

# Our Senior Living Community

Hidden Meadows On The Ridge in Sellersville, PA features apartment homes for seniors, offering both Personal Care and SHINE® Memory Care lifestyle options. Here you will find a family-oriented atmosphere with team members who will assist you in every way they can to make your retirement days fulfilling and bright. You'll enjoy a strong connection of belonging and trust, and a lifestyle that encourages growth, learning, happiness, and health. And the best part of choosing to live with us at Hidden Meadows On The Ridge, is you'll never have to worry about maintenance, housekeeping, or cooking. After all, your time is better spent doing the more enjoyable activities you love and cherish.

Residents at Hidden Meadows On The Ridge should expect the very best in professional health and wellness care. Staying healthy is the key to a better quality of life, which is why our team takes a comprehensive approach to personalized care. This includes a professional team with specialized training and education in senior care to assist with daily activities as needed. Wellness activities and social events are provided to keep your life full and enriched. You'll find our resident-focused philosophy to be just what you need, all right on-site with a professional team available around the clock. It's everything you may need now, or may need in the future, all in one place.

## EVENTS FOR OCTOBER 21st thru 26th

- Oct. 21:** 10am: Exercise; 10:30: Exercise; 11am: Exercise; 1:30pm: Design Time; 1:30-3pm: Art Expression- Masterpiece in Motion; 4pm: RC Hallway Racing
- Oct. 22:** 10am: Brain Games on the Go; 10:30-11:45am: Nature Walk- Birding for Beginners & Experts; 1:30pm: Doorway Bingo; 2:30am: Doorway Bingo; 4pm: Doorway Bingo
- Oct. 23:** 10-11:30am: Doorway Yoga; 1:15pm Traveling Target Practice; 2-3:30pm: October Birthday Celebration on Wheels; 4pm: Leisure Cart; Movie: TBA
- Oct. 24:** 10-11:30am: Pickles To Penguins & Popular Puns on the Run; 1:30pm: Distribution of Make & Create Gratitude Journals; 2:30-3:30pm: Saturday Snack Cart on Wheels; Movie: TBA
- Oct. 25:** 10:15-11:45am: Customize Your Own Autumn Note Cards; 1:30pm: Mailbox Mind Joggers; 3pm: Family Worship Center Services on tv; Evening Movie: TBA
- Oct. 26:** 10-11am: Patio Gardening Winter Prep; 11:30am: Traveling Titles; 1:15pm: Would You Survive?; 2-3:30pm: Cider & Donut Decorating On The Go; 4pm: Relax & Rejuvenate: Guided Imagery



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