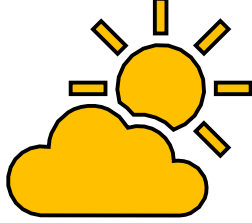




# September 2020

## Assisted Living Activities



AVAMERE  
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <b>MEAL TIMES</b> Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6	31 	1 9:15 Around the World 10:15 Chair Chi 10:00 Lovely Nails 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Hangman 3:00 Tenzi	2 9:15 Meditation Class 10:15 Balance Class 11:00 Famous Quotes 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Question Quest 3:45 Wine Tasting	3 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Floats, Trivia, & Tunes 1:15 Bingo 2:00 Yahtzee 3:00 Password	4 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Book Trade 1:30 Craft 3:00 Parchute	5 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group
6 10:30 Coffee Break 3:00 Walking Club	7 <b>Labor Day</b>  <u>Board Games available in Activity Room</u>	8 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	9 9:15 Meditation Class 10:15 Balance Class 11:00 Tongue Twisters 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Rolla Topic 3:45 Wine Tasting	10 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Famous Quotes 1:15 Bingo 2:00 Cookie Decorating 3:00 Skip-Bo	11 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Then & Now 1:30 Craft 3:00 Checkers	12 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club
13 10:30 Coffee Break 3:00 Walking Club	14 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 "I am Write"	15 9:15 Around the World 10:15 Chair Chi 10:00 Lovely Nails 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Noodle Hockey 3:00 Dominoes	16 9:15 Meditation Class 10:15 Balance Class 11:00 Test You Senses 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Balloon Volleyball 3:45 Wine Tasting	17 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Spelling Bee 1:15 Bingo 2:30 Resident Birthday Party	18 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Jenga 1:30 Craft 3:00 You know UNO	19 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group
20 10:30 Coffee Break 3:00 Walking Club	21 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Back in Time 3:00 "I am Write"	22 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 Famous Places 3:00 Checkers	23 9:15 Meditation Class 10:15 Balance Class 11:00 Science FuN 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Card Writing 3:45 Wine Tasting	24 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Popcorn samples 1:15 Bingo 2:00 Apples to Apples 3:00 Password	25 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Corn Hole 1:30 Craft 3:00 What a Word	26 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club
27 10:30 Coffee Break 3:00 Walking Club	28 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Scatagories 3:00 "I am Write"	29 9:15 Around the World 10:15 Chair Chi 10:00 Lovely Nails 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Wheel of Fortune 3:00 Resident Choice game	30 9:15 Meditation Class 10:15 Balance Class 11:00 Pencil Art 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 What a Word 3:45 Wine Tasting	1 	28 	29 