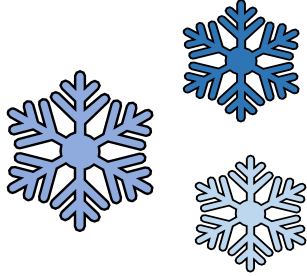

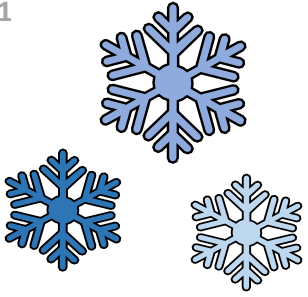


January 2021

ARBOR ACTIVITIES



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 MEAL TIMES Breakfast: 8 Am Lunch: 12 PM Dinner: 4PM Snacks: as needed	28	29 	30 	31 	1 New Year's Day 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	2 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time
3 10:00 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Sing a long	4 10:00 Looking Good 11:00 Exercise 2:00 Cross word fun 3:00 Bingo 5:00 Leisure Time 6:00 Inspirational stories	5 9:30 Looking Good 10:00 Hand Massage 11:00 Go Fish 1:00 Travel Power Point /Tug a War 3:00 Trivia 5:00 Leisure Time 6:00 A-Z Game	6 9:30 Looking Good 10:00 Sing a Long 11:30 Current Events 2:00 Craft 3:00 Bingo 5:00 Leisure Time	7 9:30 Looking Good 10:00 Yoga 11:00 Drawing 2:00 Fun in Motion 3:00 Music Bingo 5:00 Crosswrods	8 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	9 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-400/Trivia 3:00 Bingo 5:00 Leisure time
10 10:00 Looking Good 11:00 Trivia 2:00 Leisure Time 3:00 Puzzles	11 10:00 Looking Good 11:00 Exercise 2:00 Go Fish 3:00 Craft 5:00 Leisure Time 6:00 Inspirational stories	12 9:30 Looking Good 10:00 Hand Massage 11:00 Music Bingo 1:00 Travel Power Point /Tug a War 3:00 Trivia 5:00 Puzzles 6:00 A-Z Game	13 9:30 Looking Good 10:00 Sing a Long 11:30 Current Events 1:00 Exercise 2:00 Guess Who! 3:00 Bingo 5:00 Leisure Time	14 9:30 Looking Good 10:00 Yoga 11:00 Craft 2:00 Dominos 3:00 Bingo 5:00 Leisure time-Valley	15 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	16 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-300/Trivia 3:00 Bingo 5:00 Leisure time
17 10:00 Looking Good 11:00 Trivia 2:00 Memory Card game 3:00 Puzzles	18 10:00 Looking Good 11:00 Exercise 2:00 Noodle Hockey 3:00 Bingo 5:00 Leisure Time 6:00 Inspirational stories	19 9:30 Looking Good 10:00 Hand Massage 11:00 Cards 1:00 Travel Power Point /Tug a War 3:00 Fun in Motion 5:00 Leisure Time	20 9:30 Looking Good 10:00 Sing a Long 11:30 Current Events 2:00 Painting 3:00 Bingo 5:00 Leisure Time	21 9:30 Looking Good 10:00 Yoga 11:00 Bingo 2:00 Fun in Motion 3:00 Coloring 5:00 Leisure time-Valley	22 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	23 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time
24 9:15 Looking Good 10:15 Sunday Stroll 2:00 Joke sharing 3:00 Soothing Hands	25 10:00 Looking Good 11:00 Exercise 11:30 Tic-Tac-Toe 2:00 Craft 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories	26 9:30 Looking Good 10:00 Hand Massage 11:00 Cross Words 1:00 Travel Power Point /Noodle Hockey 3:00 Fun in Motion 5:00 Leisure Time	27 9:30 Looking Good 10:00 Sing a Long 11:30 Current Events 1:00 Baking Cookies 2:00 Crossword game 3:00 Music Bingo 5:00 Leisure Time	28 9:30 Looking Good 10:00 Yoga 11:00 Drawing 2:00 Fun in Motion 3:00 Music Bingo 5:00 Crosswrods	30 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	31 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-400/Trivia 3:00 Bingo 5:00 Leisure time