

March 2021

Assisted Living Activities



AVA MERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28</p> <p>MEAL TIMES Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6</p>	<p>1</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Back in Time 2:00 Creative Writing 3:00 Relief Society & Gospel Doctrine</p>	<p>2</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 11:00 Weights & Vitals 1:00 Bingo 2:15 Yahtzee 3:00 Fact or Fiction</p>	<p>3</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 You be the Judge 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:30 Wine Tasting</p>	<p>4</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Memory Recall 1:00 Bingo 2:30 Lovely Nails</p>	<p>5</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Hangman 1:00 Cooking with Michael 2:00 Craft with Aleeah</p>	<p>6</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>7</p> <p>10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club</p>	<p>8</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 Relief Society & Gospel Doctrine</p>	<p>9</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:00 Bingo 2:15 Question Quest 3:00 What a Word</p>	<p>10</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Trivia 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:30 Wine Tasting</p>	<p>11</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 What's that Taste? 1:00 Bingo 2:30 Hand Massage</p>	<p>12</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Corn Hole 1:30 Craft with Aleeah 3:00 Cookie Decorating</p>	<p>13</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club</p>
<p>14</p> <p>10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club</p>	<p>15</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Back in Time 2:00 Creative Writing 3:00 Relief Society & Gospel Doctrine</p>	<p>16</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:00 Bingo 2:15 Math Wizard 3:00 You know Uno</p>	<p>17 St. Patrick's Day</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Trivia 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:30 Wine Tasting</p>	<p>18</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Memory Recall 1:00 Bingo 2:30 Resident Birthday Party</p>	<p>19</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Ker-Plunk k 2:00 Craft with Aleeah 3:00 Checkers</p>	<p>20</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>21</p> <p>10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club</p>	<p>22</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Back in Time 2:00 Creative Writing 3:00 Relief Society & Gospel Doctrine</p>	<p>23</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:00 Bingo 2:15 Skip-Bo 3:00 Tenzi</p>	<p>24</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Monthly Sing a Long 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:30 Wine Tasting</p>	<p>25</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 What's that Smell? 1:00 Bingo</p>	<p>26</p> <p>9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Boggle 2:00 Craft with Aleeah 3:00 Pencil Art</p>	<p>27</p> <p>10:00 Candy Bingo 11:00 Easter Brunch 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Walking Club</p>
<p>28</p> <p>10:30 Coffee Break 10:30 LDS Webinar 2:30 Bible Study 3:00 Walking Club</p>	<p>29</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Back in Time 2:00 Creative Writing 3:00 Relief Society & Gospel Doctrine</p>	<p>30</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:00 Bingo 2:15 Balloon Volleyball 3:00 What a Word</p>	<p>31</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Trivia 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:30 Wine Tasting</p>	<p>1</p>	<p>30</p>	<p>31</p>