RidgeWood Health Campus Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality	AR - Activity Room ALC - Assisted Living Café HCDR - Health Center Dining Room RBC - River Boat Café ALDR - Assisted Living Dining Room ALLR - Assisted Living Living Room	Staff Shirt Colors/Departments Hibiscus: Life Enrichment Light Blue: Nursing Dark Blue: CRCA Royal Blue: RCA Brown: Environmental Services White: Dietary Navy Blue: Plant Ops Black: Administration Burnt Orange: Therapy		7:00 Donut Day 9:45 Walking Club - Meet in Activity Room V 10:00 Balance Fit - In Activity Room K 10:30 Word Teasers - Activity Room 1:15 Resident Council - Activity Room 2:00 Movie: The Highway Men - Channel 2 on your t.v.	 Good Friday 9:45 Walking Club - Meet in Activity Room 10:00 Combo Fit - In Activity Room 10:30 A Week in a Glance - In Activity Room 1:30 Cross Beaded Bracelets- AL Dining Room 3:00 Happy Hour - AL Dining Room 	 In 10:00 Daily Activity Packet 10:30 Sit and Be Fit - Activity Room 1:00 What Comes To Mind Activity Room 1:30 Travel Cart - AL and Find Activity Room
Easter 10:30 Sunday Singalong - Activity Room 12:00 Easter Lunch 1:00 Easter Church Service - Channel 2 on your t.v. 5:00 Easter Dinner	 9:45 Walking Club - Meet in Activity Room 10:00 Heart Fit to Music - Activity Room 10:30 Word Teasers - Activity Room 1:30 Activity Voucher Auction- Town Square 	9:45 Walking Club - Meet in Activity Room V 10:00 Strong Fit - Activity Room I 1:30 Bingo - AL Dining Room I 5:45 Evening Reflections-Activity Room	7 V 9:45 Walking Club - Meet in Activity Room V 10:00 Flex Fit - In Activity Room K 10:30 Scattergories - In Activity Room K 1:30 Pokeno - AL Dining Room 2:30 Room Visits	 9:45 Walking Club - Meet in Activity Room 10:00 Balance Fit - In Activity Room 12:00 Taste of Town: Wendys 2:00 Movie: Disney's Miracle - Ch. 2 on your t.v. 2:15 Room Visits 	9 V 9:45 Walking Club - Activity Room V 10:00 Combo Fit - Activity Room I 10:30 A Week in a Glance - Activity Room A 1:30 Hello Spring Craft- AL Dining Room M 3:00 Happy Hour B'day Recognition - AL Dining Room	10:00 Daily Activity Packet V 10:30 Sit and Be Fit - Activity Room I:00 What Comes To Mind Activity Room 1:30 Travel Cart - AL and I
 10:30 Sunday Singalong - Activity Room 1:00 Inspired Sundays - Channel 2 on your t.v. 1:15 Color Me Stress Free - In Room 	 9:45 Walking Club - Meet in Activity Room 10:00 Heart Fit to Music - Activity Room 10:30 Word Teasers - Activity Room 2:00 Brain Quest - Activity Room 	13 Ramadan Begins V 9:45 Walking Club - Meet in Activity Room V 10:00 Strong Fit - Activity Room K 1:30 Bingo - AL Dining Room I 5:45 Evening Reflections-Activity Room	V 9:45 Walking Club - Meet in Activity Room V 10:00 Flex Fit - In Activity Room GC 10:30 Scattergories - In Activity Room K 1:30 Pokeno - AL Dining Room 2:30 Room Visits	 9:45 Walking Club - Meet in Activity Room 10:00 Balance Fit - In Activity Room 2:00 Movie: Disney's Miracle - Ch. 2 on your t.v. 2:15 Room Visits 	16 V 9:45 Walking Club - Activity Room V 10:00 Combo Fit - Activity Room I 10:30 A Week in a Glance - Activity Room A 1:30 Spring Bouquet Craft-AL Dining Room M 3:00 Happy Hour Spring Celebration - AL Dining Room	17 K 10:00 Activity Packet V 10:30 Sit and Be Fit - Activit Room K 1:00 What Comes To Mind Activity Room 1:30 Travel Cart - AL and R

