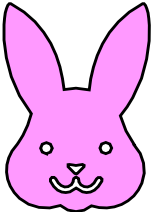
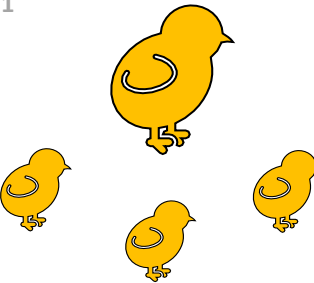


April 2021

Assisted Living Activities



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 MEAL TIMES Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6	29 	30	31 	1 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Memory Recall 11:00 Weights & Vitals 1:00 Bingo 3:00 Music with Jim	2 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Hangman 1:00 Cooking with Michael 1:45 Resident Food Council 2:30 Craft with Aleeah	3 10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Stitching Group
4 EASTER 9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club	5 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:15 Back in Time 2:00 Writing from the Heart	6 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 Stampede Music Program	7 9:15 Meditation Class 10:15 Balance Class 11:00 Trivia 1:00 Pinochle/Game Time 2:00 Balloon Volleyball 3:00 Wine Tasting	8 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 What's that Sound? 1:00 Bingo 2:30 Lovely Nails	9 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Corn Hole 1:30 Craft with Aleeah 3:00 Apples to Apples	10 10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Walking Club
11 9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club	12 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:15 Back in Time 2:00 Resident Council 6:30 Family Home Evening	13 9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 11:00 Black Jack w/Johnny 1:00 Bingo 2:15 Painting class 3:00 Music with Cheryl	14 9:15 Meditation Class 10:15 Balance Class 11:00 Meet & Greet 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Wine Tasting	15 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Famous People 1:00 Bingo 2:30 Resident Birthday Party	16 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Fact or Fiction 1:30 Craft with Aleeah 3:00 Dominos	17 10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Stitching Group
18 9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club	19 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:15 Back in Time 2:00 Writing from the Heart 6:30 Family Home Evening	20 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	21 9:15 Meditation Class 10:15 Balance Class 11:00 Monthly Sing a Long 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Moods & Music 3:45 Wine tasting	22 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Old Fashioned Sayings 1:00 Bingo	23 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Boggle 11:00 Brunch 1:30 Craft with Aleeah 3:00 Guitar with Nancy	24 10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Walking Club
25 9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club	26 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:15 Back in Time 2:00 Writing from the Heart 6:30 Family Home Evening	27 9:15 Around the World 10:15 Chair Chi 11:00 Black Jack w/Johnny 11:00 Craft with Aleeah 1:00 Bingo 2:15 Painting class 3:00 What a Word 6:30 Utah Fiddler's	28 9:15 Meditation Class 10:15 Balance Class 11:00 Men's Group 11:00 Trivia 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Wine Tasting	29 9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Tongue Twisters 1:00 Bingo 2:00 Kentucky Derby	30 9:15 Group Gathering 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Spelling Bee 1:30 Craft with Aleeah 3:00 Yahtzee	31 