

March 2021

ARBOR ACTIVITIES



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 MEAL TIMES Breakfast: 8 Am Lunch: 12 PM Dinner: 4PM Snacks: as needed	1 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	2 9:30 Looking Good 10:00 Hand Massage 11:00 Music Bingo 1:00 Travel Power Point /Tug o War 3:00 Fun in Motion 5:00 Leisure Time	3 9:00 Weights & Vitals 9:30 Looking Good 10:00 Sing a Long 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time	4 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Leisure Time	5 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	6 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time
7 10:00 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time	8 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	9 9:30 Looking Good 10:00 Hand Massage 11:00 Music Bingo 1:00 Travel Power Point /Tug o War 3:00 Fun in Motion 5:00 Leisure Time 6:00 A-Z Game	10 9:30 Looking Good 10:00 Sing a Long 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time	11 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswrods	12 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	13 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-400/Trivia 3:00 Bingo 5:00 Leisure time
14 10:00 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time	15 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	16 9:30 Looking Good 10:00 Hand Massage 11:00 Music Bingo 1:00 Travel Power Point /Tug o War 3:00 Fun in Motion 5:00 Leisure Time 6:00 A-Z Game	17 St. Patrick's Day 9:30 Looking Good 10:00 Sing a Long 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time	18 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Leisure Time	19 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	20 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-300/Trivia 3:00 Bingo 5:00 Leisure time
21 10:00 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time	22 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	23 9:30 Looking Good 10:00 Hand Massage 11:00 Music Bingo 1:00 Travel Power Point /Tug o War 3:00 Fun in Motion 5:00 Leisure Time 6:00 A-Z Game	24 9:30 Looking Good 10:00 Sing a Long 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time	25 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswrods	26 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	27 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time
28 9:15 Looking Good 10:15 Sunday Stroll 2:00 Puzzles 3:00 Leisure time	29	30	31	1	30	31