RidgeWood Health Campus Assisted Living

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M 10:30 Sunday Singalong - Activity Room I 1:00 Inspired Sundays - Channel 2 on your t.v. A 1:15 Color Me Stress Free - In Room	V 9:45 Walking Club - Activity Room M 10:00 Heart Fit to Music - Activity Room K 10:30 Word Teasers - Activity Room K 2:00 Brain Quest - Activity Room	 9:45 Walking Club - Activity Room 10:00 Strong Fit - Activity Room 1:30 Bingo - AL Dining Room 5:45 Evening Reflections- Activity Room 	V 9:45 Walking Club - Activity Room V 10:00 Flex Fit - In Activity Room GC 10:30 Scattergories - In Activity Room K 1:30 Pokeno - AL Dining Room 2:30 Room Visits	 Earth Day 9:45 Walking Club - Activity Room 10:00 Balance Fit - In Activity Room 2:00 Movie: Disney's Miracle - Ch. 2 on your t.v. 2:00 Movie: Soul Surfer - Channel 2 on your t.v. 2:15 Room Visits 	V 9:45 Walking Club - Activity Room V 10:00 Combo Fit - Activity Room I 10:30 A Week in a Glance - Activity Room 12:00 Picnic Lunch A 1:30 Paper Pinwheels Craft- AL Dining Room M 3:00 Happy Hour; Pigs in a Blanket - AL Dining Room	K 10:00 Activity Packet V 10:30 Sit and Be Fit - Activity Room K 1:00 What Comes To Mind - Activity Room 1:30 Travel Cart - AL and HC
M 10:30 Sunday Singalong - Activity Room I 1:00 Inspired Sundays - Channel 2 on your t.v. A 1:15 Color Me Stress Free - In Room	V 9:45 Walking Club - Activity Room M 10:00 Heart Fit to Music - Activity Room K 10:30 Word Teasers - Activity Room K 2:00 Brain Quest - Activity Room	V 9:45 Walking Club - Activity Room V 10:00 Strong Fit - Activity Room K 1:30 Bingo - AL Dining Room I 5:45 Evening Reflections- Activity Room	V 9:45 Walking Club - Activity Room V 10:00 Flex Fit - In Activity Room GC 10:30 Scattergories - In Activity Room K 1:30 Pokeno - AL Dining Room 2:30 Room Visits	V 9:45 Walking Club - Activity Room V 10:00 Balance Fit - In Activity Room 2:00 Movie: Finding Ohana - Channel 2 on your t.v. 2:15 Room Visits	 9:45 Walking Club - Activity Room 10:00 Combo Fit - Activity Room 10:30 A Week in a Glance - Activity Room 1:30 Spring Windchimes Craft- AL Dining Room 3:00 Happy Hour; April Showers- AL Dining Room 	

