – Stretch and Strengthen 10:30 – Baking 101 1:30 – Quiet Reflections In The Sensory Room 6:00 – Lifetime Movie 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 – One to One Visit 9:00 – Late Night Snacks 	30 <ul style="list-style-type: none"> 9:30 – Therapeutic Exercise 10:30 – Manicures 1:00 – Inspirational Melodies 3:00 – IN2L Potpourri 6:00 – A Dose of Devotion 9:00 – Late Night Snacks 	31 <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 (Funny Videos) 9:00 – Late Night Snacks 	
	<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>		<p>Alzheimers/Dementia Support Group At Our Bourbonnais Campus (January 14th At 5:00pm)</p> <p>Please note that all programs are Subject to change.</p>	<p>VISITING PHYSICIANS</p> <p>Dr. Raley, Podiatrist • January 8th @ 1:30</p> <p>Erin Dean, FNP-BC (If you would like to switch over to her as your primary care giver) See Rosa Rodriguez for details.</p> <p>To schedule a single or reoccurring appointment, please contact Terri in the Memory Care office.</p>	 <h2>WESTWOOD</h2> <p>Riverside Senior Life Communities</p> <p>1485 Butterfield Trail Kankakee, IL 60901 815-933-0793</p>	