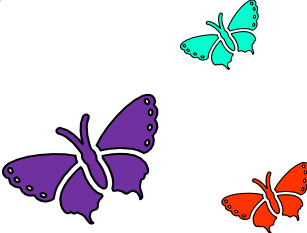
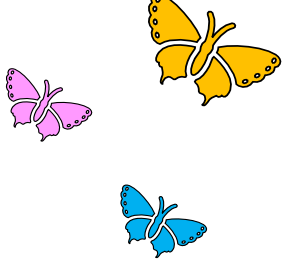
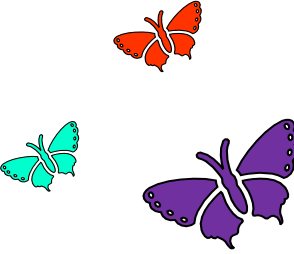
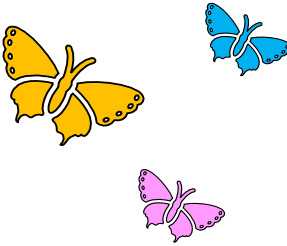


August 2020

Assisted Living Activities



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 MEAL TIMES Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6	27 	28 	29 	30 	31	1 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group
2 10:30 Coffee Break 3:00 Walking Club	3 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Story Creating	4 9:15 Around the World 10:15 Chair Chi 10:00 Hand Massage 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 World Trivia 3:00 You know UNO	5 9:15 Meditation Class 10:15 Balance Class 11:00 Tongue Twisters 11:00 Hand Massage 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 People Watchers 3:30 Wine Tasting	6 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Trivia 11:00 Charades 1:15 Bingo 2:00 Question Quest 3:00 Skip-Bo	7 9:15 Sequence 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Who am I? 1:00 Jenga 1:30 Craft with Lisa 3:00 Checkers	8 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club
9 10:30 Coffee Break 3:00 Walking Club	10 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Resident Council 3:00 Story Creating	11 9:15 Around the World 10:15 Chair Chi 10:00 Lovely Nails 11:00 Test you Senses 11:00 Craft with Aleeah 1:15 Bingo 2:15 Noodle Hockey 3:00 Cards	12 9:15 Meditation Class 10:15 Balance Class 11:00 Famous Quotes 11:00 BBQ in Courtyard 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Card Writing 3:30 Wine Tasting	13 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Spelling Bee 11:00 Parachute 1:15 Bingo 2:30 Resident Birthday Party	14 9:15 Cards 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Jenga 1:00 Corn Hole 1:30 Craft with Lisa 3:00 You know UNO	15 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group
16 10:30 Coffee Break 3:00 Walking Club	17 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Waffle this Waffle that 3:00 Story Creating	18 9:15 Around the World 10:15 Chair Chi 10:00 Hand Massage 11:00 Fact or Fiction 11:00 Craft with Aleeah 1:15 Bingo 2:15 Famous Places 3:00 Checkers	19 9:15 Meditation Class 10:15 Balance Class 11:00 Gossip Game 11:00 What is IT? 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Pencil Art 3:30 Wine Tasting	20 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Famous Movie stars 11:00 KerPlunk 1:15 Bingo 2:00 Balloon Volleyball 3:00 Password	21 9:15 Hang Man 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Book Trade 1:00 Believe It or Not 1:30 Craft with Lisa 3:00 Math Wizard	22 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club
23 10:30 Coffee Break 3:00 Walking Club	24 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Picture this! 3:00 Story Creating	25 9:15 Around the World 10:15 Chair Chi 10:00 Lovely Nails 11:00 Science FuN 11:00 Craft with Aleeah 1:15 Bingo 2:15 Wheel of Fortune 3:00 Resident Choice game	26 9:15 Meditation Class 10:15 Balance Class 11:00 Painting 11:00 What a Word 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Dominos 3:30 Wine Tasting	27 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Pick your Brain 11:00 Table Hockey 1:15 Bingo	28 9:15 Gossip Game 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Brain Game 1:00 Boggle 1:30 Craft with Lisa 3:00 Yahtzee	29 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group