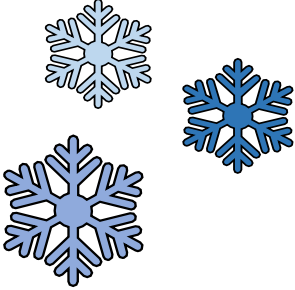
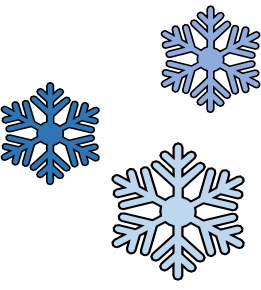



# January 2021

## Assisted Living Activities



AVA MERE  
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> 	<b>28</b> <b>MEAL TIMES</b> <b>Breakfast: 7-9</b> <b>Lunch: 11-1</b> <b>Dinner: 4-6</b>	<b>29</b> 	<b>30</b> 	<b>31</b>	<b>1</b> <b>New Year's Day</b>  There will be games and coloring in the Activity room	<b>2</b> 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group
<b>3</b> 10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club	<b>4</b> 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Relief Society mtg. 2:00 Back in Time 3:00 New Beginnings	<b>5</b> 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	<b>6</b> 9:15 Meditation Class 10:15 Balance Class 11:00 Test your Senses 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:45 Wine Tasting	<b>7</b> 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Tongue Twisters 1:15 Bingo 2:15 Lovely Nails 3:00 Skip-Bo	<b>8</b> 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Then & Now 1:30 Craft 3:00 Boggle	<b>9</b> 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club
<b>10</b> 10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club	<b>11</b> 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Relief Society mtg. 2:00 Resident Council 3:00 New Beginnings	<b>12</b> 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	<b>13</b> 9:15 Meditation Class 10:15 Balance Class 11:00 Trivia 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:45 Wine Tasting	<b>14</b> 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Memory Recall 1:15 Bingo 2:30 Resident Birthday Party	<b>15</b> 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Jenga 1:30 Craft 3:00 Hangman	<b>16</b> 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group
<b>17</b> 10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club	<b>18</b> 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Relief Society mtg. 2:00 Back in Time 3:00 New Beginnings	<b>19</b> 9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:15 Bingo 2:15 Question Quest 3:00 Fact or Fiction	<b>20</b> 9:15 Meditation Class 10:15 Balance Class 11:00 Old Fashioned Songs 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:45 Wine Tasting	<b>21</b> 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Science FuN 1:15 Bingo 2:15 Lovely Nails	<b>22</b> 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Book Trade 1:30 Craft 3:00 Tenzi	<b>23</b> 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club
<b>24</b> 10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club	<b>25</b> 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Relief Society mtg. 2:00 Back in Time 3:00 New Beginnings	<b>26</b> 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 What a Word	<b>27</b> 9:15 Meditation Class 10:15 Balance Class 11:00 Categories 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:45 Wine Tasting	<b>28</b> 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Noodle Hockey 1:15 Bingo 2:15 Hand Massage	<b>30</b> 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Book Trade 1:30 Craft 3:00 Fact of Fiction	<b>31</b> 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group