
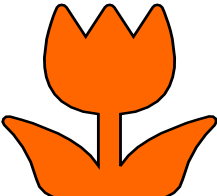

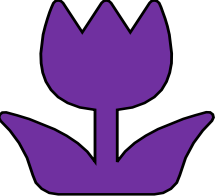



May 2021

Assisted Living Activities



AVA MERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25</p> <p>MEAL TIMES Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6</p>	<p>26</p> 	<p>27</p> 	<p>28</p> 	<p>29</p> 	<p>30</p> 	<p>1</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>2</p> <p>9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>3</p> <p>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 Sunshine for the Soul Writing</p>	<p>4</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft/Black Jack 1:00 Bingo 2:15 Question Quest 3:00 Stampede Music Program</p>	<p>5</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Old Fashioned Sayings 11:00 Weights & Vitals 1:00 Cinco de Mayo FuN 2:00 Gospel Gathering 3:00 Wine Tasting</p>	<p>6</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 What's that Sound? 1:00 Bingo 2:30 Hand Massage 3:00 Music with Jim</p>	<p>7</p> <p>9:15 Group Gathering 9:30 Shopping at Walmart 10:15 Fun Fitness 11:00 Noodle Hockey 2:00 Mother's Day Tea</p>	<p>8</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Walking Club</p>
<p>9</p> <p>Mother's Day</p> <p>9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>10</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</p>	<p>11</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 Painting class 3:00 Music with Cheryl</p>	<p>12</p> <p>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</p>	<p>13</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Music w/Terry Spencer 1:00 Bingo 2:30 Lovely Nails</p>	<p>14</p> <p>9:15 Group Gathering 9:30 Shopping at Smith's 10:15 Fun Fitness 11:00 Fact or Fiction 1:30 Craft with Aleeah 3:00 Dominos</p>	<p>15</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>16</p> <p>9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>17</p> <p>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 Sunshine for the Soul Writing</p>	<p>18</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft/Black Jack 11:00 Walker Wheelchair Clininc 1:00 Bingo 2:15 Skip-Bo 3:00 Tenzi</p>	<p>19</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 3:45 Wine tasting</p>	<p>20</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Timeless Music 1:00 Bingo 2:30 Resident Birthday Party</p>	<p>21</p> <p>9:15 Group Gathering 9:30 Shopping at Fresh Market 10:15 Fun Fitness 11:00 Hangman 1:30 Craft with Aleeah 3:00 Yahtzee</p>	<p>22</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Walking Club</p>
<p>23</p> <p>9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>24</p> <p>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 Sunshine for the Soul Writing</p>	<p>25</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 Painting class 3:00 What a Word</p>	<p>26</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Who's on the Photo? 11:00 Men's Group 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Wine Tasting</p>	<p>27</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Tongue Twisters 1:00 Bingo</p>	<p>28</p> <p>9:15 Group Gathering 9:30 Shopping at Dollar Tree 10:15 Fun Fitness 11:00 Lunch Brunch 11:00 Spelling Bee 1:30 Craft with Aleeah 3:00 Guitar w/ Nan cy</p>	<p>29</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Poker Game 1:30 Games with Aleeah 2:30 Stitching Group</p>
<p>30</p> <p>9:45 LDS Sacrament meeting 10:30 Coffee Break 2:30 Bible Study</p>						