

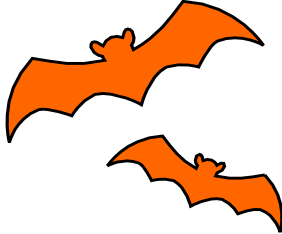



October 2020

ARBOR ACTIVITIES



AVA MERE
at MOUNTAIN RIDGE

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