RidgeWood Health Campus Health Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans I - Inspirations K - Keeping it Sharp/Reminisce M - Mindful Moments M - Music to My Ears S - Signature Events V - Vitality	AR - Activity Room ALC- Assisted Living Cafe HCDR - Health Center Dining Room RBC - Riverboat Cafe ALDR - Assisted Living Dining Room ALLR -Assisted Living Living Room	Staff Shirt Colors/Department Hibiscus: Life Enrichment Dark Blue: CRCA Light Blue: Nursing Royal Blue: RCA Brown: Environmental Services White: Dietary Navy Blue: Plant Ops Black: Administration Burnt Orange: Therapy		7:00 Donut Day 7:00 Move to the Music - HC Living Room 10:30 Resident Council - HC Living Room 2:00 Movie: The Highway Men - Channel 2 on your t.v. K 5:30 Pokeno - HC Dining Room	2 Good Friday K 9:00 Activity Packets V 10:00 Fitness Friday- HC Living Room K 10:30 Humor the Best Medicine - HC Living Room A 1:30 Cross Beaded Bracelet - HC Dining Room M 3:00 Happy Hour Easter Fun - HC Dining Room	3 K 10:00 Daily Activity Packet V 11:00 Exercise - Channel 2 on your t.v. 1:30 Travel Cart - AL and HC A 2:15 Color Me Stress Free-Delivered to Rooms
4 Easter K 10:00 Activity Packet 12:00 Easter Lunch 1:00 Easter Church Service - Channel 2 on your t.v. 1:45 Room Visits 5:00 Easter Dinner	M 10:00 Move to the Music - HC Living Room K 10:30 Trivia - HC Living Room 1:30 Activity Voucher Auction- Town Square 2:30 Travel Cart & Room Visits	10:00 Sit & Be Fit - HC Living Room 10:30 Creative Storytelling 1:30 Bingo - HC Dining Room 2:30 Room Visits	7 M 10:00 Move to the Music - HC Living Room K 10:30 Table Talk- HC Living Room I 1:30 Lemonade Social - Courtyard 2:30 Room Visits	 8 V 10:00 Sit & Be Fit - HCLR K 10:30 Complete the Phrase - HCLR S 12:00 Taste of Town: Wendys 2:00 Movie: Disney's Miracle - Ch. 2 on your t.v. 2:15 Room Visits K 5:30 Pokeno - HC Dining Room 	9 V 10:00 Fitness Friday- HC Living Room K 10:30 Humor the Best Medicine - HC Living Room A 1:30 Hello Spring Sign - HC Dining Room M 3:00 Happy Hour Birthday Recognition - HC Living Room M 3:00 Happy Hour Easter Fun - HC Dining Room	10 K 10:00 Daily Activity Packet V 11:00 Exercise - Channel 2 on your t.v. 1:30 Travel Cart - AL and HC C 2:15 Name 10 - Delivered to Rooms
10:00 Activity Packet 1:00 Inspired Sundays - Channel 2 on your t.v. 1:15 Color Me Stress Free - In Room 1:45 Room Visits	M 10:00 Move to the Music - HC Living Room K 10:30 Trivia - HC Living Room V 1:00 Noodle Ball - HC Living Room 1:45 Travel Cart & Room Visits	13 Ramadan Begins V 10:00 Sit & Be Fit - HC Living Room MM 10:30 Creative Storytelling I:30 Bingo - HC Dining Room 2:30 Room Visits	M 10:00 Move to the Music - HC Living Room K 10:30 Hangman - HC Living Room I 1:30 Fresh Air & Sunshine - Courtyard 2:30 Room Visits	15 V 10:00 Sit & Be Fit - HC Living Room K 10:30 Complete the Phrase - HC Living Room 2:00 Movie: Disney's Miracle - Ch. 2 on your t.v. 2:15 Room Visits K 5:30 Pokeno - HC Dining Room	 16 V 10:00 Fitness Friday- HC Living Room K 10:30 Humor the Best Medicine - HC Living Room A 1:30 Spring Bouquet Craft - HC Dining Room M 3:00 Happy Hour Spring Celebration - HC Dining Room 	IT K 10:00 Activity Packet V 11:00 Exercise - Channel 2 on your t.v. 1:30 Travel Cart - AL and HC X 2:15 Name 10 - Delivered to Rooms

