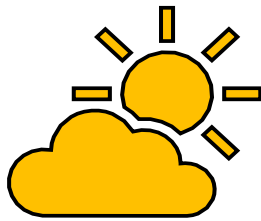




September 2020

ARBOR ACTIVITIES



AVA MERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>MEAL TIMES Breakfast: 8 AM Lunch 12 PM Dinner 4 PM Snacks: as needed</p>	<p>31</p> 	<p>1</p> <p>9:15 Looking Good 10:00 Bingo 11:00 Cards 2:00 Noodle Hockey 3:00 Fun in Motion 5:00 Leisure time-Valley</p>	<p>2</p> <p>9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Crossword game 3:00 Music Bingo 5:00 Leisure time-Valley</p>	<p>3</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Music Bingo 2:00 Fun in Motion 3:00 Music Bingo 5:00 Leisure time-Valley</p>	<p>4</p> <p>9:15 Looking Good 10:00 Strength Class 11:00 Cards 2:00 Bingo 3:00 Noodle Hockey 5:00 Leisure time-Valley 6:00 Friday Night Flick</p>	<p>5</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Bingo 5:00 Leisure time-Valley</p>
<p>6</p> <p>9:15 Looking Good 10:15 Sunday Stroll 2:00 Leisure time-Valley 3:00 Soothing Hands</p>	<p>7 Labor Day</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Dominos 12:30 Scenic Bus Ride 2:00 Fun in Motion 3:00 Bingo 5:00 Leisure time-Valley 6:00 Inspirational stories</p>	<p>8</p> <p>9:15 Looking Good 10:00 Bingo 11:00 Go Fish 1:00 Crafts 3:00 Trivia 5:00 Leisure time-Valley 6:00 A-Z Game</p>	<p>9</p> <p>9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Trivia 3:00 Bingo 5:00 Leisure time-Valley</p>	<p>10</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Cards 2:00 Fun in Motion 3:00 Music Bingo 5:00 Leisure time-Valley</p>	<p>11</p> <p>9:15 Looking Good 10:00 Strength Class 11:00 Cards 2:00 Bingo 3:00 Noodle Hockey 5:00 Leisure time-Valley 6:00 Friday Night Flick</p>	<p>12</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Bingo 5:00 Leisure time-Valley</p>
<p>13</p> <p>9:15 Looking Good 10:15 Sunday Stroll 2:00 Leisure time-Valley 3:00 Soothing Hands</p>	<p>14</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Tea in the Courtyard 12:30 Scenic Bus Ride 2:00 Cards 3:00 Craft 5:00 Leisure time-Valley 6:00 Inspirational stories</p>	<p>15</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Music Bingo 3:00 Trivia 4:00 Puzzles 6:00 A-Z Game</p>	<p>16</p> <p>9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 1:00 Exercise 2:00 Guess Who! 3:00 Bingo 5:00 Leisure time-Valley</p>	<p>17</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Craft 2:00 Dominos 3:00 Bingo 5:00 Leisure time-Valley</p>	<p>18</p> <p>9:15 Looking Good 10:00 Strength Class 11:00 Music Bingo 2:00 Noodle Hockey 3:00 Trivia 5:00 Puzzles 6:00 Friday Night Flick</p>	<p>19</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Bingo 5:00 Leisure time-Valley</p>
<p>20</p> <p>9:15 Looking Good 10:15 Sunday Stroll 2:00 Leisure time-Valley 3:00 Soothing Hands</p>	<p>21</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Dominos 12:30 Scenic Bus Ride 2:00 Noodle Hockey 3:00 Bingo 5:00 Leisure time-Valley 6:00 Inspirational stories</p>	<p>22</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Cards 2:00 Craft 3:00 Fun in Motion 5:00 Leisure time-Valley</p>	<p>23</p> <p>9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Painting 3:00 Bingo 5:00 Leisure time-Valley</p>	<p>24</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Current Events 2:00 Go Fish 3:00 Bingo 5:00 Puzzles</p>	<p>25</p> <p>9:15 Looking Good 10:00 Strength Class 11:00 Music Bingo 2:00 Bingo 3:00 Noodle Hockey 5:00 Leisure time-Valley 6:00 Friday Night Flick</p>	<p>26</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Bingo 5:00 Leisure time-Valley</p>
<p>27</p> <p>9:15 Looking Good 10:15 Sunday Stroll 2:00 Leisure time-Valley 3:00 Soothing Hands</p>	<p>28</p> <p>9:15 Looking Good 10:00 Exercise 11:00 Puzzles 12:30 Scenic Bus Ride 2:00 Craft 5:00 Leisure time-Valley 6:00 Inspirational stories</p>	<p>29</p> <p>9:15 Looking Good 10:00 Bingo 11:00 Cards 2:00 Noodle Hockey 3:00 Fun in Motion 5:00 Leisure time-Valley</p>	<p>30</p> <p>9:15 Looking Good 10:00 Puzzles 11:30 Current Events 2:00 Crossword game 3:00 Music Bingo 5:00 Leisure time-Valley</p>	<p>1</p> 	<p>28</p> 	<p>29</p> 