

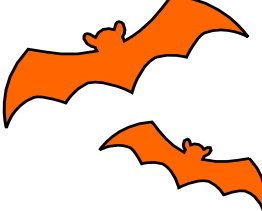



October 2020

Assisted Living Activities



AVA MERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p> <p>MEAL TIMES Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6</p>	<p>28</p> 	<p>29</p> 	<p>30</p> 	<p>1</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Floats, Trivia, & Tunes 1:15 Bingo 2:15 Hand Massage 3:00 Password</p>	<p>2</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Book Trade 1:30 Craft 3:00 Tenzi</p>	<p>3</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>4</p> <p>10:30 Coffee Break 3:00 Walking Club</p>	<p>5</p> <p>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 Story Creations of Days gone by.</p>	<p>6</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Apples to Apples 3:00 You know UNO</p>	<p>7</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Pencil Art 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Math Wizard 3:45 Wine Tasting</p>	<p>8</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Cul-de-sac Concert 1:15 Bingo 2:15 Lovely Nails 3:00 Skip-Bo</p>	<p>9</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Then & Now 1:30 Craft 3:00 Boggle</p>	<p>10</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club</p>
<p>11</p> <p>10:30 Coffee Break 3:00 Walking Club</p>	<p>12 Columbus Day</p> <p>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 Creations of Days gone by.</p>	<p>13</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 What a Word 3:00 Dominoes</p>	<p>14</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Artist class 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Balloon Volleyball 3:45 Wine Tasting</p>	<p>15</p> <p>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</p>	<p>16</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Jenga 1:30 Craft 3:00 Hangman</p>	<p>17</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>18</p> <p>10:30 Coffee Break 3:00 Walking Club</p>	<p>19</p> <p>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 Story Creations of Days gone by.</p>	<p>20</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Ker-Plunk 3:00 Checkers</p>	<p>21</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Science FuN 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Pumpkin Trivia 3:45 Wine Tasting</p>	<p>22</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Grandma's Carmel Corn 1:15 Bingo 2:15 Lovely Nails 3:00 Password</p>	<p>23</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Corn Hole 1:30 Craft 3:00 Cookie Decorating</p>	<p>24</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club</p>
<p>25</p> <p>10:30 Coffee Break 3:00 Walking Club</p>	<p>26</p> <p>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 Story Creations of Days gone by.</p>	<p>27</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Wheel of Fortune 3:00 Fact or Fiction</p>	<p>28</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Artist class 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Pretzel Dipping 3:45 Wine Tasting</p>	<p>29</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Halloween Waffles 1:00 Bingo</p>	<p>30</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Book Trade 2:00 Witches & Warlocks Tea</p>	<p> Halloween</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Halloween Scones 2:30 Walking Club</p> 