RidgeWood Health Campus Health Center

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
K 10:00 Activity Packet I 1:00 Inspired Sundays - Channel 2 on your t.v. A 1:15 Color Me Stress Free - In Room 1:45 Room Visits	M 10:00 Move to the Music - HC Living Room K 10:30 Trivia - HC Living Room 1:00 Noodle Ball - HC Living Room 1:30 Travel Cart & Room Visits	V 10:00 Sit & Be Fit - HC Living Room 10:30 Creative Storytelling 1:30 Bingo - HC Dining Room 2:30 Room Visits	M 10:00 Move to the Music - HC Living Room K 10:30 Hangman - HC Living Room I 1:30 Fresh Air & Sunshine - Courtyard 2:30 Room Visits	 Earth Day 10:00 Sit & Be Fit - HC Living Room 10:30 Complete the Phrase - HC Living Room 2:00 Movie: Disney's Miracle - Ch. 2 on your t.v. 2:00 Movie: Soul Surfer - Channel 2 on your t.v. 2:15 Room Visits 5:30 Pokeno - HC Dining Room 	V 10:00 Fitness Friday- HC Living Room K 10:30 Humor the Best Medicine - HC Living Room 12:00 Picnic Lunch A 1:30 Paper Pinwheels - HC Dining Room M 3:00 Happy Hour Pigs in a Blanket - HC Dining Room	K 10:00 Activity Packet V 11:00 Exercise - Channel 2 on your t.v. 1:30 Travel Cart - AL and HC 2:15 Name 10 - Delivered to Rooms
Lacket La	M 10:00 Move to the Music - HC Living Room K 10:30 Trivia - HC Living Room 1:00 Noodle Ball - HC Living Room 1:30 Travel Cart & Room Visits	V 10:00 Sit & Be Fit - HC Living Room MM 10:30 Creative Storytelling 1:30 Bingo - HC Dining Room 2:30 Room Visits	M 10:00 Move to the Music - HC Living Room K 10:30 Hangman - HC Living Room I 1:30 Fresh Air & Sunshine - Courtyard 2:30 Room Visits	V 10:00 Sit & Be Fit - HC Living Room K 10:30 Complete the Phrase - HC Living Room 2:00 Movie: Finding Ohana - Channel 2 on your t.v. 2:15 Room Visits K 5:30 Pokeno - HC Dining Room	 30 V 10:00 Fitness Friday- HC Living Room K 10:30 Humor the Best Medicine - HC Living Room A 1:30 Spring Windchimes - HC Dining Room M 3:00 Happy Hour April Showers - HC Dining Room 	

RidgeWood Health Campus Memory Care	
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RidgeWood Health Memory Care	Campus			PRI	L 20	21
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality				April Fools' Day V Laughter Yoga K Best Friends C Sugar Rush Relax & Recharge A Silly Seeds M Body Percussion GC Pair Up-"Trees & Shrubs" Healthy Hands GF Name That Croon! Nighttime Traditions	 Good Friday Stop and Smell the Roses Funny Fridays Big Family Cooking Showdown Relax & Recharge Salt Dough Easter Eggs Easter Happy Hour Horse Racing Healthy Hands Flower Arranging Nighttime Traditions 	V Pigs in a Blanket Turn Over Bunny Bait Relax & Recharge String Easter Eggs M Singing in the Rain GC Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions
Sunday Devotion: Lamb of God Easter Fruit Salad Easter Lunch Relax & Recharge Color Me Stress Free Easter Sing GG Cornhole	GF Senior Social	Dancing in the Rain Most Like Your Mother Caramel Chocolate Chunk Cookies Relax & Recharge Floral Bottle Paint Take Me Out to the Ballgame Finish the Quilt Card Game Healthy Hands Hot Chocolate & Tales! Nighttime Traditions	7 V Reach as High as You Can K Categories C Stout Chocolate Brownies Relax & Recharge A Finger Print Dandelion M Sing and Dance with Doris Day! G Baseball Healthy Hands GF Fabulous Flowers Nighttime Traditions	V Laughter Yoga K Best Friends C Banana Empanada S Taste of Town: Wendys Relax & Recharge A Birds of a Feather M Body Percussion GC Pair Up-"Trees & Shrubs" Healthy Hands Name That Croon Nighttime Traditions	9 V Stop and Smell the Roses K Funny Fridays CC Funfetti Breakfast Muffins Relax & Recharge A Raindrop Collage M April Happy Hour GC Horse Racing Healthy Hands GF Flower Arranging Nighttime Traditions	V Pigs in a Blanket Turn Over Sugar Rush Relax & Recharge Ink Dyed Coasters M Singing in the Rain GC Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions
Sunday Devotion: Lamb of God Carrot Cake Cookies Relax & Recharge Umbrella Door Hanger Celebrity Sunday GC Cornhole Healthy Hands	Healthy Hands	Healthy Hands	V Reach as High as You Can Categories Lemon Berry Muffins Relax & Recharge A April Showers Print M Sing and Dance with Doris Day! GG Baseball Healthy Hands GF Fabulous Flowers Nighttime Traditions	V Laughter Yoga K Best Friends C Great British Baking Show Relax & Recharge A Favorite Things M Body Percussion GC Pair Up-"Trees & Shrubs" Healthy Hands Name That Croon Nighttime Traditions	V Stop and Smell the Roses K Funny Fridays C Sugar Rush Relax & Recharge A Tape Design M Spring Celebration Happy Hour G Horse Racing Healthy Hands GF Flower Arranging Nighttime Traditions	V Pigs in a Blanket Turn Over Banana Pudding Lasagna Relax & Recharge Color Me Stress Free M Singing in the Rain GC Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions

