

OCTOBER 2017

Park Meadows Senior Living: **Residence Club**



Color your life with... Stage & Screen Music

Did you know?

The first movie soundtrack album commercially available was the one from Disney's Snow White and the Seven Dwarfs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Group Gather AL 10:00 Exercise (You instruct exercise) ALDR 10:30 Marvelous Minds/Weather AL 10:45 Catholic Mass *Van 11:00 Brunch ALDR 12:30 Rest OR Movie 1:30 Ice Cream Social ILB 2:30 Bible Study SP 3:00 Board Game or Flash Cards SP 4:00 Dinner ALDR 6:30 Movie T	2 9:30 Group Gather AL 10:00 Exercise/Balance Class ALD 10:15 Flu Shots 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Cooking MPR 2:00 Residence Council ALDR 3:00 B3 smoothies AL Bistro 3:30 Art SP 4:00 Dinner ALD	3 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Halloween Craft SP 2:30 Research History of Halloween SP 3:30 Dice Game SP 4:00 Dinner ALD	4 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Mary Kay Cosmetics 11-2:30 ILLR 11:00 Lunch 12:30 Rest OR TV (T) 1:30 Cooking MPR 2:30 Sorting buttons/shapes MPR 3:30 Game Time SP 4:00 Dinner ALD	5 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Craft Corner SP 2:00 Lutheran SP 2:30 Van Outing 3:30 Dice Game SP 4:00 Dinner ALD	6 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Wheel of Fortune AL 2:30 Cooking MPR 3:30 Happy Hour AL DR Alan Blasco 4:00 Dinner ALD	7 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Craft SP 2:30 B3 smoothies Bistro 3:00 Read Picture book SP 3:30 Catholic Mass (Van Ride)
8 9:30 Group Gather AL 10:00 Exercise (You instruct exercise) ALDR 10:30 Marvelous Minds/Weather AL 10:45 Catholic Mass *Van 11:00 Brunch ALDR 12:30 Rest OR Movie 1:30 Ice Cream Social ILB 2:30 Bible Study SP 3:00 Board Game or Flash Cards SP 4:00 Dinner ALDR 6:30 Movie T	9 Columbus Day 9:30 Group Gather AL 10:00 Exercise/Balance Class ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Cooking MPR 2:30 Paint SP 3:30 Dice Game SP 4:00 Dinner ALD	10 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:00 Music Therapy with Karen ALD 2:00 Craft SP 3:00 Dice Game SP 4:00 Dinner ALD	11 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Juliet Lunch ILDR 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Cooking MPR 2:30 Memory Game or Flash Cards SP 3:30 Game Time SP 4:00 Dinner ALD	12 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Craft Corner SP 2:00 Lutheran SP 2:30 B3 smoothies MPR 3:30 Strength Train SP 4:00 Dinner ALD	13 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Wheel of Fortune AL 2:30 Cooking MPR 3:30 Happy Hour AL DR Wayne Jennings 4:00 Dinner ALD	14 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Movie T 3:00 Craft Corner 2nd floor 3:30 Catholic Mass (Van Ride)
15 9:30 Group Gather AL 10:00 Exercise (You instruct exercise) ALDR 10:30 Marvelous Minds/Weather AL 10:45 Catholic Mass *Van 11:00 Brunch ALDR 12:30 Rest OR Movie 1:30 Ice Cream Social ILB 2:30 Bible Study SP 3:00 Board Game or Flash Cards SP 4:00 Dinner ALDR 6:30 Movie T	16 9:30 Group Gather AL 10:00 Exercise/Balance Class ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Cooking MPR 2:15 Arts and Crafts SP (anything) 3:15 Dice Game SP 4:00 Dinner ALD	17 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Halloween Craft 2:30 Halloween Treats SP 3:00 Dice Game SP 4:00 Dinner ALD 6:30 Alzheimers Support Group 1st floor	18 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Cooking MPR 2:00 Majestic Ministries Music IL DR 3:30 Funny Videos SP 4:00 Dinner ALD	19 9:30 Group Gather AL 10:00 Catholic Mass T 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Craft Corner SP 2:00 Lutheran SP 2:30 Van outing 4:00 Dinner ALD	20 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Wheel of Fortune AL 2:30 Movie T 3:30 Happy Hour AL DR Lynn Anderson 4:00 Dinner ALD	21 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Craft Corner 2:30 B3 smoothies Bistro 3:00 Sort shapes and sizes 3:30 Catholic Mass (Van Ride)

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29 9:30 Group Gather AL 10:00 Exercise (You instruct exercise) ALDR 10:30 Marvelous Minds/Weather AL 10:45 Catholic Mass *Van 11:00 Brunch ALDR 12:30 Rest OR Movie 1:30 Ice Cream Social ILB 2:30 Bible Study SP 3:00 Board Game or Flash Cards SP 4:00 Dinner ALDR 6:30 Movie T	30 9:30 Group Gather AL 10:00 Exercise/Balance Class ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Pink it up Mimosas n Manicures MPR 1:30 Cooking MPR 2:15 B3 smoothies AL Bistro 3:30 Art SP 4:00 Dinner ALD	31 Halloween 9:30 Group Gather AL 10:00 Exercise/Stretch ALD 10:30 Marvelous Minds/Weather AL 11:00 Lunch ALD 12:30 Rest OR TV (T) 1:30 Research Halloween SP 2:30 Halloween Craft/Treats SP 3:00 Costume Contest AL DR 4:00 Dinner ALD	South: Assisted Living SB: Bistro 2nd floor SDR: South Dining Room SL: South Library SP: South Parlor 2nd floor SPDR: South Private Dining Room SL: South Living Room North: Independent Living North Bistro: North Bistro 1st floor DF: Dance Floor	NDR: North Dining Room NL: North Library NPDR: North Private Dining Room MPR: Multi Purpose Room 2nd floor SL: Sky Lounge 3rd floor T: Theater 3rd floor VAN: Van Outing (must sign up) WC: Wellness Center	Medical Appointments Tuesday & Thursday Appointment times... 8:30 am - 3:00 pm Appointments must be made at least 24 hours in advance Calendars are Subject to Change	