RidgeWood Health Campus Memory Care APRIL 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
V Legs and Eggs K Sunday Devotion: Lamb of God Big Family Cooking Showdown Relax & Recharge A Garden Markers M Celebrity Sunday GC Cornhole Healthy Hands GF Old Time Theater Nighttime Traditions	V Hoppin' to Health K Spring Babies Peanut Butter Cookies Relax & Recharge A Creative Storytelling M Beatlemania! GC Color Wheel Trivia Healthy Hands GF Senior Social Nighttime Traditions	V Dancing in the Rain Most Like Your Mother Rice Crispy Treats Relax & Recharge Mod Mixed-Media Tree M Take Me Out to the Ballgame Finish the Quilt Card Game Healthy Hands Hot Chocolate & Tales! Nighttime Traditions	V Reach as High as You Can Categories Chocolate Pretzel Monkey Bread Relax & Recharge A Color Me Stress Free M Sing and Dance with Doris Day! GC Baseball Healthy Hands GF Fabulous Flowers Nighttime Traditions	 Earth Day Laughter Yoga Best Friends Earth Day Seedling Cupcakes Relax & Recharge Color Me Stress Free Listen to the Wind Pair Up-"Trees & Shrubs" Healthy Hands Name That Croon Nighttime Traditions 	V Stop and Smell the Roses K Funny Fridays Great British Baking Show Picnic Lunch Relax & Recharge A Creative Storytelling Pigs in A Blanket Happy Hour GC Horse Racing Healthy Hands GF Flower Arranging Nighttime Traditions	V Pigs in a Blanket K Turn Over Sugar Rush Relax & Recharge A Rain Sticks M Singing in the Rain GC Memory Matching Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions

▼ Reach as High as You Can

Relax & Recharge

Healthy Hands

GF Fabulous Flowers

Color Me Stress Free

Nighttime Traditions

M Sing and Dance with Doris Day!

K Categories

GC Baseball

Sugar Rush

Laughter YogaBest Friends

Brownies

Relax & Recharge

Butterfly Feeder

M Body Percussion
GC Pair Up-"Trees & Shrubs"

Healthy Hands

Nighttime Traditions

GF Name That Croon

Chocolate Covered Strawberry

V Dancing in the Rain

Most Like Your Mother

Relax & Recharge

Healthy Hands

GF Hot Chocolate & Tales!

Nighttime Traditions

Great British Baking Show

Water Bottle Wind Spirals

GG Finish the Quilt Card Game

M Take Me Out to the Ballgame

Legs and Eggs
Sunday Devotion: Lamb of God

CC Big Family Cooking Showdown

Relax & Recharge

Celebrity Sunday
GC Cornhole

Healthy Hands

Nighttime Traditions

GF Old Time Theater

Egg Carton Flower Wreath

V Hoppin' to Health

Relax & Recharge

Artful Tree Rubbing

Nighttime Traditions

M Beatlemania!
GC Color Wheel Trivia

Healthy Hands

GF Senior Social

Raisin Pecan Oatmeal Cookies

K Spring Babies

V Stop and Smell the Roses
K Funny Fridays

M April Showers Happy Hour

Nighttime Traditions

DIY Fresh Flower Hair Bows

Relax & Recharge

CC Twix Cookies

GC Horse Racing

Healthy Hands

GF Flower Arranging